

Winnisquam trio earns field hockey All-State nods



Kaitlyn Carey was named First Team All-State for the Winnisquam field hockey team.

BY JOSHUA SPAULDING

Sports Editor

REGION — Local field hockey players were among those honored when the New Hampshire Field Hockey Coaches Association announced its All-State teams following the conclusion of the Fall 2021 season.

In Division II, First Team honors went to Kennett’s Tessa Capazzoli and Madison Walcott, Kingswood’s Rachael Paraskos and Emilia Galimberti and Plymouth’s Victoria Whitcher.

Second Team honors were presented to Allie Hussey of Kennett, Ana Ekstrom of Kingswood and Chloe Bouchard and Claire Eccleston of

Plymouth. Also earning First Team honors were Sarah Guerrette and Rylee Constant of Bow, Makenzie Anderson of Con-Val, Ann Young and Kennedy Overhoff of Derryfield, Grace Murphy and Makayala Strickulis of Goffstown, Mia Edmonds and Gail Morse of Hanover, Kaitlyn Castriotta and Alyssa Hill of Hollis-Brookline, Linsey Hagman and Gracie Bolduc of John Stark, Amalia Hickey and Molly Smith of Lebanon, Abby Forbes of Merrimack Valley, Gabriella Forrence of Milford, Ashley Harvey and Anika Kell of Oyster River, Natalie Longacre of Pembroke, Mia Edwards and Charlotte Marston

of Portsmouth, Abbie Lucas of Sanborn and Miya Chorney and Ella Barrett of Souhegan. Second Team honors also went to Jocelyn Webber of Bow, Laramie Wilson of Con-Val, Anna Induni of Derryfield, Jaiden Lacerte of Goff-



Alexis Poole earned field hockey First Team All-State honors.

stown, Olivia Trummel of Hanover, Hailey Arseneau of Hollis-Brookline, Mikayla Thornton of Lebanon, Emily Thomas and Sadie Barnard of Merrimack Valley, Allison Demmons and Mairead Kirby of Milford, Brooklyn

Northcutt of Oyster River, Kelsey Montambeault of Pembroke, Darla Mahoney of Portsmouth, Kate Lussier of Sanborn and Annika Madeja of Souhegan. Amalia Hickey of Lebanon was named Offensive Player of the

Year and Mia Edwards of Portsmouth was named Defensive Player of the Year. Sara Carpenter of Portsmouth was named the Division II Coach of the Year. In Division III, First SEE **ALL-STATE**, PAGE A11

Annual Candy Sled Races return to Hall Memorial Library

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 candy 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.org. 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.

Franklin to host first ever Holiday Stroll

FRANKLIN — The City of Franklin and Franklin Falls Business Group are excited to announce the First Annual Franklin Falls Holiday Stroll on Friday, Dec. 3 from 3:30 – 8 p.m. in Downtown Franklin. Many community organizations are joining together to bring this event to Franklin Falls. Please join us for this very festive event featuring the Annual Christmas Tree Lighting, Christmas Storytime, Lights of Memory, a Holiday Craft Loft, “Elf The Musical,” Christmas Caroling and much, much more. Event highlights below...

Time	Activity	Location, Community Partner
3:30 – 6 p.m.	Santa’s Workshop City of Franklin Recreation Department Share Christmas wishes and have your picture taken with Santa for a donation To Mix 94.1 Cash & Cans, face painting, crafts, cookie decorating and holiday music. (Children must be accompanied by an adult).	Bessie Rowell Community Center
3 – 8 p.m.	Holiday Craft Loft City of Franklin Public Library and its Trustees 20 holiday crafters, bakery goods, holiday treats. Special “Kids Corner” to create Christmas cards or a letter to Santa Claus. Door prizes donated by crafters, Drop off your letter to Santa Claus.	Franklin Public Library
3 - 7 p.m.	Christmas Storytime City of Franklin Public Library and it’s Trustees Drop by and join Kristine Leighton as she reads all the favorite Christmas stories.	Franklin Public Library
3 – 6 p.m.	Christmas Carols Join in or just enjoy traditional Christmas Carols	Episcopal Mission Church of Franklin
3 – 6 p.m.	Lights of Memory Place a snowflake on a Christmas tree in memory of a loved one. Donations will benefit Mix 94.1 Cash & Cans Annual Drive	Episcopal Church
6:30 p.m.	Christmas Tree Lighting Greet Santa Claus as he arrives in a Franklin Fire Truck, sing carols, enjoy the wonder of the tree lighting	Marceau Park
6 – 8 p.m.	Inflatable Christmas Tree Giveaway, Take a picture with “Buddy” and the Elves	Franklin Opera House
5:30 – 7 p.m.	Cash & Cans, Mix 94.1 Remote Holiday refreshments will be available throughout the evening at the following locations: Franklin Café, Franklin Savings Bank and Independent Financial Advisors. Stop into Outdoor New England and say hi to Huckleberry, Downtown Dog Representa-	Grevior Furniture Franklin Opera House Festival of Trees December 4, 5, 11 and 12 Franklin Parks and Rec Letters from Santa – register online https://www.franklin.org/parks-recreation/pages/letters-santa-registration Choose Franklin Christmas Tree Sales Special Event December

4 – Enjoy hot cocoa, photos with Santa and one of his “reindeer”. Tree Sales begin November 27.

Pemigewasett Choral Society Concert December 3, 7:30pm St. Paul’s Catholic Church, Franklin

Casella receives Recovery Friendly Workplace designation

BELMONT — As part of its growing efforts to provide meaningful employment opportunities across a diverse population, multiple Casella Waste Systems, Inc. locations in New Hampshire have been designated a Recovery Friendly Workplace (RFW) by Gov. Chris Sununu.

The new initiative recognizes workplace SEE **CASELLA**, PAGE A11



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Biden touts benefits of infrastructure bill during NH visit



TARA GILES

President Joe Biden was in Woodstock on Tuesday, touting his new infrastructure investment to a small crowd, gathered at the 'Green' Bridge.



President Joe Biden greets a crowd after discussing his new infrastructure law in Woodstock.

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President Joe Biden's Secret Service team is pictured here on the 'Green Bridge' that crosses over the Pemigewasset River in Woodstock. Shown in the center is David Cho, the Secret Service agent who is the Special agent in charge of the Presidential Protective Division detail. Cho served as the leader for the last administration as well.

BY TARA GILES
tara@salmonpress.news

WOODSTOCK — Last Tuesday, President Biden landed via helicopter near the Route 175 bridge, or as locals call it, the "Green Bridge" in Woodstock. The 82-year-old structure crosses over the Pemigewasset River. This was the perfect location for Biden to discuss his newly passed infrastructure law that will sink \$1.1 billion into New Hampshire.

The funds will be used to improve public transportation, bridges and roads, expand electric car chargers, improve water infrastructure as well as expand and improve broadband coverage in rural areas.

Several minutes prior to the President's arrival, the whirling of helicopters could be heard overhead. The event was small, with only a few guests being invited. Of course, roads were blocked off, and the President's staff, Secret Service and members of the press braved the late fall bite in the air for several hours prior to the event. There were four homes in close proximity to the bridge. Homeowners in that area were invited to and attended the event. One woman sat on

her porch watching as all present awaited the President's entry.

Moments later, the President emerged on the far side of the bridge. In the distance, all could see Biden, tall in stature, dark suit, and white hair slowly come into view. He was flanked by Congresswoman Annie Kuster, Senator Maggie Hassan, Congressman Chris Pappas, Senator Jeanne Shaheen and NH Commissioner of the DOT Victoria Sheehan.

As Biden began to address the crowd, a light snow began to fall, to which one person in the crowd shouted, "Welcome to New Hampshire!"

Biden responded, lifting his hands in the air as if to welcome the snow, and said, "Thank you! What a magnificent state."

The bridge is one of 215 in the state which have been red listed (structurally deficient).

Biden said, "At one point, this very bridge was capable of carrying 40-ton trucks. Now, after years of decay, it can only carry 20-ton trucks. These bridges are essential in small towns and rural areas to farmers and small businesses."

Biden mentioned that without this bridge, it would lead emergency personnel to travel ten miles out of their way to respond to 911 calls in certain areas.

"This law is a blue collar blueprint to rebuild America, and leaves nobody behind," Biden said.

Many politicians, he said, make many promises regarding improvements in education and infrastructure; however, no real substantial changes are ever seen by everyday Americans. This is the first bill of its kind in decades that will address the decaying infrastructure the country has been facing for quite some time.

New Hampshire has been given a C- grade from the American Society of Civil Engineers.

Biden said, "Seven hundred miles of roads in this state are in poor condition, which damages vehicles over time."

The President then began to discuss the harsh winters in the Granite State, noting "Hurricane Irene hit New Hampshire very hard. Every winter the power goes out from ice storms. Over the past ten years, extreme weather events have cost New Hampshire \$500 million in damages. This law builds back our bridges, water systems, power lines and our grids for better and stronger resilience."

In regard to high speed Internet access, Biden said, "Throughout this pandemic, I've spoken with New Hampshire delegation about students learning remotely. Parents shouldn't have to drive to a fast food restaurant just so their kids can get their homework done."

The President went

on to say, "Always remember to look at the big picture. These investments are going to affect everyday people across the country, particularly here in New Hampshire. Clean water, access to the internet, rebuilding bridges and everything in this bill matters to individual lives of real people. Your delegation is laser focused on your needs."

"Thanks to the infrastructure law, we're going to make the most significant investment to modernize our roads and bridges in 70 years. The law is going to speed up the replacement of bridges by at least a year and allow New Hampshire to invest in other critical infrastructure needs," said Biden.

The President noted, "Despite what people say, Democrats and Republicans can work together to deliver real results."

As Biden closed, he mentioned his commute back in the day, noting "I would travel 250 miles a day, and I would go through long stretches of neighborhoods and see the lights on in folks' homes and wonder what it is that would make their lives better; what are the conversations they're having. This bipartisan bill will everyone's lives."

Biden left the event the same way he came in, flanked by the New Hampshire Delegation. He waved as he crossed back over the bridge, toward his awaiting motorcade.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 8-15.

Timothy S. Flynn, age 51, of Northfield was arrested on Nov. 8 for Operating with a Suspended or Revoked License and Disobeying an Officer.

Tyler T. Elliott, age 24, of South Berwick, Maine was arrested on Nov. 8 in connection with multiple bench

warrants.

Velvet Elaine Weeks, age 50, of Plymouth was arrested on Nov. 10 in connection with multiple warrants.

A 22-year-old from Sanbornton was issued a summons in lieu of arrest on Nov. 10 for Driving After Revocation or Suspension.

Shamel C. Jackson Dixon, age 26, of Springvale, Maine was arrested on Nov. 11 for Operating Without a Valid License.

Julie L. Riley, age 39, of Belmont was arrested on Nov. 12 on multiple counts of Domestic Violence-Simple Assault-Physical Contact.

Michael Russell Tierney, age 24, of Bristol was arrested on Nov. 13 for Driving After Revocation or Suspension and Breach of Bail Conditions.

Michael A. Guglielmo, age 59, of Belmont was arrested on Nov. 15 for multiple counts of Simple Assault resulting in Physical Contact or Bodily Injury.

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We Care presents check to Bridge House; immediate need is funded

PLYMOUTH — A successful and well attended We Care concert was held on Oct. 23 raising \$24,000 for The Bridge House of Plymouth. Last week, members of Temple B’nai Israel, Karen Lukeman, Barbara Katz, and Suzanne Appleton, presented a check in the amount of \$8,435 to Cathy Bentwood, Executive Director of The Bridge House. The check represents the net proceeds from ticket sales and donations from major event sponsors Audi Nashua and Miracle Farms Landscaping. Additional funds for the Bridge House came from these event sponsors - The Bank of New Hampshire, Pemi River Fuels, Hannaford, Brand Elevation Co., Chicken Shack, Yamas Greek Eatery,

Dragon Financial Services, Gold Pizza House, Dunkin’ and Walmart. The We Care concert series gives local nonprofits and businesses the opportunity to come together to form mutually beneficial partnerships as well as bringing awareness to the public of their individual mission, services, and products.

Fundraising events such as this allow The Bridge House to provide financial assistance to those who may find themselves suddenly caught short, such as Veteran Joe K. (US ARMY - Vietnam) who called the Bridge House with a dire request, “I just found out I have to replace the engine in my pickup - it’s going to cost

\$4,760! I don’t have that. Will you cosign a loan?” Cathy Bentwood was eager to help, especially since she knew that Joe had just spent quite a bit of money treating one of his two dogs. she realized Joe was the perfect candidate to receive a loan from the Bridge House’s dedicated Veterans’ fund, especially since the recent We Care fundraiser had helped to replenish the fund. An arrangement was made at the local branch of The Bank of New Hampshire for Joe to receive the money needed to repair his truck. But Joe was adamant about repaying the loan, so at the same time a direct deposit of \$500 monthly repayment was created from Joe’s account to The Bridge House’s ac-



Left to right: Karen Lukeman, Brian F. holding check in front (Veteran, USAF) and David D., behind Brian (Veteran, US Navy), Cathy Bentwood, Barbara Katz, Suzanne Appleton.

count until the loan is paid. What Joe didn’t know is that the repayment was readjusted to \$3,700. This is the kind of help that Bridge House provides on a regular basis, and it seemed “the least Bridge House could do for a Veteran,” according to Cathy Bentwood.

LRPA’s Noir in November concludes with “D.O.A.”

LACONIA — The 1940s and ‘50s produced some of the grittiest films in cinematic history, better known to movie buffs as film noir. Lakes Region Public Access Television (LRPA) celebrates that genre with our Noir in November! festival, four fantastic films featuring tough broads, shady gangsters, hard drinking and bad decisions. Join us each Friday and Saturday night at 10 p.m. for these vintage Hollywood movies. We close out our monthlong look at noir this weekend (Nov. 26 & 27) 1950’s dark and gritty film noir drama “D.O.A.,” starring Edmond O’Brien and Pamela Britton.

Told in flashback, “D.O.A.” introduces us to Frank Bigelow (O’Brien), a businessman visiting San Francisco for a carefree week of bachelor fun before he weds his fiancée Paula Gibson (Britton). O’Brien meets up with a group of salesmen and winds up in a wild, waterfront jazz bar, only to have a mysterious stranger switch his drink. O’Brien wakes up in the morning with the hangover of his life. Feeling worse and worse, he visits a hospital, where doctors give him tragic news: he someone poi-

soned him with “luminous toxin” – and there’s no antidote. The poisoning must have been deliberate, but who could have done it, and why? With nothing to lose, Bigelow spends his next frantic days attempting to solve the mystery of this heinous act.

“D.O.A.” was based on the 1931 German film “Der Mann, Der Seinen Morder Sucht,” a black comedy about a man who arranges for his own death but then regrets his hasty decision. When it was adapted for American audiences, director Rudolph Mate created a much darker and more chaotic world, filled with dive bars and dangerous people. “D.O.A.” features the talented (and under-appreciated) Edmond O’Brien in one of his most memorable roles. Hollywood released a remake in 1988 starring Dennis Quaid and Meg Ryan. Critics and audiences heartily agree: the original “D.O.A.” is the better film. Jeff Stafford of Turner Classic Mov-

ies described it as “one of the most imaginative and frenetic entries in the film noir genre ...” and pointed out that it “... works as both a detective thriller and as a bleak, nihilistic melodrama.” Judge “D.O.A.” for yourself! Grab your popcorn and join LRPA after dark for this unflinching thriller from the past.

And mark your calendars: we’re a little over one week away from the 40th annual Greater Lakes Region Children’s Auction, presented by Hannaford Supermarkets, Tuesday, Dec. 7 – Friday, Dec. 10. This year we’re broadcasting from Tanger Outlets in Tilton! Join LRPA for minute-by-minute coverage all week long, locally on Channel 25, on Atlantic Broadband Channel 12 and streamed in HD on the Laconia Daily Sun Web site (laconiadailysun.com) or at childrensauction.com! Or listen in with our fantastic radio partner Lakes FM 101.5! Bid high and

bid often – it’s for the kids!

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not a subscriber? Log onto www.live.lrpa.org and catch all the fun.


About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia. LRPA streams via the web at live.lrpa.org, and cablecasts locally on Atlantic Broadband Channel 24 (educational program-

ming), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power

of media and technology. LRPA’s slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

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Thanksgiving through the years

From 1621 to the present, Thanksgiving has always been about celebrating an abundant fall harvest. The holiday’s roots date back to the Plymouth colonists and the Wampanoag Native Americans who shared the first Thanksgiving meal together.

The celebratory feast was held by individual colonies up until 1789 off and on with a proclamation from President George Washington. President Thomas Jefferson chose not to observe Thanksgiving, and it wasn’t until Abraham Lincoln’s Presidency in 1863 that it became a federal holiday.

Many of the food items on our Thanksgiving menu are not what was served during the first few traditional Thanksgivings. For one, turkey was not served.

There aren’t many documents from that time regarding that first Thanksgiving, however one note did describe wildfowl (duck or geese) cod, bass, deer, bread, corn and porridge being served. The birds were described as being stuffed with onions and nuts. Seafood such as mussels and lobster was also served. For vegetables, squash, beans, corn, cabbage, carrots and peas were on the table.

Not on the table was mashed potatoes and gravy (gasp) and there was no cranberry sauce or pies.

“I am grateful for what I am and have. My thanksgiving is perpetual. It is surprising how contented one can be with nothing definite - only a sense of existence. Well, anything for variety. I am ready to try this for the next ten thousand years, and exhaust it. How sweet to think of my extremities well charred, and my intellectual part too, so that there is no danger of worm or rot for a long while. My breath is sweet to me. O how I laugh when I think of my vague indefinite riches. No run on my bank can drain it, for my wealth is not possession but enjoyment,” wrote Henry David Thoreau in 1856.

Send your letters!

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RE/MAX Bayside accepting Toys For Tots donations

COURTESY

The staff and associates of RE/MAX Bayside would like to remind our neighbors that we are once again participating in the Toys for Tots program. “We feel very strongly about helping to make this holiday season special for the youth in our area,” said Broker/Owner Chris Kelly. In 2020, Toys for Tots supplied a total of 20.2 million toys to 7.4 million children last year across our country. It’s one of the top-rated charities, with 97 percent of donations going to toys, books and other gifts to less fortunate children. Three percent is spent on support to cover fundraising expenses. Not one donated dollar goes to pay for salaries or any other manpower costs.



STRATEGIES FOR LIVING

When scars are good

BY LARRY SCOTT

Sitting around a crackling fire in front of her home in Jinja, Uganda, Katie Davis and Mack, her stranger-turned-friend-of-the-family, were reminiscing on the long journey that had brought them together.

Mack turned to Katie and saw she was looking at the enormous scar on his leg. “Mack’s eye caught mine and he smiled. ‘I will wear this scar with me,’ he said, ‘I will wear it wherever I go. And I will think of you. I will always think of you and remember that God was so faithful to me and that you were faithful too.’” (Majors, “Daring to Hope,” p. 93).

After coming to Uganda as an eighteen-year-old, ostensibly to teach, she subsequently settled in Uganda with a people with whom she had

fallen in love, finally adopting thirteen girls who would forever call her “mom.” She soon became a fixture in Jinja, one the people knew they could always come to for help and encouragement.

Katie’s friend Christine, knowing Katie’s heart for the hurting, brought Mack to her home. “‘I have someone for you to look at.’... [Katie writes that she] could feel the vomit surge hot in my throat as I caught that first glimpse of his leg: skin burned charcoal black, bone exposed, nothing even still alive enough to bleed.”

Katie and Christine took him to the hospital, but the doctor was not encouraging. He suggested only two alternatives: they could amputate, or someone could dress the wound daily and hope for the best. But not at the hospital;

the nurses had no time for the village drunk!

Mack’s situation required him to stay with Katie and her brood, and night after night, Katie had to unwrap the wound, scrape the dead flesh away, clean and re-bandage it. But Katie was determined. “Something in me that I could not yet name rose up to fight. ... You will not lose your leg! Not on my watch. And so, I observed and learned as the doctor taught me exactly what to do to give Mack’s leg the best chance of survival” (Ibid, p. 36).

It has always amazed me to note the dramatic changes that come to an individual once they have welcomed Jesus Christ as the Lord of their life, and Mack is a classic case in point. Not only did he, and his leg, survive, but in time, Mack became a sincere,

genuine, Christian.

Some people scoff at those who come to Christ when their life is in tatters, but that is, frankly, true of most of us. Life is tough and not a one of us makes it through without being badly scarred.

But God has given us a new reason to live, a peace of mind we thought had eluded us forever. And don’t misunderstand; our track record is filled with days we too would rather forget. But there is a light at the end of our tunnel, a conviction, that, no matter how difficult the journey, there is a heaven in our future. In the words of the Apostle Paul, “For me to live is Christ, and to die is gain!” And mister, it doesn’t get any better than that!

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

North Country Notebook

The time of year for the men to leave warm hearth and home for the woods



By JOHN HARRIGAN
COLUMNIST

Editor’s Note: Mr. Harrigan was unable to submit a new North Country Notebook column in time to meet our press deadline for this week’s edition. The following column was originally published in November of 2017.

This was the time of year, around Thanksgiving, when many northern New Hampshire farmers, and sometimes their sons, made ready to leave their families and go into the woods to earn hard currency, hard to get in an essentially bartering society, working in the logging camps.

The hay was all in



AN EARLY logging camp, probably in the late 1880s.

COURTESY

and the livestock moved off pastures and into the barns. All the food from garden and slaughter had been put by, and with everyone pitching in, enormous piles of firewood filled outbuildings and surrounded the house.

“Enormous” is not a careless term. The farm houses leaked like sieves (“You could throw a cat through the walls” was the old wry joke) and the

crude stoves and beehemoth basement furnaces developed after the Civil War just plain devoured wood. Keeping the household warm was essentially a full-time deal, and there was no way to evenly dispense heat, which is why, even with ceiling registers, many a bedroom featured numbing cold, warded off with piles of blankets and quilts. Going to the out-house in the middle

of the night was a thing everyone tried to avoid, often by use of chamber pots, which were frozen solid at dawn.

Anyway, off to work the men went, often eschewing even Christmas for the chance to accrue some cash, prized chiefly for buying certain staples and items from down below the notches, for which barter would

SEE NOTEBOOK PAGE A5

*Temple B'nai Israel of Laconia hosts
community Hanukkah celebration*



Celebrating Hanukkah at Temple B'nai Israel.

COURTESY

NOTEBOOK

CONTINUED FROM PAGE A1

not suffice. They bade their families good-bye and vanished into the whole other world of commercial logging camps.

Often they found life in the logging camps even tougher than life at home, which was pretty tough. In the early days of logging the food was awful, although later, as the heyday of logging really got underway, competition for labor created a demand for good cooks and good cooking, for which the camps became justifiably famous (I actually ate at one of the very last).

There are few interior photos of old logging camps because the light was so bad, but the living and eating spaces were festooned with wet, stinking clothing, hung on every available nail and rack by men desperate to be warm and dry in the morning.

The sleeping arrangements were at first all too common and primitive. The men packed themselves onto huge, thick quilts laid over a

bed of fir boughs, and covered themselves with a gigantic common quilt, essentially several horse blankets stitched together. Another old and wry joke is that when it was time to roll over onto the other side, someone barked "Roll over" and somehow, everyone did, this orchestrated move being necessary because they were packed in like sardines.

And all too soon, the cook or cookee or the Walking Boss shouted "Daylight in the Swamp," the age-old cry that meant get up don your work clothes, grab a bite of breakfast and head out into the cold-to-the-bone woods, the saving grace being some hard money in the spring.

This column runs in a dozen weekly newspapers covering two-thirds of New Hampshire from Concord to Quebec and parts of northwestern Maine and the Northeast Kingdom of Vermont. Write to campguyhooligan@gmail.com, or P.O. Box 39, Colebrook, NH 03576.

LACONIA — The Jewish holiday of Hanukkah, also known as the Festival of Lights, will begin on Sunday evening, Nov. 28, at sundown. Hanukkah has become a beloved and joyous holiday that celebrates the rededication of the Second Temple in Jerusalem after its desecration in 164 BCE. The Maccabees, led by Judah, were the first Jews who fought to defend their religious beliefs. Following the

struggle to regain the Holy Temple a great miracle happened when the oil to light the lamp that had only enough oil to burn for one day miraculously burned for eight days, thus establishing the precedent for the eight-day festival.

Today, Hanukkah is celebrated in homes around the world by the lighting of the menorah, a nine branched candelabrum that holds a primary

candle, the shamash, that is used to light an additional candle for each night until the final night when the menorah glows brightly with all eight candles and the shamash. As the candles are being lit, blessings are chanted before and during the process. Many families will light their menorah by a window to share the spirit and glow of the festival. Aside from lighting the menorah, other Hanukkah celebrations have emerged over the years. In the shtetls of Eastern Europe children were given Hanukkah gelt (coins) as a special treat, but real coins have been replaced by chocolate coins, wrapped in gold or silver foil, and brightly wrapped presents which are often given each night of the holiday. In many homes, playing the game of dreidel, a spinning top that is inscribed with the Hebrew letters that represent the Hanukkah theme, "a great miracle happened there," may be part of the nightly ritual after lighting the menorah.

As with every Jewish holiday, there are traditional Hanukkah foods that have special meaning to this festival as they are cooked in oil. The most notable are the potato latkes (pancakes), fried in batches and served with applesauce or sour cream. The custom of eating sufganiyot, a jelly filled donut, has emerged from the Israeli tradition where these delicacies are fried in oil. Whether indulging in latkes, sufganiy-

ot, or fried mozzarella sticks, the importance of celebrating with fried food is recognizing what occurred in the past and honoring this joyous holiday today.

Temple B'nai Israel will host a Zoom community Hanukkah celebration on Saturday, December 4, 2021. Each household will light their menorah and chant the Hanukkah blessings in their home. The Religious School children will lead singing of traditional Hanukkah songs followed by a game of Trivia and a Hanukkah scavenger hunt. For more information about the festivities planned, visit the Temple B'nai Israel web page <https://tbinh.org/event/hanukkah-celebration/> Zoom links will be available upon request with RSVP's.

Everyone is encouraged to share why their menorah may have special meaning. Do you light a menorah that has been handed down through generations? Maybe you have a sentimental menorah that was made by children who are grown now. If there are stories to be told, please share yours when sending your RSVP to info@tbinh.org.

Jake Deware Kindness Project Golf Tournament a success

CANTERBURY — The first annual Jake Deware Kindness Project Golf Tournament was held on Saturday, Oct. 2 at Canterbury Woods Golf Course, with more than 120 golfers and many more friends, family, and volunteers to make a memorable day.

An amazing \$22,000 was raised for the Jake Deware Kindness Project and it would not have been made possible without the following: Rowell's Services (Presenting Sponsor), Pipe Connections & Amoskeag Beverages (Gold Sponsors), State Farm-Nick Harriman & PENCO Plumbing & Heating (Silver Sponsors), Jason Drouin Custom Homes & Daniels Electric (Bronze sponsorships), Kyle Minery for the beverage cart sponsorship, BFRESH for the photography sponsorship, Birch Rise Farm as the longest drive sponsor, Tim Collins and Family (Silent Sponsor) and the 9 different hole sponsors. A heartfelt thank you also goes out to the numerous local businesses that supported the Silent Auction and Raffle.

Jake Deware of Belmont was 20 years young when he passed away from injuries sustained in a dirt bike accident in November 2020. Loved ones of Jake quickly founded the Jake Deware Kindness Project to continue his legacy of giving, his big heart, and random acts of kindness. His giving spirit touched many and this project has helped those close to him heal and feel connected as a community.

To learn more about the incredible man that Jake was and his legacy, please join the Jake Deware Kindness Project Facebook Group at <https://www.facebook.com/groups/226318382426429> and remember “LIVE YOUR LIFE, BE KIND ALONG THE WAY”.

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Comfort Keepers

10 hobbies that can bring joy to seniors all year long

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Although the winter months can cause cabin fever for many of us, there are plenty of year-round activities to stay active and keep doing the things you love to stave off feelings of isolation or boredom. For seniors, in particular, it's essential to plan intentional activities that support physical, mental, and emotional health. Older

adults are physically and mentally healthier when they maintain social connections and foster relationships. Studies show that socially isolated people have a 50% greater risk of developing dementia and other health issues (Forbes). Trying new activities and or rekindling old hobbies that bring joy throughout the winter—or even better—all year long is a step to a healthier, more enjoyable season, regardless of the time of year.

Here are 10 activities that seniors can do no matter what the day looks like outside the window.

1. Writing Writing is a simple way seniors can keep mentally and cognitively stimulated while indoors, and best of all, it only requires a pencil and paper. Penning daily journals, memoirs, fiction, letters, and postcards are easy ways to begin a writing practice.

2. Chess Chess is a wonderful game that stimulates several parts of the brain at once. It can be played in person or online, and doesn't require anything other than a chess board. Senior chess clubs are popping up all over the country and meeting to play in-person is a great way to socialize with others while exercising the brain.

3. Video Games More seniors are playing video games than ever before. According to an AARP survey, 44% of adults over 50 years old played video games in 2019 at least once a month and averaged five hours of game time

a week. Video games can be played on mobile phones, tablets, computers, and gaming consoles. What's more, there are even games designed specifically for older adults.

4. Indoor Gardening When most people think of gardening, then think of being outdoors. However, there are plenty of indoor gardening options for those with a green thumb who love the life and energy plants can bring to a home. The easiest way to get started is to purchase a terrarium and fill it with favorite indoor plants.

5. Learn an Instrument Playing music can be a lifelong hobby that stimulates the mind and soul. Even learning simpler instruments, like harmonica or bongo drums, can have a positive effect on mood as well as exercise the brain. While some instruments are harder to learn than others, many seniors have successfully learned classic instruments like piano and guitar.

6. Exercise We all know exercise is beneficial to both our physical and mental health, and many studies

have specifically shown the benefits of exercise on senior health. Thanks to the internet, it's very easy to find free senior exercise routines that can be done from the comfort of home. A quick online video search will yield free exercise routines for every ability and interest, including yoga, body weight movements, and resistance band exercises that require little or no equipment.

7. Learn a Language Learning a different language can bring both joy and a sense of accomplishment. And with modern technology, accessing language lessons is easier than ever. Mobile phone apps and online courses make learning a new language fun and possible to do without an instructor. In fact, studies show that learning a new language benefits the mind and is easier to do than many seniors think.

8. Book Club The joy and fascination of reading can be amplified when shared with others. Many older adults find enjoyment and motivation in joining book clubs that meet in-person or virtually. Reading and thoughtful, lively discussions during book club meetings keep the mind sharp and offer socialization opportunities to reduce feelings of isolation.

9. Volunteer There are many rewarding, community-oriented volunteer activities for seniors. Programs like foster grandparent, after school sessions, and community gardens provide social, feel-good opportunities that give a sense of purpose. After all, bringing joy to others is one of the best ways to create joy in one's own life.

10. Painting Art and painting as a hobby goes back thou-

sands of years—and for good reason. It takes very little physical movement while providing mental stimulus, a creative outlet, and stress relief. Even better, painting works well as a solo activity, or one done with friends or loved ones.

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About Comfort Keepers

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Edward Jones: Financial Focus

Maximize your charitable giving

The Tuesday after Thanksgiving has become known as Giving Tuesday, when people are encouraged to donate to charitable organizations. If you'd like to take part in this special day, you'll want to maximize the effectiveness and benefits of your charitable gifts.

So, consider these questions:

- Is the charity reputable? Does it use its resources wisely? Most charitable organizations are honest and dedicated to helping their specific causes. But sometimes there are a few "bad apples" in the bunch. These groups aren't necessarily fraudulent (though some are), but they may spend an inordinate amount of their donations on administrative expenses, rather than directing this money to where it's most needed. Fortunately, you don't have to guess about the trustworthiness or the efficiency of a particular group, because you can check on it.

To make sure that a charity is an actual charity – one that is tax-exempt and listed as a 501(c)(3) organization – you can go

to www.irs.gov, the website of the Internal Revenue Service, and hit the "Charities & Nonprofits" link. An organization called Charity Navigator (www.charitynavigator.org) tracks charitable groups' financial health and accountability, including how much is spent on administrative and fundraising costs. Generally speaking, a charitable group that dedicates more than about 30% to 35% of its total costs to administration and fundraising expenses might be considered somewhat inefficient, though you'd want to evaluate each charity individually, since extenuating circumstances can occur. Keep in mind, though, that smaller charities may not have the same resources as a national organization to provide the reporting necessary for Charity Navigator.

- Will my employer match my contribution? You can make your charitable gift go a lot further if your employer matches it. Typically, companies match donations at a 1:1 ratio, but some will match at 2:1 or even higher. Check with your human re-

sources department about your company's policy on charitable matches.

- Are my charitable gifts tax deductible? A few years ago, Congress significantly raised the standard deduction, which, for the 2021 tax year, is now \$12,550 for single taxpayers, \$25,100 for joint filers and \$18,800 for heads of household. As a result of this increase, many people no longer itemize and thus have less financial incentive to make charitable contributions. If you still do itemize and you're thinking of making charitable gifts, you generally have a choice between giving cash and another asset such as stocks. Each type of gift could earn you a tax deduction, but a gift of appreciated stocks could be more beneficial because you may also be avoiding the capital gains tax you might incur if you eventually sold the stocks. You should consult with your tax advisor and the

charity (not all accept investments) before making the cash-versus-stock decision.

Even if you don't itemize, you could still get a tax benefit from making a charitable contribution. That's because Congress has extended part of the COVID-19-related legislation that allows taxpayers to claim charitable deductions of \$300 (for single filers) or \$600 (for married couples) if they claim the standard deduction. The charitable donations must be made in cash, not stocks.

Giving Tuesday comes just once a year, but your gifts can have lasting benefits. So, be as generous as you can afford – and enjoy the good feelings that follow.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

Jacqueline Taylor

Financial Advisor

3 Mill Street

PO Box 176

Meredith NH 03253

603-279-3161

Fax 866-532-8685

jacqueline.taylor@edwardjones.com

PETS OF THE WEEK



Gannon

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



Cinder

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



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Shaker Village presents world premiere of “Birdie” Dec. 18 & 19

CANTERBURY — Canterbury Shaker Village presents the world premiere performance of “Birdie,” the first holiday “Entertainment” produced at the Village in nearly 90 years. The dance-driven theatrical production will be presented Saturday, Dec. 18 and Sunday, Dec. 19 at 3 p.m. in the Hubbard Gallery as part of the “Merry Merry Canterbury” festivities that will make the season bright from 1–5 p.m.

Dance-Artist-In-Residence Lorraine Chapman, inspired by the story of the last girl raised by the Canterbury Shakers, created “Birdie” with a group of six dancer-performers after diving into the Village’s rich archives. The piece harkens back to

the beloved “Entertainments” produced by the Shakers, which included reading, reciting, singing, playing instruments, and performing scenes from plays.

“Birdie” touches upon the story of Alberta MacMillan Kirkpatrick, who, after her mother’s death, lived in foster homes before arriving at Canterbury Shaker Village at the age of 11. Sister Marguerite Frost, who became Alberta’s “Shaker Mother,” welcomed the child with an embrace that was Alberta’s first hug in four years. Chapman’s work reflects this simple gift of immeasurable kindness that filled the young girl’s heart with love and hope. Alberta lived the next seven years in the caring and compas-

sionate community of Canterbury where Sister Marguerite affectionately called her “Birdie.”

Tickets for “Birdie” are free for children, \$15 for members, \$20 for adults, and include all “Merry Merry Canterbury” entertainments including access to the multi-sensory experience “Stairway to the Clouds,” and pomander and cinnamon-tree making activities for the kids. In addition, Candlelight Tours, a Canterbury Shaker Village favorite, will be offered at 4 and 5 p.m. for a \$50 admission.

Thank you to our generous sponsors, CCA Global Partners & Northeast Delta Dental, NH Dance Collaboration, and NH State Council of the Arts for mak-



ing this event possible.

The Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.

Canterbury Shaker is located at 288 Shaker Rd. in Canterbury, just south of Laconia and north of Concord. For more information, visit www.shakers.org.

LRMHC holds 2021 Annual Meeting and 10th online fundraising auction

LACONIA — Lakes Region Mental Health Center (LRMHC) recently held its Virtual Annual Meeting on Tuesday, Oct. 26. Please visit www.lrmhc.org to review the 2021 Annual Report.

Several new board members were welcomed to LRMHC: Erin Crangle, Holderness; Samantha Kokua, Laconia; Stephanie Ricker, Barrington; Gloria Thorington, Northwood; Shawna Young, Meredith and returning former board member and past president, Deborah Pendergast, New Hampton. The elected slate of officers for 2021-2022 include Laura LeMien, president; Peter Minkow, vice president; Marsha Bourdon, treasurer; and Rev. Judith Wright as secretary. The Board, by resolution, appointed Edward McFarland of Laconia as Director Emeritus in recognition of his long-standing, distinguished and dedicated service to Lakes Region Mental Health Center.

In her welcome address, outgoing board president, Gail Mears states, “As a previous clinician and a professor of those who enter into this field I thought I knew and understood so much about this work, but serving as the pres-

ident of this board I have not only a greater understanding of the complexities but a growing appreciation of all the people it takes, with their compassion and commitment to successfully serve those with mental illnesses in our communities.”

Newly elected board president, Laura LeMien outlined the plan for the upcoming year saying, “As an organization, we know we must continue to evolve and adapt to meet the requirements and challenges posed by managed care, health reform, workforce shortages and other external forces that affect our funding and our services. We have a flexible team who consistently goes above and beyond to ensure seamless services despite the challenging environment.”

Each year, Lakes Region Mental Health Center recognizes two community members who strengthen the cause of mental health and promote increased awareness and understanding of mental health issues in the Lakes Region. Those announcements

will be made at a special event during May 2022 which is nationally recognized as Mental Health Awareness Month.

Lakes Region Mental Health Center also hosted its 10th Annual Mental Awareness Online Auction in October. The auction is the organization’s largest fundraiser and funds raised help support the 4,000 patients served in Belknap and Southern Grafton counties in New Hampshire. This year’s auction was a great success and LRMHC is grateful to the local businesses that donated items and gift cards and to those that placed bids to support the event.

Event sponsors include Presenting Sponsor Meredith Village Savings Bank; Silver Sponsors Northeast Delta Dental and Cross Insurance of Laconia; and Bronze Sponsors NAMI NH and New Hampshire Electric Coop.

—

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community men-

tal health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based prac-

tices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 603-524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and Instagram.



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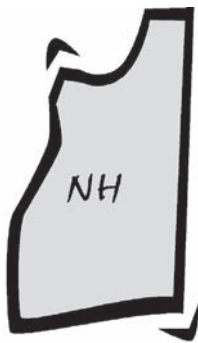
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Shaker Regional School District has an opening for a Boys Grade 5/6 Basketball Coach for the 2021-2022 School Year. Past playing and/or coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic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

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ALL-STATE

CONTINUED FROM PAGE A1
Team honors went to Emily Roy and Erin McCormick of Berlin, Olivia Keenan and Aly Pichette of Gilford, Alexi Hastings of Littleton, Maggie Bednaz and Cassie Zick of Newfound, Jen Fowler of White Mountains and Alexis Poole and Kaitlyn Carey of Winnisquam. Earning Second

CASELLA

CONTINUED FROM PAGE A1

locations throughout the Granite State that are willing and able to provide employment opportunities and support to employees impacted by substance use disorder (SUD). This includes those in recovery, those who are seeking help, and those who may be indirectly impacted due to having a loved one with a SUD.

Casella employees have benefited greatly through a collaborative effort between Goodwill Northern New England and the United Way of Rutland County, implementing the Employee Life Navigator Program in Rutland in 2018, and now has now deployed it throughout its footprint.

“We’re thrilled to be a part of this program in New Hampshire,” said Casella Chairman and CEO John W. Casella. “We’ve seen outstanding results at other facilities when we give people in recovery the right opportunity to bring value to society and be valued as a whole person by our company. From our Customer Care Center to our hauling divisions and recycling facilities, we’ve seen people transition from the road to recovery to a meaningful career path relatively seamlessly when given the right support.”

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Through the program, designated workplace locations are provided a Recovery Friendly Advocate, who can be utilized for help, support, and guidance should it be needed by an employee. Various additional resources, tools, training, and sustainable strategies to help create a culture that challenges the stigma of substance use disorder are also implemented at each location.

To learn more about the RFW initiative, visit www.recoveryfriendlyworkplace.com.

About Casella Waste Systems, Inc.

Casella Waste Systems, Inc., headquartered in Rutland, Vermont, provides solid waste management services consisting of collection, transfer, disposal, and recycling services in the northeastern United States.

Team honors were Mia Letourneau of Berlin, Lauren Nash-Boucher of Gilford, Marilyn Valentin of Littleton, Matti Douville of Newfound, Ciera Challinor of White Mountains and Emma Griffin of Winnisquam.

Also earning First Team honors were Libbey Hicks and Mieke Rentsch of Bishop Brady, Bella Hayes of Conant, Katelyn Bouchard and Julia Baer of Hopkinton, Kate Cochran of Kearsarge, Lexis Vautour and Isabella Knisley of Mascenic, Morgan Towne of Mascoma, Katie Sharron and Eden Ritondo of Newport, Brianna Frisbee and Sofia

Aldecoa of Stevens and Wilhelmina Bowser of St. Thomas.

Second Team honors also went to Michaela Savary of Bishop Brady, Chelsea Dupuis and Maddie Bergeron of Conant, Natalie Allen of Hopkinton, Eliza Cardillo and Paige Hoegler of Kearsarge, Olivia Shaw of Mascenic, Chloe Crate and Hailey Miller of Mascoma, Taylor Fellows of Newport, Sara Faro of Stevens and McKenzie Wessling and Kensley Harris of St. Thomas.

Libbey Hicks of Bishop Brady was named Offensive Player of the Year and Kate Bouchard of Hopkinton was

named Defensive Player of the Year. Patty Deschaine of Stevens was named Division III Coach of the Year.

The lone local player named to the New Hampshire Twin State Team was Kingswood’s Rachael Paraskos. She will be joined on the team by Makenzie Anderson of Con-Val, Isabel Alarcon, Maisie Veader and Clara Gorman of Exeter; Julia Baer and Katelyn Bouchard of Hopkinton, Eliza Ballaro of Keene, Gracie Bolduc of John Stark, Delaney Condon of Timberlane, Rylee Constant and Jocelyn Webber of Bow, Mia Edmonds

of Hanover; Isabella Giampa of Manchester Memorial, Amalia Hickey of Lebanon, Libbey Hicks of Bishop Brady, Anna Induni of Derryfield, Isabella Knisley of Mascenic, Peyton Knowlton of Pinkerton, Amy Lanouette of Windham, Makayla Strickulis of Goffstown and Tara Wright of Londonderry.

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

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BY JOSHUA SPAULDING Sports Editor JOSHUA SPAULDING
Fred Caruso, seen here with his broadcast partner Amy Bates, was recently named the New Hampshire Association of Broadcasters Broadcaster of the Year for his work on Mix 94.1.

Caruso named Broadcaster of the Year

Longtime local morning radio personality humbled by honor

FRANKLIN — If you do good things, there's a pretty good chance that good things will come back to you.

Fred Caruso is a perfect example of that.

Caruso, who has used his position as an on-air talent at Mix 94.1 to help raise money for numerous causes throughout the Lakes Region, was recently honored as the New Hampshire Association of Broadcasters (NHAB) Broadcaster of the Year.

"It was a total shock," Caruso said in a recent interview in his office in Franklin. "It's very, very humbling, I was very taken aback by that."

Traditionally, NHAB has a big ceremony to honor the broadcasters, but due to the COVID-19 pandemic, the ceremony has been on hold the last few years, with the awards handed out online. Caruso was kind of surprised to walk out of his office and see his daughter with balloons and a big box. However, he was still not completely sure what was going on.

Then, he walked into a studio down the hall and cued up on the computer was the NHAB tribute video, which started with a picture of him as a young kid.

"My jaw just dropped," he said. "I lost it a little."

The video included testimonials from people throughout his life, including his wife, kids and grandkids, his co-workers, including his co-host Amy Bates and even a former player on the high school team he coaches who was drafted by the New York Yankees.

"They really dug deep," he said. "But the grandkids, that's the one that really got me."

Caruso has been on the air at Mix 94.1 for more than 40 years and has been teamed with Bates in the mornings now for 20 years.

"We're kind of a dying breed, live and local," Caruso said. "We're very fortunate our ownership allows us to do that."

"And we are out in the community a lot," he added.

Caruso points out that the station owner, Jeff Fisher, and he started together 43 years ago and general manager Jeff Levitan started about six months later, so they have all been together for more than four decades.

"I kind of feel left out," joked Bates.

The early morning hours (Caruso and Bates

are on the air from 5 to 10 a.m.), allow Caruso to pursue one of his other loves, which is coaching baseball. He is the long-time varsity baseball coach at Winnisquam Regional High School in Tilton.

"The job allows me to do what I love to do, coaching baseball," he said. "I wouldn't trade these hours for anything."

Caruso and Bates have been longtime supporters of the Special Olympics, doing the Penguin Plunge for a number of years at Hampton Beach and have also taken part, in one way or another, with the Special Olympics Winni Dip. They were also taking part in the Funds 4 Paws bowlathon at Funspot, held this past Saturday and have also helped out with the organization's indoor triathlon, also at Funspot.

"We've got a vehicle and if we can lend our voice to a cause, we're happy to do it," Caruso said.

Perhaps the biggest event that Caruso and Bates take part in is coming up soon. The Cash and Cans money and food drive has been a Lakes Region tradition for 35 years and will be taking place Dec. 13-17.

"A lot of people who give are people who have received before," Bates said of the annual tradition. "Kids come in with their piggy banks."

"People just come up and hand Fred cash and know that every penny goes where we say it is going," she continued. "It's very humbling. Every cent makes it into the bank."

The Cash and Cans event helps local non-profit organizations that assist those in the community who can use a helping hand. Caruso and Bates drive around to different locations throughout the Lakes Region and people stop by and donate.

"The money all stays local, which is important," Caruso said. "The lobby looks like a small supermarket when we're all done."

He noted that while the actual event happens in December, there are already schools and businesses holding food drives to benefit Cash and Cans. The Franklin Student Athlete Leadership Team is hosting a spaghetti dinner on Dec. 9 at the middle school, with all proceeds going to Cash and Cans.

The week before the event, Caruso and Bates will go out and collect the donations from the businesses and schools that held their food drives.

"It's quite a project, but it's our most fun time of the year," Caruso said. "No matter what year, there's always people struggling. If we can help alleviate the struggle, we'll be out there every year, as long as I am here."

As stated at the beginning, if you do good things, good things will come back to you. It's safe to say Fred Caruso has done a lot of good things.

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