

## Gilford tax rate set at \$12.28

The New Hampshire Department of Revenue Administration has set the 2021 municipal tax rate for the town of Gilford at \$12.28 per \$1,000 of assessed valuation. This represents a \$2.75 decrease (or 18.3 percent) from the 2020 rate of \$15.03.

The rate is comprised of four factors as follows:

- Local Education: \$5.89 (a decrease of \$1.53, or 20.6 percent, from 2020)
- State Education: \$1.51 (a decrease of 33 cents, or 17.9 percent, from 2020)
- Town: \$4.05 (a decrease of 60 cents, or 12.9 percent, from 2020)
- County: 83 cents (a decrease of 29 cents, or 25.9 percent, from 2020)

In addition, residents of the Gunstock Acres Village Water District will have a tax rate of 83 cents. This is a decrease of 50 cents, or 38 percent, from the 2020 tax rate of \$1.33.

The town's total assessed valuation increased by \$434,078,052, or 20.2 percent (from \$2,149,486,818 to \$2,583,564,870) in 2021 due to a town-wide statistical update.

It is anticipated that tax bills will be in the mail some time during the last week of November, with a projected due date of Dec. 30.

## Public Works preparing for winter, bridge repairs

**BY ERIN PLUMMER**  
[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

The Department of Public Works is finishing up road work and getting ready for winter and repairs on some town bridges among many other projects.

Public Works director Meghan Theriault gave the board of selectmen an update on her department during the Nov. 10 board meeting.

Theriault said this year's road plan is around 90 percent finished. So far, nine out of 12 roads have been paved, two have been paved and reclaimed, and three have been SAM sealed. At the time they were finishing the project on Glenridge Way.

Theriault said by now

they have enough funding to cap the town's gravel roads.

"That was something we were holding off on, I was waiting to see how things were coming in," Theriault said. "We'll probably cap our gravel roads with available reclaim material that we have to help save money. I'm excited about that."

On the project to fix the expansion joint on the Governor's Island bridge, Theriault said plans for the project are about 90 percent done and are hoping to put it out to bid around January. If everything goes well, construction could start in April and the project could be finished by July.

Theriault also updated

SEE **REPAIRS** PAGE 7

## Holiday events coming up in Gilford



FILE PHOTO

**The Candlelight Stroll returns to Gilford Village on Dec. 11.**  
**BY ERIN PLUMMER**  
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The holiday season is right around the corner and there are plenty of merry and bright activities scheduled around town to celebrate the season.

Several holiday events are scheduled around Gilford in the coming weeks, many of which will return after

a year off because of the pandemic. The following is a list of some of the events.

Looking for a way to burn some calories on Thanksgiving or get out of the house for a while? Join the Gilford Youth Center's annual Turley Trot on Thanksgiving morning. The registered 5K course will start at

the GYC and is open to runners and walkers of all ages.

The family walk will start at 8:45 a.m. and people of all ages are welcome including people with strollers and pets. Runners will start at 9 a.m. and be timed. Results will be posted on the GYC website with times posted for differ-

ent age brackets.

The cost is \$26 per person and \$90 for a family up to five people. Visit [gilforyouthcenter.com](http://gilforyouthcenter.com) for registration and more information.

SantaLand is coming back to the Gilford Youth Center Dec. 3 and 4. Kids can enjoy games,

SEE **EVENTS** PAGE 7

## GHS welcomes new teachers

**BY ERIN PLUMMER**  
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Gilford High School is welcoming five new teachers this school year from a range of different places and backgrounds.

Kelley Caravona, Michelle Fridlington, Azure Neveln, Desiree Smith, and Andrew Thurston are new to the school this year. Caravona, Smith, and Thurston shared some of their experiences after a staff meeting. Fridlington and Neleln were unavailable at the time.

Andrew Thurston came to Gilford from Brockton, Mass., where

he was teaching marketing and entrepreneurship classes at Southeastern Regional Vocational Technical School. His parents live in the Ossipee area and he decided to come to the Lakes Region to be closer to family.

Currently he teaches Digital Connections at GHS, a class that utilizes current technology.

"I've enjoyed the transition into a new district, and everyone has been very supportive, not only for activities inside the classroom, but also as an individual," Thurston said. "In my growth

as an educator, I'm looking forward to continuing to have an impact with students."

He said he enjoys learning about the students' lives and activities outside the classroom, such as sports, jobs, career aspirations, and more.

Desiree Smith is a school counselor at GHS. She previously worked for Riverbend Community Mental Health as a pinnacle mental health worked for two years. She then worked in the Franklin School District for 15 years, starting at the elementary level and

then working at Franklin Middle School.

Smith and her family live in Gilford and she wanted to be a closer to home.

"I live here, my kids go here; I've always liked the community," she said.

Smith provides various types of counseling to GHS students.

"(I) provide emotional support to any student that may be going through some difficult times who might need an extra support at school," Smith said.

SEE **TEACHERS** PAGE 7



PHOTO BY ERIN PLUMMER

**The calm before the snow**

The trails at Gunstock are grassy and surrounded by bare trees, but in the next few weeks snow guns will be going off and the mountain will look a lot more wintry. The ski season is scheduled to begin on Dec. 10.

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Notes from the Gilford Public Library

What's new at the Gilford Public Library? Our stomachs are full, and we now set out sights squarely on the

Gilford Public Library Top Ten Requests

- 1. "State of Terror" by Hillary Clinton & Louise Penny
- 2. "The Madness of Crowds" by Louise Penny
- 3. "Fear No Evil" by James Patterson
- 4. "The Dark Hours" by Michael Connelly
- 5. "2 Sisters Detective Agency" by James Patterson
- 6. "Foul Play" by Stuart Woods
- 7. "Mercy" by David Baldacci
- 8. "Go Tell The Bees That I Am Gone" by Diana Gabaldon
- 9. "Over My Dead Body" by Jeffrey Archer
- 10. "Jailhouse Lawyer" by James Patterson

end of the year festivities. The Gilford Public Library is happy to announce all sorts of holiday programming, including the big return of the Candlelight Stroll through the Village on Saturday, Dec. 11 from 5-7 p.m. Sprinkled throughout the month of December are programs for children, teens and adults alike! Keep an eye on our website, Facebook page and our newsletters for the most up-to-date information. We do have a few special programs running for most of the month to note: From December 1st through Dec. 15, bring out your inner Griswold and enter to win our door decorating contest. Send photos of your dec-

orated door to gilfordlibrary@gmail.com by the 15th. Voting will take place from Dec. 16-19 on our Web site and prizes will be rewarded! Also at the front desk for December is a new "Break Out Bag," sponsored by the Friends of the Gilford Public Library, where you can check out an escape room experience at home. We hope to see you all at the Candlelight Stroll and in the building soon. Happy Holidays from the Gilford Library!

Classes & Special Events  
Nov. 25 - Dec. 2  
Thursday, Nov. 25  
CLOSED FOR THANKSGIVING DAY

Friday, Nov. 26  
CLOSED FOR THE HOLIDAY  
Saturday, Nov. 27  
Open normal hours, 10 a.m.-2 p.m.  
Monday, Nov. 29  
Geri Fit, 9-10 a.m.  
Tai Chi, 10-11 a.m.  
Baby Storytime, 10-11 a.m.  
Mahjong, 12:30-3 p.m.  
Tuesday Nov. 30  
Senior Sculpt, 9 a.m. Bridge, 10:30 a.m.-12:30 p.m.  
Preschool Storytime, 10:30 a.m.  
Intermediate Line Dancing, 4-5 p.m.  
Wednesday, Dec. 1  
Check out an Expert,

10 a.m.-noon  
Beat The Holiday Blues with Judy Cook, 10-11 a.m.  
The holidays also come at the darkest part of the year; how do we combat that? Join Judy Cook, Health Coach and Occupational Therapist to discuss ways you can turn the holidays around, beat the blues and enjoy the season. RSVPs are requested by calling or emailing the library, but they are not required.  
Paint Group, 1-3 p.m.  
After School Teen Club, 2:30-4 p.m.  
Thursday, Dec. 2  
Geri Fit, 9-10 a.m.  
French Club, 4-5 p.m.

STRATEGIES FOR LIVING

The other side of Christianity

BY LARRY SCOTT

Maggie Gobran, sometimes known as the "Mother Teresa of Egypt," was invited to speak at the 2011 televised Global Leadership Summit, sponsored by the Willow Creek Community Church, Chicago, IL. Along with several hundred others, I picked up the broadcast at Bethany Church of Greenland (NH) and at one point in the two-day event, was, indeed, moved to tears.  
In concluding her remarks, Mama Gobran as she is affectionally known, made this comment:  
Silence your words so that you may listen to your thoughts; silence your thoughts so that you may listen to your heart; silence your heart so that you may listen to God."  
And then, resplendent in her all-white habit, she said, "I would like to end my presentation by thanking God and blessing you." Kneeling to the carpet, face in her

hands against the floor, Mama Gobran spent the next five minutes in silent prayer. There was not a dry eye in the house as several hundred Pastors and Church Leaders watched in awe, profoundly moved as the benevolent "Mother of Cairo" prayed for us. It was a profoundly moving moment I will never forget.  
Mama Gobran is an apt example of what I'm writing about. She was raised in wealth and already successful in the business world when a personal visit to the garbage slums servicing the city of Cairo touched her heart. She soon sold all she owned, and together with an army of men and women who shared her vision, founded Steven's Children and blessed over 30,000 families with God's love.  
A manufacturing center that gave many of her kids a marketable skill soon followed, along with primary and elementary schools, medical clinics, and a home for boys and one for

girls who had been abandoned by their families. A new world has been opened to children who had no hope, and no clue how to break the chains of poverty, disease, and hopelessness by which they were bound.  
I make a point of this, for America has sometimes accused the evangelical church of being

intolerant, homophobic, anti-abortion, arrogant, and out of step with this modern age. Here we have the other side of Christianity. Indeed, do we have much to say about moral and social issues that violate principles given us in God's Word, but we are also out there, wherever there is a need, lending a

helping hand.  
And, yes, Maggie, we heard you! We have silenced our words, quieted our hearts, and listened to God. And we have accepted your challenge. Franklin Graham's Samaritan's Purse, the Salvation Army, World Vision, and many others have joined you on the front-

lines of suffering, working one-on-one with the most disadvantaged, and showing by our actions that God loves you and so do we. "By this," Jesus said, "will everyone know you are my disciples, if you have love." Indeed!  
For more thoughts like these, follow me at indenseofftruth.net

New location for Gilford Rotary Christmas tree sale

cial raffle items. Complementary refreshments will be available. Proceeds benefit the many non-profit activities supported by Gilford Rotary in Gilford and the Lakes Region area.  
Happy Holidays from

everyone at Gilford Rotary.  
Gilford Rotary is an organization of business and professional men and women who have accepted the ideal of service as a basis for attaining fulfillment in their

business, personal, and professional lives, and by serving their community. Gilford Rotary meets Fridays at 7 a.m. at the Gilford Community Church Fellowship Hall, Potter Hill Road, Gilford.



Gilford Rotarians unloading Christmas Trees at recent Christmas Tree Sale.

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# Biden touts benefits of infrastructure bill during NH visit



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'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.

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



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

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, “Through-out 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.

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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 us your letters!

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COURTESY

### Put plastic in its place

On Saturday, Nov. 27 from 11 a.m. to 1 p.m., the Laconia-Gilford Lions Club will partner with the Green Sanctuary Committee of the Unitarian Universalist Society of Laconia to collect soft recyclable plastics in front of the little white church at 172 Pleasant St. Everyone can help by saving soft plastics rather than tossing them in the trash. We are collecting clean plastic bags and wrapping, plastic grocery bags, pet food bags, vegetable bags (potatoes, carrots, celery, etc.), bubble wrap, air packing bags, bread bags, wraps from around 6-pack cans of juice, and dry-cleaning bags. We are not collecting hard plastics or rigid containers. All collected plastics are sent to a Maine manufacturer to be faithfully repurposed as composite decking and outdoor furniture. Unrecycled plastic ends up in landfills, bodies of water or is burned fouling our land, water and air. It has no place in our environment. This project will follow safe Covid practices. Help us put plastic in its place by stopping by 172 Pleasant St. on the Saturday after Thanksgiving, Nov. 27, from 11 a.m. to 1 p.m.

North Country Notebook

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



COURTESY

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

*Editor’s Note: Mr. Hargigan 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 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 not suffice. They bade their families goodbye 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.

er. 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](mailto:campguyhooligan@gmail.com), or P.O. Box 39, Colebrook, NH 03576.*



# ~ 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 thousands 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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## Adam Cook inducted into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — Adam Cook of Laconia was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Cook was initiated at MCPHS University.

Cook is among approximately 25,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States, its territories and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi  
Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards more than \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit [www.phikappaphi.org](http://www.phikappaphi.org).

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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](http://www.irs.gov), the website of the Internal Revenue Service, and hit the "Charities & Nonprofits" link. An organization called Charity Navigator ([www.charitynavigator.org](http://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 resources 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.



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

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



# Golden Eagles earn field hockey All-State honors



Freshman Olivia Keenan earned First Team All-State honors for Gilford.

JOSHUA SPAULDING



Junior Aly Pichette was selected First Team All-State for field hockey.

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 Cappazzoli 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 Annika 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 Goffstown, 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 Portsmotuh was named Defensive Player of the Year. Sara Carpenter of Portsmouth was named the Division II Coach of the Year.

In Division III, First 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 Casie Zick of Newfound, Jen Fowler of White Mountains and Alexis Poole and Kaitlyn Carey of Winnisquam.

Earning Second Team honors were Mia Letourneau of Berlin, Lauren Nash-Boucher

of Gilford, Marlyn Valentin of Littleton, Matti Douville of Newfound, Ciera Challinor of White Mountains and Emma Griffin of Winnisquam.

Gilford coach Dave Rogacki praised his trio of All-State honorees. He noted Nash-Boucher earned her honors based on her improved transition game, Pichette was selected based on her 14 goals and eight assists and Keenan for her speed and stick skills that led to 17 goals and seven assists.

“All three players made key contributions throughout the season to help the Eagles to their 12-3 record,” Rogacki said.

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 Kearsage, Lexis Vautour and Isabella Knisley of Mascenic, Mor-

gan 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.

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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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## Gilford Community Church to celebrate holiday season

This holiday season, Gilford Community Church (GCC) will celebrate the holiday season, beginning with its Annual Tree Lighting Service on Sunday, Nov. 28 at 6 p.m. The evening begins outside with Christmas carols followed by a brief service led by children and youth and hot chocolate at its conclusion.

“This is a community event where all are welcome,” said Pastor Michael Graham, who said the holidays are a special time at Gilford Community Church. “The inclusive spirit of our church is especially renewed during the holiday season.”

GCC’s holiday celebration continues with its Annual Christmas Fair on Friday, Dec. 3 and Saturday, Dec. 4 from 4 to 6 p.m. and 9 a.m. to 1 p.m., respectively. Highlighted by a Christmas raffle, the fair will feature everything from seasonal White Elephant items to holiday greens and baked goods.

“When you visit with us, you will feel welcomed,” noted Graham. “These events are a wonderful way to start the holiday season in the beautiful village of Gilford.”



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# Caruso named Broadcaster of the Year

*Longtime local morning radio personality humbled by honor*

BY JOSHUA SPAULDING  
Sports Editor

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 longtime varsity baseball coach at Winsquam 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



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.

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 peo-

ple 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.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## TEACHERS

She also helps students with college and career planning.

“Helping them figure out their post high school planning and trying to set them up with opportunities that are the best for them once they graduate,” she said.

Smith said the staff and students have been welcoming and positive.

Kelley Caravona is the new student assistance crisis counselor at GHS. She started in the public health field, serving the Winnepesaukee

Public Health Region and working with the Partnership for Public Health and NAMI. She worked with high school students across the region and also worked in the Laconia School District for almost 10 years.

She said she wanted to be part of a school district that focused on the whole student and not just what was going on in the classroom.

“All of the high schools that I worked for in this region were wonderful,” Caravona said.

“Gilford, Inter-Lakes, and Franklin were three schools that stood out to me in terms of teaching the whole child and looking at family systems and support.”

She said while academics are greatly important, she said she also wanted to address the different and more comprehensive pieces of students and their lives.

“We’re all working collectively on behalf of these young folks and their families,” Caravona said.

(Continued from Page A1)

## REPAIRS

ed the board on the project to fix the damaged abutment on the Tanney Hill Bridge. She said survey work has been done and work is underway on an expedited permit.

“I know they’re working with several contractors on some permeant repair solutions,” Theriault said, adding they are also seeking feedback from masons.

She said she would be back to the board with an update later.

The fleet is now getting ready for winter. They are now ordering and installing bring systems on their trucks, an especially high priority considering that salt went up \$20 a ton this year.

“We got our hands on two of them we’re trying to order more, but availability will dictate how many we can get,” Theriault said, “but every one of those that we can get is going to help save salt and save money so hopefully we’ll be able to get a few more of those.”

Theriault said they want to get a brine system for every truck. Last

year brining was only done on two routes and their hope to get three more systems.

Members of the department have also done training on winter operations and the brine system.

Selectman Chan Eddy said he has heard from

residents who praised the brine treatment on their roads. He said he especially heard from residents of Gunstock Acres, where the roads get especially problematic during winter weather.

(Continued from Page A1)

# Carter Mountain Band returns

Carter Mountain Brass Band is delighted to announce its long-awaited return to live performances with its upcoming concert on Sunday, Dec. 5 at 3 p.m.

Sponsored and hosted by Hope Ministries of First United Methodist Church, “Home for the Holidays” is a program of seasonal favorites sure to warm your hearts and fill you with enough Christmas spirit to last well into the new year. Debbi Gibson will conduct the ensemble of talented local musicians as they perform perennial Christmas favorites in the singularly rich brass band style, accompanied by a slideshow of harmonized festive images. An \$8 donation is requested and masks are required.

First United Methodist Church is located at 18 Wesley Way (Off Route 11A near the 3/11 bypass), Gilford, NH 03249.

## EVENTS

(Continued from Page A1)

cookie decorating, a bounce house, storytime, get their pictures taken with Santa, and more. SantaLand will run Friday, Dec. 3 from 5-7:30 p.m. and Saturday, Dec. 4 from 10 a.m.-noon. The event is a joint effort between the GYC and the Gilford Parks and Recreation Department.

Shop for some handmade gifts right in the Gilford Middle and High School buildings for the annual GHS Craft Fair

on Saturday, Dec. 4. The craft fair is organized by the GHS senior class and will feature an array of different handmade creations throughout both school buildings.

Get the skis and snowboards ready because Gunstock’s opening day is coming up on Dec. 10. Once temperatures drop into the 20s the park can fire up its snow guns with opening day scheduled for Dec. 10.

The annual Gilford

Village Candlelight Stroll will be back on Saturday, Dec. 11. Belknap Mountain Road will be closed off from Potter Hill Road to the Gilford Elementary School Imagination Station and the street will be lined with luminaries. The event traditionally features carolers, a horse and buggy ride, snacks at different locations, and much more. The stroll will run from 5-7 p.m.

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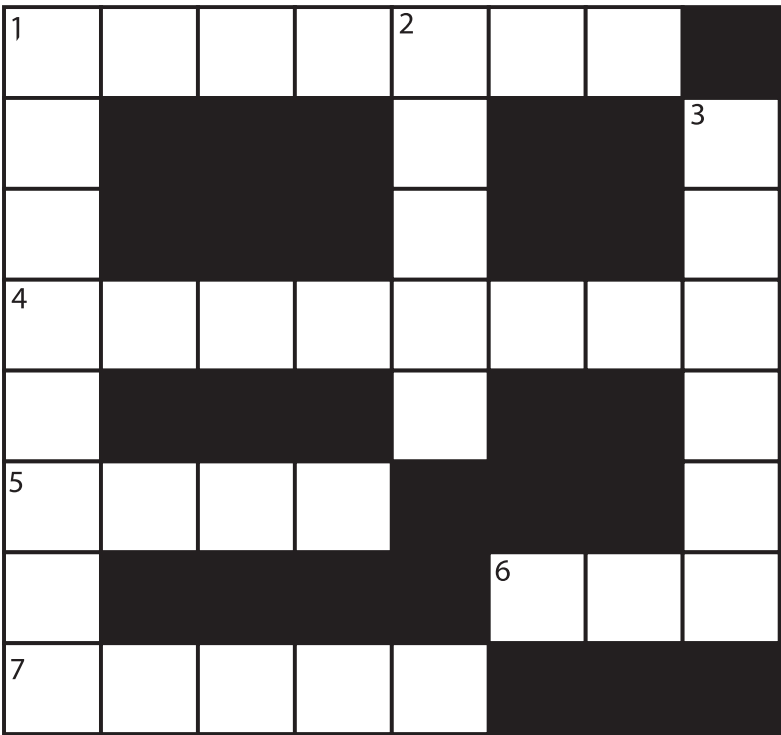




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CELEBRATE THIS HOLIDAY  
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ANSWER: CHANUKAH

Crossword Puzzle



ACROSS

- 1. Wax and wicks
- 4. Where news is written and edited
- 5. Part of a boat upon which the hull is built
- 6. Singular
- 7. Feeling content

DOWN

- 1. Jewish holiday
- 2. Nickname for “Lawrence”
- 3. Place of worship

Answers:  
Across  
1. Chanukah 4. Newsroom 5. Keel 6. One  
Down  
1. Candles 2. Larry 3. Temple 7. Happy

THIS DAY IN...



HISTORY

- 1558: QUEEN ELIZABETH I ASCENDS TO THE THRONE AFTER THE DEATH OF HER HALF-SISTER, QUEEN MARY.
- 1869: THE SUEZ CANAL OPENS IN EGYPT.
- 2003: ARNOLD SCHWARZENEGGER IS SWORN IN AS GOVERNOR OF CALIFORNIA.



LATKE

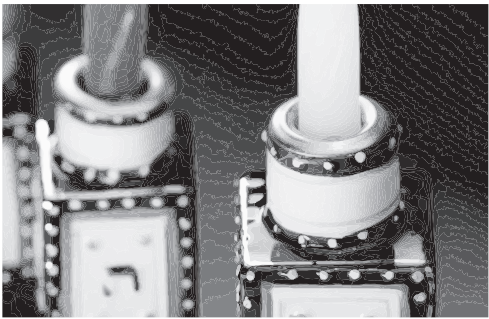
a potato  
pancake in  
Jewish cuisine

How they SAY that in...

- ENGLISH: Miracle
- SPANISH: Milagro
- ITALIAN: Miracolo
- FRENCH: Miracle
- GERMAN: Wunder



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Can you guess what the bigger picture is?

ANSWER: MENORAH

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN



Determine the code to reveal the answer!

Solve the code to discover words related to novel writing.  
Each number corresponds to a letter.  
(Hint: 25 = E)

A. 1 11 17 25 21

Clue: Type of book

B. 5 4 24 12 25

Clue: Put words on page

C. 9 23 12 2 11 4

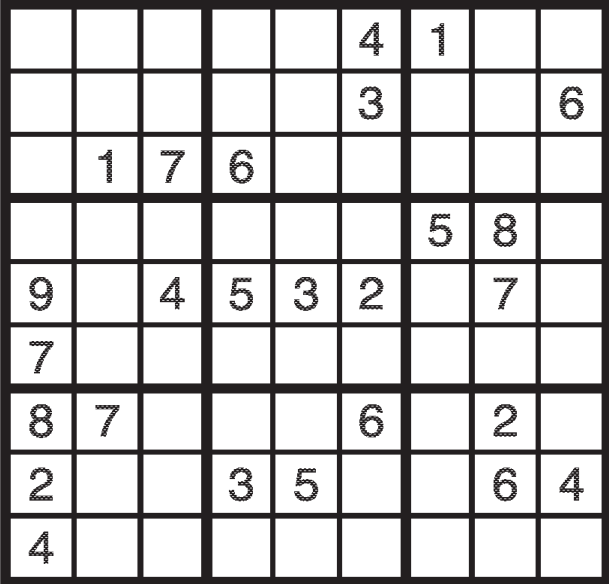
Clue: Writer of something

D. 22 23 6 21 24 10 2

Clue: Release a written work

Answers: A. novel B. write C. author D. publish

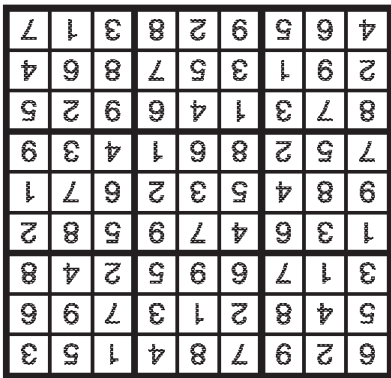
SUDOKU



Level: Intermediate

Here’s How It Works:

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



ANSWER:

Fun By The Numbers

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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 Piz-za 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 account until



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.

the loan is paid. What Joe didn’t know is that the repayment was re-adjusted 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 poisoned 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 Movies 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 (laconia-dailysun.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 programming), 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.

# Solid waste facility earning revenue, kudos

By Erin Plummer  
mnews@salmonpress.news  
The solid waste facility is seeing some big returns for recycling materials as well as kudos for their public outreach efforts.

Public works director Meghan Theriault gave the selectmen a department update during the Nov. 10 meeting, including some recent successes for the solid waste center and recycling facility.

Theriault reported that recycling values are now up an average 115 percent from last year. She said some items are up significantly and some are up a little. In total the department has made \$43,000 in revenue from recycled materials with scrap metal alone accounting for \$30,000.

She said they just got rid of a load of aluminum cans, which sometimes takes a year to do. This year they sold the load for \$15,000, a \$5,000 increase from last year.

They have been making around \$130 a ton on average for every bale or material.

Theriault said they could potentially make more money from plastics and are looking at the option of separating plastics out further. Right now, #1, #2, #5, and #7 plastics are combined in a single stream. She said if they wanted to separate items out any further, they would need to look at the logistics of doing so. They are planning to bring in a mechanical scale, which should be running by the beginning of 2022.

Gilford won first place in “Engaging Residents” Best Practices contest by NH the Beautiful. The department won their award for their efforts to inform and engage residents on the new solid waste facility.

“That was very exciting for us,” Theriault said. The department will win a \$3,000 prize, which Theriault said they hope to use toward buying another outside container to help store their bales.

Members of the board praised the facility and its staff. “I can’t get over how friendly and helpful they are to everyone who comes into that place,” said selectman Kevin Hayes.

Selectman Chan Eddy said he has a friend who takes photos every time he goes to the solid waste facility.

“He’s really impressed with what we have,” Eddy said.



COURTESY

# RE/MAX Bayside accepting Toys For Tots donations

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.



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# 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](http://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 Min-kow, 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 president 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 ser-

vices 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.

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

as the community mental 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 practices 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](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and Instagram.

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# Temple B’nai Israel of Laconia hosts community Hanukkah celebration

Celebrating Hanukkah at Temple B’nai Israel.

COURTESY



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, sufganiyot, 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](mailto:info@tbinh.org).

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## Specialty Care Available Close to Home

Littleton Regional Healthcare’s multi-specialty clinic in Plymouth, NH provides convenient access to select healthcare services with highly specialized, board-certified medical professionals.

Fully supported by the resources and specialties available at Littleton Regional Healthcare, our Plymouth clinic offers the specialized care you need, potentially eliminating the need to travel further away from home. To learn more about Orthopaedic, Sports Medicine, and Pain Management services available in Plymouth, call **(603) 823-8600**. To learn more about Facial Plastics, Allergy Medicine, and Ear, Nose, & Throat services available in Plymouth, call **(603) 444-2450**.

### Services Offered

- ✓ Orthopaedics
- ✓ Facial Plastics
- ✓ Pain Management
- ✓ Allergy Medicine
- ✓ Sports Medicine
- ✓ Ear, Nose, & Throat
- ✓ Full Body Skin Cancer Diagnosis & Treatment

**LITTLETON  
REGIONAL HEALTHCARE**

**The Alpine Clinic | North Country ENT, Facial Plastics, & Allergy**  
15 Town West Road • Plymouth, NH 03264

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