

# Gilford Steamer

THURSDAY, DECEMBER 9, 2021

GILFORD, N.H.

## SantaLand brings out families for holiday fun

BY ERIN PLUMMER

mnews@salmonpress.news

SantaLand was back this year at the Gilford Youth Center, bringing out families to enjoy an array of fun activities in one place.

The free annual event, hosted by the GYC and the Gilford Parks and Recreation Department, ran Friday night and Saturday morning. The GYC gym was turned into a holiday wonderland with crafts, games, food, a bouncy house,

and so much more.

The event was canceled last year because of the pandemic. GYC director Scott Hodsdon said the event is a holiday tradition for many families and not being able to have it was hard.

He said since the Holiday Craft Fair was going on at Gilford High School the organizers of SantaLand decided it was a good time to bring back the event as well.

“We’re very happy

and fortunate to be able to do it this year,” Hodsdon said.

SantaLand featured a variety of different activities for kids and their families. Kids could play different games in Reindeer Games, decorate cookies, take part in Frosty’s Race Course on little scooters, slide down a big bouncy slide, spend time in the bouncy house, do some “snowball fighting” with cloth balls, ornament making. Letters to Santa, and many more activities. Plenty of food was available for sale from mac and cheese to a cookie walk.

New this year was the snowball fight and a smaller slide for little kids was added on addition to the big slide.

Kids could also get



PHOTOS BY ERIN PLUMMER

Emma Ciasulli and her mom Elia Ciasulli meet some special friends during SantaLand.

their pictures taken with Santa. Kids would have their names called and gather for a story before

getting to meet the man in red. Kids could also meet with some popular characters like Mickey,

Minnie, and Olaf.

Hodsdon and Parks and Rec director Herb

SEE **SANTA LAND** PAGE 7

## Additional terrain, lodging in proposed plan for Gunstock

BY ERIN PLUMMER

mnews@salmonpress.news

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

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

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

SEE **GUNSTOCK** PAGE 1

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The season is still a few weeks away, but the Gilford alpine ski team will be looking to defend a title on the girls’ side for the third year in a row.

Coach Lyvie Beyrent returns to the slopes for her 10th year coaching with the Golden Eagles and this year she will be joined by Eric Tanner, who is in his first year in Gilford but has plenty of coaching experience with other teams.

## Gilford alpine girls out to defend their title... again

The girls will be returning three top skiers from last year’s Division III championship team, as seniors Sophie Lehr and Shealagh Brown and junior Tessa Tanner will be back on the slopes for the new season.

Beyrent noted that the boys’ team will welcome back juniors Cole Howard and Caleb Clough, along with Patrick Gandini, who will once again be competing in both Nordic and alpine competitions as he

chases the Division III Skimeister trophy. The goal for the boys is to be placing in the top three by the end of the season according to Beyrent.

The good news for the Golden Eagles is that they will get to spend a lot of time on their home mountain of Gunstock, as there will be six meets scheduled at the Gilford mountain. Additionally, Gilford will ski at Bretton Woods and will finish the season at the State Meets at Mount Su-

napee in Newbury.

The season officially kicks off for the Golden Eagles when they head to Bretton Woods on Monday, Dec. 20. The team will be at Gunstock each Friday in January and the first two Fridays in February.

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

## GHS Craft Fair makes a comeback

BY ERIN PLUMMER

mnews@salmonpress.news

Visitors could shop for handmade holiday gifts for another year at the Gilford High School Holiday Craft Fair, where two school buildings became a hub for crafters and shoppers.

The craft fair has been a holiday tradition for over 40 years; after a year off because of the pandemic, the event came back on Saturday morning through afternoon. The Gilford Middle and High School buildings were open and crafters set up tables in hallways, both gyms, and the high school cafeteria. Shoppers could peruse different creations such as jewelry, fiber crafts, foods, soaps, candles, holiday decorations, glasswork, and so many more,

The fair is organized every year by the GHS senior class and is a major fundraiser for class activities.

Class co-advisor Meg Jenkins said a lot of people were happy to see their fair back this year.

“For many crafters, it was their first fair in two years, so the emotional

piece was there for those who sold and those who bought,” Jenkins said.

She said the numbers seemed to be down a little this year, but the fair was well attended overall. This year, they had more illness-related cancellations from vendors than any other year, which she was to be expected.

“We definitely got a lot of people than expected; it’s definitely good to

see people after COVID,” said senior class treasurer Avery Marshall.

Overall, Jenkins said she heard from different crafters who said the day was a success.

Jenkins said a lot of visitors took prevention measures against the pandemic.

The school has a policy making masks optional and they weren’t required at the fair, but Jenkins said she saw

a lot of people wearing them during the event. While there is usually a big rush at the beginning of the fair, she said many visitors came at different times to thin out any potential crowds.

Members of the senior class put together 10 raffle baskets. Marshall said the senior class officers bought components and gave them to the classes to create differ-

SEE **FAIR** PAGE 7



PHOTO BY ERIN PLUMMER

The Gilford High School gym was one of several locations where crafters set up tables for the annual Gilford High School Holiday Craft Fair.



To ensure that the Dec. 23 edition of the Gilford Steamer arrives in subscribers’ mail boxes on schedule, the submission deadline for any press releases and letters to the Editor intended for publication that week has been changed to Thursday, Dec. 16 at 9 a.m. Submissions can be e-mailed to Editor Brendan Berube at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).

The Gilford Steamer thanks our readers for cooperating with this scheduling change, and wishes one and all a safe and happy holiday season.

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# ALMANAC

## Notes from the Gilford Public Library

Classes & Special Events  
Dec. 9 – Dec. 16

Thursday, Dec. 9  
Geri Fit, 9-10 a.m.  
French, 4-5 p.m.  
A Year in Review, 5:30-6:30 p.m.

Do you have pictures from this year sitting in a drawer or in your phone? If you answered yes, dig out and print those pictures and join us to create your year in review scrapbook pages.

Friday, Dec. 10  
Senior Sculpt, 9 a.m.

Storytime w/ Mrs. Claus, 10:30-11:30 a.m.  
Bridge, 10:30 a.m.-12:30 p.m.

Hand & Foot, 12:30 p.m.  
Knit Wits, 1:30-2:30 p.m.

Advanced Conversational German, 2:30-3:30 p.m.

Beginner Line Dancing, 4-5 p.m.

Monday, Dec. 13  
Geri Fit, 9 a.m.-10 a.m.  
Tai Chi, 10-11 a.m.

Preschool Gingerbread Houses, 10:30-11:30 a.m.

Our famous event of making your own gingerbread houses is back in-person. \*Sign-up required  
Mahjong, 12:30-3 p.m.  
Gingerbread Houses, 3:30-4:30 p.m.

Tuesday Dec. 14  
Senior Sculpt, 9 a.m.  
Preschool Gingerbread Houses, 10:30-11:30 a.m.

Bridge, 10:30 a.m.-12:30 p.m.

Elementary School Gingerbread Houses, 3:30-4:30 p.m.

Intermediate Line

Dancing, 4-5 p.m.

Wednesday, Dec. 15  
Check out an Expert, 10 a.m.-noon

Paint Group, 1-3 p.m.  
Adult Holiday Party and Sing-A-Long, 2-4 p.m.

Gilford Library invites you to gather with friends, enjoy holiday treats and activities while Jane Ellis leads us through popular Christmas Carols and other holiday tunes. Feel free to sing a long or sway a long. RSVP as space is limited.

Thursday, Dec. 16  
Geri Fit, 9-10 a.m.  
French Club, 4-5 p.m.

Book Discussion:  
Vesper Flights by Helen Macdonald, 5:30 p.m.

## Gilford Public Library Top Ten Requests

1. “Better off Dead” by Lee Child
2. “Fear No Evil” by James Patterson
3. “State of Terror” by Hillary Clinton
4. “Wish You Were Here” by Jodi Picoult
5. “Game On: Tempting 28” by Janet Evanovich
6. “Mercy” by David Baldacci
7. “The Dark Hours” by Michael Connelly
8. “The Midnight Lock” by Jeffery Deaver
9. “The Becoming” by Nora Roberts
10. “The Lincoln Highway” by Amor Towles

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of Nov. 24 to Dec. 2.

A juvenile, age 16, was arrested on Nov. 24 for Possession and/or Use of Tobacco Products By a Minor.

Trevor Robert Bond, age 38, current address unknown, was arrested on Nov. 27 for multiple counts of Criminal Mischief, Resisting Arrest or Detention, multiple counts of Receiving Stolen Property valued at less than \$1,000, and Breach of Bail.

Daniel Kelly, age 27, of Laconia was arrested on Nov. 29 for Driving After Revocation or Suspension (second offense).

Alexis L. Burton, age 33, of Laconia was arrested on Dec. 1 for Domestic Violence-Simple Assault-Bodily Injury.

A 60-year-old female from Alton was taken into protective custody for intoxication on Dec. 1.



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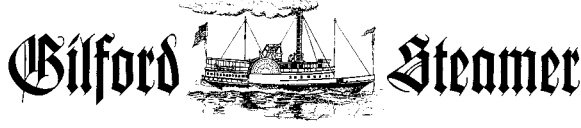
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BY LARRY SCOTT

“The knock at the door startled Irene Adkins. The seventy-nine-year-old great-grandmother wasn’t expecting any visitors. A cautious peek through the peephole revealed a well-dressed silver-haired gentleman with a kind face that struck her as vaguely familiar.” So writes Robert Morris in his book, “The God I Never Knew,” a book I wholeheartedly recommend.

“It would take her a while to realize that the man’s face indeed bore an uncanny resemblance to one she knew better than any other — her own. Irene’s seventy-three-year-old brother, Terry, had come for a visit. And it took her completely by surprise; Irene never knew she had a brother.

“Back in 1932, in the depths of the Great Depression, a desperate and

confused young English couple unhitched their tattered camper trailer on the side of the road and drove away. Police later found three small, hungry children inside. Irene, at ten months of age, was the youngest. The three were placed in separate foster homes and grew up unaware of the others’ existence. Meanwhile, the young couple eventually achieved some stability a few years later and had another child — their son, Terry.

“When Terry was fourteen, his parents revealed their shameful secret. They told him of the desperate straits in which they’d found themselves and of the wrenching decision to abandon the trio of hungry mouths they could not feed. Shortly thereafter, Terry began a lifelong quest to find his siblings. ... He searched in vain for almost sixty years. Then came

a break-through. He learned the name of the agency that had placed Irene and her siblings in foster homes. Not long thereafter came the day — April 3, 2010 — when Irene Adkins discovered the wonderful brother she never knew. In the discovery the rootless orphan found a source of answers to questions she had carried around in her heart all her life” (Chapter 1).

This, to me, is the perfect picture of where God stands in His desire to have a relationship with you and me. He knows how empty life can be without Him, and He has encouraged our search. To Him, we are “family,” and it is only as we welcome Him into our lives that we will finally realize, “We’re home! This is where we belong!”

Jesus, in one of his parables, referred to himself as “the Good Shepherd,” one who would leave “the 99” to themselves

as he searched for “the one lost sheep.” No one of us, in God’s view, is good enough to cause God to love us any more, but neither is any of us is evil enough to cause God to love us any less. Regardless of our station in life, God is anxious to meet us where we are, as we are, and make of us what, without Him, we could never be.

In the New Testament book of Revelation, Jesus is quoted as having said, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in.” The great truth of the Gospel is that we have access to God. He is, indeed, eager to establish a relationship with us, but He will never force the issue. He responds only by invitation.

For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

## Gilford Parks and Recreation News

BY HERB GREENE

Director  
Gilford Parks and Recreation

Gilford’s Grand Holiday Home Decorating Contest! The Gilford Parks and Recreation Department and the Gilford District PTA are co-sponsoring a Holiday Home Decorating Contest for the residents of Gilford. There is no fee to enter, and winners will receive a gift card to a local restaurant as well as a yard sign for bragging rights! Deadline to enter is Thursday, December 9th. For more information on how to enter, please visit the Parks and Recreation Web site at [www.gilfordrec.com](http://www.gilfordrec.com) or call the Parks and Recreation Office at 527-4722.

Boston Celtics bus trip scheduled for March 1 The Gilford Parks and Recreation Department and Moultonborough Recreation Department are co-sponsoring a Bus Trip to Boston to see the Celtics take on the Atlanta Hawks on Tuesday, March 1, 2022. The cost of the trip includes round trip motor coach from Moultonborough or Gilford and your ticket (section 324 of the balcony) to the game. Our deluxe motor coach will depart from Moultonborough Central School at 4 p.m. and the Gilford High School at 4:45 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on

your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. Please be sure to review COVID-19 restrictions for the Coach Company, TD Garden and the City of Boston

prior to registering.

Cost: \$100 per person

For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at [www.gilfordrec.com](http://www.gilfordrec.com).

## New Horizons Band to host holiday concert

Ready to enjoy some Holiday Music? We are ready to present it to you. Come to the New Horizons Band Holiday Concert on Saturday, Dec. 18 at 2 p.m. in the Gilford Community Church. From regular holiday tunes to Christmas music from other countries and of course, a sing-along! Bring your voice, your friends, and your family! COVID protocols have been requested, so please be prepared to wear a mask. Masks will be provided for those in need of one. The concert is free to all, although donations would be greatly appreciated.

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# Crafters showcase talents at GHS fair



Linda Demeo of Hannah's Gifts.

BY ERIN PLUMMER  
mnews@salmonpress.news

Crafters with a wide range to experience and stories sold many different kinds of handmade gifts at the Gilford high School Holiday Craft Fair.

Crafters set up tables throughout Gilford Middle and High Schools during Saturday's fair, returning after a year off due to the pandemic.

Linda Demeo of Waterville Valley turns sweaters into mittens for her business Hannah's Gifts.

Demeo is a retired X-ray technician and has been making her pieces for 10 years. She started after her father passed away and she received two of his sweaters from her parents' honeymoon. She made the sweaters into mittens as a keepsake for her family.

Since then, she has been making sweaters into mittens. She will look for sweaters and ask people to look for

them in yard sales, thrift shops, and other places. Each of the sweaters are washed and dried, then lined in fleece before becoming mittens. Demeo said some of the bulkier sweaters, like cable knit and fishermen's sweaters, are a bit trickier to work with and require a lot more care.

She will also take requests from people to turn sweaters owned by their loved ones into mittens.

"I absolutely love making memory mittens because you just never know where they go," Demeo said. "They go all over the world."

She named her business after her late daughter Hannah.

"I love it when people ask me if I'm Hannah," Demeo said.

She's done the Gilford fair for several years.

"It was good to be back," Demeo said. "A lot of people said...they love being at the fair."

Amy Smith of Laconia sold her handmade

soap from her company Homestead #37.

Each bar of soap is cold processed, combining the oils and other ingredients before warming them to a certain temperature and adding sodium hydroxide to create the soap. She uses natural ingredients to color each soap such as spinach for green, activated charcoal for black, and other ingredients like rosehips.

Smith took up soap-making as a pandemic hobby.

"I do a lot of cooking on the side; I like the chemistry behind cooking," she said. "This was kind of a natural segue into making soap."

She would sell her soap to friends and co-workers and has done three fairs including the Gilford fair.

"It's been good: nice crowd, a lot of people," Smith said. "I'm local, so it's nice it's local."

Brenda Ann's Card Creations sells the handmade paper creations of



Amy Smith of Homestead #37 with her daughter Ava Smith.



Brenda Noseworthy of Brenda Ann's Card Creations.

Brenda Noseworthy of Thornton. Noseworthy creates greeting cards, gift tags, and many other items made from cut paper. She said she will start with a base layer and add punched paper shapes on top, also adding other features like embossing and sequins.

She has been selling her creations for around

five years.

"They're getting more detailed than they used to," Noseworthy said.

This is her third year at the GHS fair. She said she already had a lot of

stock that she made the year before and was selling it. She said next year, she will have some new items and designs.

## Two days left for St. Vincent Christmas Angel Program

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

This program is available to families with children ages birth to 18 years old. An outfit of clothing, socks, underwear/diapers and personal hygiene items will be given for each child. Any additional items in the package are through the generosity of anonymous donors.

Due to the increase in

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

parents/grandparents/foster parents are asked to bring the appropriate paperwork if they have sole or split custody of the children.

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

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

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

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

To register, email: [sjk@gildasclubnh.org](mailto:sjk@gildasclubnh.org) or call 603-387-6775.

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

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



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**ARTISTIC ROOTS**



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



COURTESY

Opechee Garden Club welcomes new board members

Opechee Garden Club is pleased to announce Members of 2021/2022 Executive Board. The Board, led by President Hollis Thompson, will focus on meeting the club's mission by providing scholarships through the Lakes Region Scholarship Program, donations to non-profit organizations such as Loon Preservation and Squam Lake Natural Science Center and the installation and maintenance of Civic Gardens.

To ensure that sufficient funds are available to support these efforts, the Board and Members are already planning the 2012 Garden tour. "Tea in the Garden" will be held on Saturday, July 16. Pictured seated from left to right: Judy Robertson, Treasurer; Maureen Bastille, Program Director; Hollis Thompson, President; Carmel Lancia, Correspondence Secretary. Standing from left to right: Theresa Mahoney, Publicity; Ginnie Johnson, Recording Secretary, Linda Belcher, Community Gardens and Esther Kratochvil, Hospitality, Absent: Helen Murphy, Past President; Marnie Schultz, Hospitality; Ginny West, Auditor; Audris Clark, Parliamentarian and Joan Stephenson, Photography. For more information about the Opechee Garden Club, please visit us at facebook.com/Opecheegardenclub or Opecheegardenclub.com. If you are interested in joining the Opechee Garden Club, please send an email to: Opecheegardebclub2012@gmail.com.

North Country Notebook

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



By JOHN HARRIGAN  
COLUMNIST

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

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

--Partridge Cleaner. The last time I saw Steve Merrill was at the Ronnie Hughes camp on Whipple Ridge, kneeling beside that little non-stop brook that was always running down across Ron's lawn, the upkeep for which he invented his famed Night Mowing. Feathers from Steve's bird were floating everywhere, wafting around in the evening air. If apple aficionados could invent and perfect an apple-peeler that also cored the apple, why not a Partridge Cleaner?

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



COURTESY

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

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

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

--Mousetrap, as in "Beat a path to your door if you build a better one." Grizzled, wood-chuck-like old trappers have been emerging from winter cabins for years babbling about building a better mousetrap. This is just before their partners strangle them. As for mouse-

traps, nothing has bested a bucket with some antifreeze in it and a little mouse-ramp, and some wire and one of those little spinner things with some bait on it, like peanut butter. Stay toward the rear of the crowd upon camp-opening in the spring. Think, "Gag me with a spoon."

--Live-Trapped Woodpile Weasel, trapped by caring, sharing, tender, loving, not-ready-for-prime-time players in Feelgood, Fredonia, care/of Marx Brothers, Hollywood, Cal. Get one of these babies and set it loose in your woodpile and you'll never need mousetraps again.

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

--Genuine NH Maps, the real thing. Arrows show vehicles rushing south for yet another shopping plaza ribbon-cutting, or another lane opening on Inter-

state 93 (to facilitate exits in Salem, Pelham, Derry, Manchester, Hooksett, Concord, and comingsoon,Plymouth).

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

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

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

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



# Locals earn football All-State honors

BY JOSHUA SPAULDING  
Sports Editor

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

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

First Team Defense went to Kennett linebackers Evan Koroski

and Tanner Bennett, linebacker Michael Kitto and defensive back Riley Marsh of Gilford-Belmont and lineman Tyler Stokowski and defensive back Brock Tanner of Plymouth.

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

Earning Second Team Defense were lineman Jaivon Cadore, lineback-

er Calvin Swanson and defensive back Kurtis Cross of Plymouth and lineman Sam Seavey of Kennett.

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

Also earning First Team Offense honors were Dominic Coppeta (QB), Dominic Pallaria (RB), Daniel Post (RB),

Ethan Stewart (slot) and Malakai Colon (OL) of Timberlane, Liam Sullivan (RB), Connor Toriello (TE) and Billy Wood (OL) of St. Thomas, Alex Francouer (RB) of Pembroke, Jake Currier (OL) of Merrimack Valley and Nate Ashby (KR) of Sanborn.

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

Devon Paquette (DB) of St. Thomas.

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

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

en Weldon (LB) of Pembroke.

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

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

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

## Bulldogs ready to skate into new season

BY JOSHUA SPAULDING  
Sports Editor

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

Coach Jason Parent

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

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

the first,” Parent said.

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

On the defensive side of things, Parent notes that senior defender Zoltan Stefan is a leader on

the defensive corps and is the physical presence for the team.

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

team’s hockey IQ, freshman defender Nathan Gerbig and a pair of goalies in freshman Carson McGreevy and sophomore Colin Logan.

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

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

Pembroke-Campbell, Kearsarge-Plymouth, Sanborn-Epping, Monadnock-Fall Mountain and Kennett plus single games with Con-Val-Conant, Lebanon-Stevens, Hollis-Brookline-Derryfield and John Stark-Hopkinton.

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

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

## 35th Annual Cash & Cans schedule set



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

REGION — ‘Making a difference one donation at a time,’ Mix 94.1 FM’s 35th annual Cash and Cans Money & Food Drive for the holidays is set for Dec. 13-17. All monies and food raised stays local, benefiting several area organizations, including the Franklin Police Toys for Tots Program; the Belmont Police Santa ‘Lil Helpers program; Twin Rivers Interfaith Food Pantry; Bread & Roses Soup Kitchen; Tilton/Northfield/Sanborn-ton Christmas Fund; Every Child Is Ours; Greater Lakes Region Santa Fund, Meredith Emergency Food Pan-

try, the Northfield-Tilton Congregational Church Food Pantry, St. Joseph’s Belmont Food Pantry and others.

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

Mix 94.1 FM’s Fred Caruso, who started the program in 1987, looks forward to this week every year, commenting “We meet so many generous people during Cash and Cans week. It’s a heart-warming week, from kids giving their piggy bank money to the business community donating, all we ask is peo-

ple give what they can. And the best part...it all stays right here in our central New Hampshire Community.”

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

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

Monday, Dec. 13: 5:30-9 a.m., George’s Diner, Meredith; 10 a.m.-1 p.m., Vista Foods, Laconia; 2-5pm, Verizon Wireless Zone/American Shaman, Laconia.

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

Wednesday, Dec. 15: 5:30-10 a.m. Dunkin’ Donuts, West Main Street, Tilton. Make a minimum ten dollar donation, get a dozen donuts free; 11 a.m.-1 p.m., Prescott’s Florist, Laconia; 1-3 p.m., Irwin Motors, Laconia; 4-7 p.m., McDonald’s Tilton

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

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

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

## HIGH SCHOOL SLATE

with Berlin-Gorham,

**Tuesday, Dec. 7**  
GILFORD  
Swimming at Lebanon; 6  
**Wednesday, Dec. 8**  
WINNISQUAM  
Wrestling at Bow; 6  
**Friday, Dec. 10**

BELMONT  
Boys’ Hoops vs. Berlin; 6  
Girls’ Hoops at Berlin; 6:30  
GILFORD  
Boys’ Hoops vs. Monadnock; 6  
Girls’ Hoops at Monadnock; 6:30  
WINNISQUAM  
Boys’ Hoops at White Mountains; 6:30  
Girls’ Hoops vs. White Mountains; 7  
**Saturday, Dec. 11**  
WINNISQUAM  
Wrestling Home Meet; 9  
**Tuesday, Dec. 14**

BELMONT  
Boys’ Hoops vs. Gilford; 6  
Girls’ Hoops at Gilford; 6  
GILFORD  
Boys’ Hoops at Belmont; 6  
Girls’ Hoops vs. Belmont; 6  
WINNISQUAM  
Boys’ Hoops vs. Newfound; 7  
Girls’ Hoops at Newfound; 6  
**Wednesday, Dec. 15**  
BELMONT-GILFORD  
Hockey at Laconia-Winnisquam-Inter-Lakes; 5  
WINNISQUAM  
Hockey vs. Belmont-Gilford; 5  
Wrestling Home Meet; 6

All schedules are subject to change.

This Christmas...

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## Edward Jones: Financial Focus

**Retirees fear becoming a burden**

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

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

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

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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.

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

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

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

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your risk tolerance and time horizon. Keep in mind, though, that diversification does not ensure a profit or protect against loss in a declining market.

- Protect yourself from long-term care costs. Even if you invest diligently for decades, your accumulated wealth could be jeopardized, and you could even become somewhat dependent on your family, if you ever need



GUNSTOCK

(Continued from Page A1)



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

PHOTOS BY ERIN PLUMMER

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

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

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

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

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

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

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

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

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

stretch of space between both sides of the mountain.

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

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

Short term improvements include getting a second detachable chairlift that would replace the Tiger and Ramrod lifts with a lift closer to Panorama. This would give the mountain four acres of new terrain and balance trail capacity. Humber said doing this would result in a major improvement to the skiing experience and could create a nice segue to future expansion.

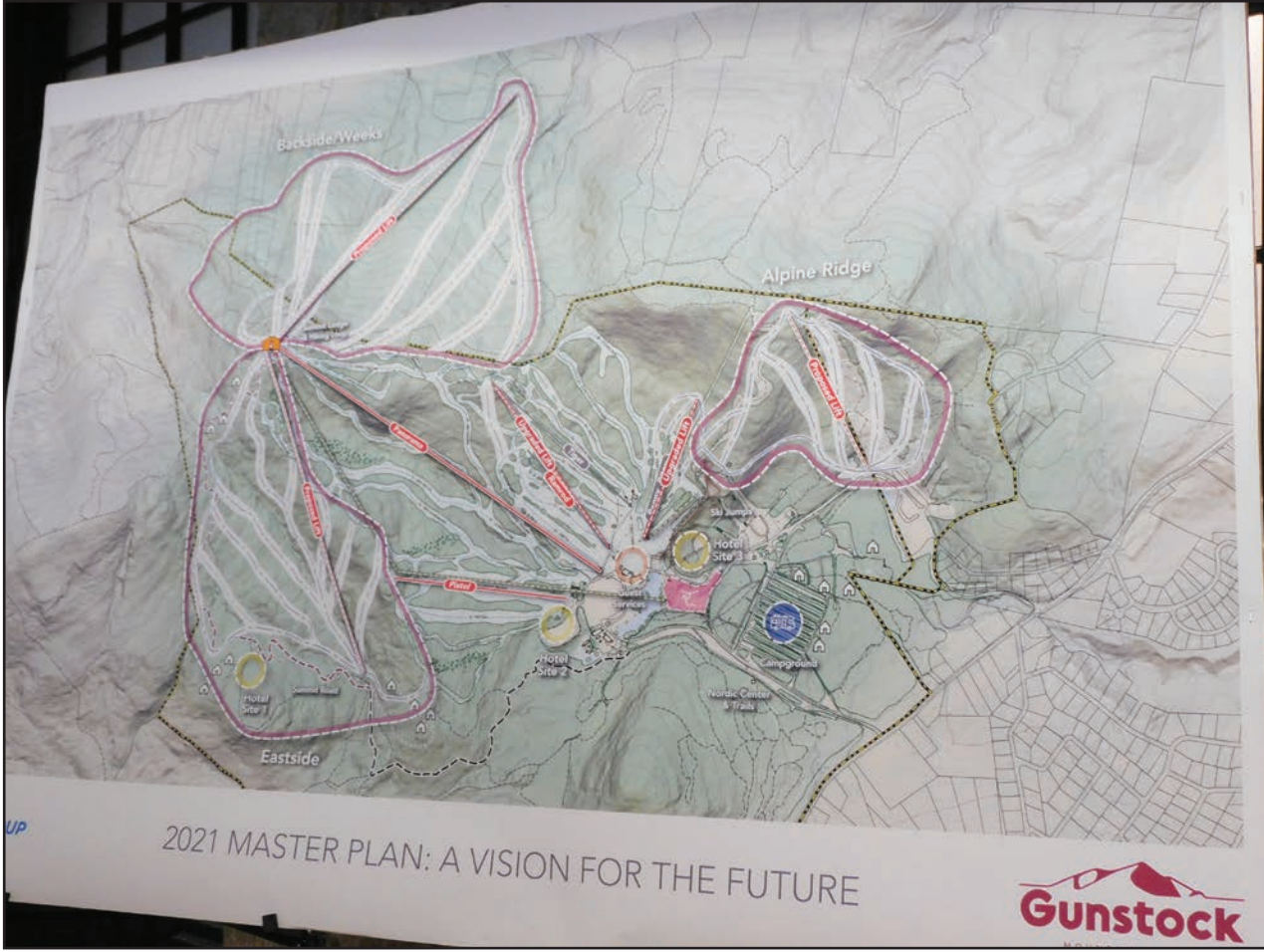
A new detachable lift would cost around \$5.5 million.

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

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

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

The first phase, called Eastside, would add a second summit lift and



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

70 more acres of terrain with 11 new trails on the east side of the mountain, possibly generating 48,100 new skier visits. This project could cost \$15.3 million.

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

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

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

Another detachable

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

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

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

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

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

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

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

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

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

Day said any project would require the support of the community. He said this is a plan that would be executed over multiple years and done so in a fiscally responsible way.

Humber said resorts and ski areas that make sequential and disci-

plined capital improvements will improve, whereas resorts that do not will eventually fail against the competition.

Project principals answered different questions from community members.

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

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

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

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

"The concept of expansion and the concept of the opportunities I think is really good for Belknap

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SANTA LAND

(Continued from Page A1)



Everly Yost and Ellie Santone stack as many presents as they can during SantaLand at the Gilford Youth Center.



The cookie decorating station brought out families and their creativity.



The Cookie Walk was a popular station at SantaLand.

Greene said the crowd was a bit lighter on Friday than usual, though that wasn't unusual considering the times.

"It's great to be back," Greene said.

Hodsdon and Greene said both groups have a great partnership.

"Any time we can partner with Parks and Rec, it makes our event better," Hodsdon said.

Crews from both the GYC and Parks and Rec helped set up the event in the gym during the week and helped out with the activities during the event along with several Gilford students and many other community volunteers.

Emma Ciasulli, who's 18 months old, got the chance to meet Micky and Mini, play some

games, and so many more activities.

Her mom Elia Ciasulli said they recently moved to Gilford from New York City.

"We love it," Elia said. "We are originally from New York City and this is the best SantaLand and holiday party. We are glad the people of Gilford have been so welcoming to new home-

owners like us."

Everly Yost, age 2-and-a-half, and 3-year-old Ellie Santone did the present stacking game and their parents said they also loved the bouncy house, cookie decorating, and meeting Santa.

Everly's mom Brittany Yost said they've come to SantaLand in previous years and was great to be back this

year.

"It's so nice, everyone's so happy," Brittany said. "It's a real highlight for the kids."

Ellie's mom Barbara

Santone said this was their first year and they came after hearing about it through the school.

"I love it; this is fun," Barbara said.

FAIR

(Continued from Page A1)

ent raffle baskets.

Each crafter also donated one of their items to be raffled off.

Different classes and student groups also sold food at the "food court"

in the middle school cafeteria including the senior class' meatball subs, the French Club's pork pies, and baked goods from the eighth-grade class.

Every member of the senior class had to volunteer some time for the fair and could sign up for times to set up, take down, and volunteer during the event. Mar-

shall said seniors had their last finals Friday morning. As soon as finals were done, the students were setting up for the fair and worked until around 8 p.m.

Send a letter to Santa at the Belknap Mill




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

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

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

Kim, Santa's designated Volunteer Elf for Laconia, will pick up the letters and send them straight to Santa so that he can respond before Christmas. Once the letters have been responded to, Kim will donate the original letters to Macy's Believe Program, which donates \$1 to Make-A-Wish for every letter they receive.

To ensure all children who write to Santa receive a response, the child's name and address must be attached to their letter and dropped with a pre-stamped envelope. Kim Smith is volunteering her time for this project and is looking forward to giving back to the Laconia community! The Belknap Mill expects this program to become a permanent part of our Annual Yuletide traditions event held each November.




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online at [Wfriendsofmusic.org](http://Wfriendsofmusic.org); or at the door.

For more information  
Call 569-2151 or visit [www.wfriendsofmusic.org](http://www.wfriendsofmusic.org).

Strict COVID precautions will be observed  
(vaccination documentation, masks, social distancing)


Season sponsor  
Paul Zimmerman

PETS OF THE WEEK




Gannon

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



Cinder

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



NH Humane Society

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# REAL ESTATE



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**LACONIA OFFICE**  
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**SEARCH NH REAL ESTATE: WWW.ROCHEREALTY.COM**



\$349,000  
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A conveniently located 3-family property w/ detached garage + two offices space + storage. Two 1-BR units & one 2BR. Spacious backyard near restaurants, shopping, I-93 and all the Lakes Region attractions.

Like-new home with Lake Winnisquam beach right down the street. Bright & sunny interior, newer appliances, walk-out to deck and good sized bedrooms. Entire 2nd floor is unfinished and ready for your ideas!

This 3-BR, 2-BA mobile home is conveniently located just minutes from lakes, shops, eateries & amenities of Meredith Village on L. Winnepesaukee. Enclosed porch, back deck & spacious yard. Walk to schools & parks.

The last remaining condo at Lakeside at Paugus Bay w/ PRE CONSTRUCTION PRICING. 3BR, 2BA upgraded kitchen, high ceilings, HW & tile floors, FP & deck above the private sandy beach on Lake Winnepesaukee

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Rent starting at \$960 + utilities  
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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.  
(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))  
This paper will not knowingly accept any advertizing which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.  
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The toll free telephone number for the hearing impaired is 1-800-927-9275.  
You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write  
The Commission at 163 Loudon Road, Concord, NH 03301  
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<b>MODULARS</b> List Price \$191,995 <b>\$191,995</b> 1,900 sq. ft. 2 Story 1st Floor Master Bedroom	

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**Assemblers – 2<sup>nd</sup> & 3<sup>rd</sup> Shift - Starting Pay \$14.50**  
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**Sanders 1<sup>st</sup> Shift - Starting Pay \$14.50**

**\$.75 per hour shift differential on 2<sup>nd</sup> shift.**  
**\$1.50 per hour shift differential on 3<sup>rd</sup> shift.**

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

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You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com), please be specific as to what shift and position.

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

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

**Energysavers Inc,**  
**163 Daniel Webster Hwy, Meredith NH**

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[www.rozziemay.org](http://www.rozziemay.org)  
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Send resume to:  
Alton Bay Christian Retreat Center  
PO Box 321 Alton Bay, NH 03810  
[brad@altonbay.org](mailto:brad@altonbay.org)

**Mountainside**



**LANDSCAPE & EXCAVATION**

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

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



# ~ Comfort Keepers ~

## What is respite care?

**BY MARTHA SWATS**  
Owner/Administrator  
Comfort Keepers

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

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

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

Caring for a senior loved one is both rewarding and challenging. Family caregivers need to remember that it's important to take necessary breaks and practice self-care so they can ensure that they continue to find joy in their role.

This can be particularly important for those caring for a senior that

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

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

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

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

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

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

Caring for a senior loved one can be fulfill-

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

Comfort Keepers® can

help

Trusting your loved one with someone else can be difficult, but with Comfort Keepers®, you can trust that he or she will be in capable hands. Our specially trained caregivers will stay with your loved one while you take care of yourself, for as much or as little time as you need. And every client receives a custom care plan that aims to engage them in intellectual,

physical and emotional exercises and activities. To learn more about our uplifting in-home and respite services, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mo-

bility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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

Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

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



16-6493-MCP / 11.2021

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

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

“The Mitten Tree is a simple way that community members can give back to those in need this holiday season,” said Rick Wyman, President of MVSB. “It is a holiday tradition we’ve proudly hosted since 1979 and we are excited to contribute to these local organizations helping to ensure local children and families don’t go hungry.”

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

Interlakes Community Caregivers, a volunteer organization that provides supportive services and infor-

mation for neighbors to assist them in their daily lives. Visit [www.interlakescares.org](http://www.interlakescares.org) for more information.

**GOT LUNCH!** Laconia, a collaboration of community partners coming together to help feed children during the summer months. Visit [www.gotlunchlaconia.com](http://www.gotlunchlaconia.com) for more information.

**GOT LUNCH!** Ashland, a collaboration of community partners coming together to help feed children during the summer months.

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

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STATION**

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1 Suncook Valley Road  
Barnstead, NH



## TOWN OF BARNSTEAD HIGHWAY DEPARTMENT FULLTIME AND PART-TIME POSITIONS

The Barnstead Highway Department has a position for 1 fulltime year-round truck driver/heavy equipment operator. A valid NH CDL-B, a driver's test and criminal records check required. Skill in the operation and maintenance of heavy-duty trucks, heavy equipment and prior snow-plowing experience preferred. Excavator or Grader experience a plus. Applicants must be flexible during winter months, able to work nights and weekends as needed and must live within a reasonable travel distance of the Barnstead Highway Garage.

The part-time position does not require a CDL-B license but skill in the operation and maintenance of heavy equipment and snowplowing experience preferred.

Pre-employment drug and alcohol screen and physical required. Subject to periodic random drug and alcohol screening. The fulltime position offers a complete benefit package and a competitive wage (commensurate with experience). Professional training opportunities are available for those wishing to have a career with the Barnstead Highway Department.

Applications are available at the Selectmen's Office, and on the Town's website at: [www.Barnstead.org](http://www.Barnstead.org), and must be submitted by the close of business Dec. 10, 2021 to:

**Board of Selectmen "Highway Dept. Position"**  
P.O. Box 11, Ctr. Barnstead, NH 03225  
Or: [barntownhall@metrocast.net](mailto:barntownhall@metrocast.net)



# "Shop Where The Pros Shop"

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ACE  
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*Celebrate the Holidays and meet the author!*

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

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

The Belknap Mill Page Turners Book Club was launched in February 2020. Meetings are facilitated by Cathy Waldron, local author and owner of Give a Salute Publishing, and Heidi Smith, Board member and Programming Chair of the Laconia Historical and Museum Society. The club meets virtually each month and is regularly visited by the current month's author.

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

## Loon Center Holiday Sale

EXTENDED THROUGH DEC. 15  
ONLINE at [www.loon.org/shop](http://www.loon.org/shop)  
Coupon Code Holiday2021

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

Visit [www.nhec.com](http://www.nhec.com) for complete program details