

THURSDAY, DECEMBER 17, 2020

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

# **Belmont Heritage Commission** presents Heritage Awards

BELMONT -Belmont Heritage Commission Chairman Vicki Donovan, along with six commission members and the Belmont Board of Selectmen, announces its annual Community Heritage Awards.

The Heritage Commission overwhelmingly chose and honored Gret-Olson-Wilder, who ta received the Community Partners and Special Events Award. She worked diligently and tirelessly as Belmont's Coordinator Events to organize numerous events celebrating the town's 150th Anniversary last year. Olson-Wilder went above and beyond to bring many activities, concerts, and special events to the community. She was determined to acknowledge people, groups and moments that had helped form, inspire and enrich the town's histo-



Gretta Olson-Wilder

ry and community past, present and future. Some examples of her energy and effort showed through with programs and activities she arranged and promoted throughout the year. Olson-Wilder had four different band concerts, two held indoors and two outdoor concerts at the Historic Bandstand. She organized a scavenger hunt, created a

Pauline Murphy time capsule, and held a birthday celebration at the center of town with a huge Belmont birthday cake created in likeness of town buildings. One of her activities involved contacting the art teachers at Belmont Elementary and Middle School to have students create large murals that depicted Belmont town scenes. The murals were later displayed along the out-

side of the Bandstand. Recognizing Olson-Wilder for her services to the town is long overdue. Although this award is based on her relentless work during the town's 150th her volunteer work far precedes her as she was once a member of the Belmont Parks and Recreation Committee and Gretta helped to organize the Old Home Day parade and the Bel-



#### **Raine Wilkins**

mont Road Race for over 20 years.

Pauline Murphy, who recently celebrated her 92nd birthday, received the Community Traditions and Crafts award. The commission chose Pauline (also known as Polly too many) for the contributions she has made to the town over many years. At the Belmont Public Library her expertise and art handi-

work is in the library's antique Grandfather Clock. Murphy restored the clock by painting a new face. Another painting done by Murphy of the Bandstand was given as a gift to former Heritage Chair Linda Frawley. Murphy has enjoyed many years drawing pictures of Belmont and historical buildings scenes such as the Bandstand, and the Mill. Presently she continues to draw, but mainly for her family. The commission was delighted to acknowledge her contributions to the town and thank her for using her talents to highlight Belmont's Historical sites.

Raine Wilkins' work as a Student Representative earned her the Young Leadership Award. She became the

SEE AWARDS, PAGE A7

# Franklin Savings Bank elects new corporators

FRANKLIN — Frank- department, and is an and respective commu-

BY JOSHUA SPAULDING Sports Editor

of ILMA.

Football Bears earn

All-State bonors

lineman Devin Schwarz quarterback Nate Doyle of Monadnock, running backs Ethan Demmons of Pelham and Justin Joslyn of Monadnock, tight end Zach Jones of Pelham, offensive linemen DeMarco McKissic of Laconia, Noah Coppinger of Pelham, Josh Lavoie of Campbell, Eddie Brodeur of Stevens and Victor Lotito of Monadnock, wide receivers Clayton Wadsworth of Stevens and Zion Carroll of Monadnock, utility player Owen Taylor of

lin Savings Bank announced today the election of John Benham. Brian Bozak, Suzanne Maze, Lorna Platts, and Michael Ventura as new Corporators to Franklin Bancorp, MHC, a mutual holding company and parent corporation of the bank. The elections were confirmed at the bank's 152nd Annual Meeting of Corporators on Dec. 2. Also at the meeting, Scott Clarenbach, Ronald Magoon, and Dorcas Gordon were each nominated to a three-year term, expiring in 2023, as Director of the Franklin Savings Bank Board of Directors.

Benham is President of Pump Systems Inc., located in Franklin. He belongs to the Meridian Lodge of Masons and Kearsarge Mountain Boys, both based in Franklin, where he also resides with his wife.

Bozak is Executive VP, COO & CFO for Franklin Savings Bank. He has 18 years of banking experience, and is a CPA. Bozak serves as Treasurer of the BEDC Board of Directors and is a member of their loan committee. He resides in Sanbornton, NH with his wife and son.

Maze is a second-generation owner of Black Forest Nursey in Boscawen. She enjoys volunteering at Concord Hospital's emergency

active musician at a local church. A resident of Franklin, giving back to the community is important to Maze and her life philosophy.

Platts is the owner of Old Mill Properties, REALTORS<sup>®</sup> based in Bristol. She is a member of the Lakes Region Board of REALTORS<sup>®</sup>, the National Association of REALTORS®, the Council of Residential Specialists, and holds the Graduate of REAL-TOR®Institute (GRI) designation. Platts lives in Danbury and enjoys spending time with her family as well as exploring the outdoors.

Ventura is President & CEO of Independence Financial Advisors, LLC, a wholly-owned subsidiary of Franklin Savings Bank. Ventura has been with the bank for 25 years. Currently, he is Board Chair at Spaulding Academy & Family Services in Northfield. A resident of Penacook, Mike and his wife are active participants in many charitable causes.

During his remarks at the annual meeting, Stuart Trachy, Chair of the Franklin Savings Bank Board of Directors, commented, "We are proud to welcome these individuals as newly appointed Corporators of Franklin Bancorp. They are successful professionals within their businesses

nities; they will serve as wonderful ambassadors for the bank."

Further, Scott Clarenbach, Ronald Magoon, and Dorcas Gordon were nominated to a threeyear term on the Franklin Savings Bank Board of Directors. Clarenbach joined the Board in 2011, while Magoon and Dorcas joined in 2016 and 2019, respectively.

The bank also recognized the retirements of both John Lard and Charlie Chandler at the meeting. Lard is a retired CPA who practiced for decades with his own firm, John L. Lard & Associates, PC. He joined the bank's Board of Directors in 1994 and served as Chair from 2014-2015. Charlie Chandler is a retired attorney who also had his own private practice for many years. He joined the Board in 2009 and served as Chair from 2016-2018. In addition, Chandler has served over 45 years in both local and state government, and is currently a selectman for the Town of Warren and a moderator for the Warren School District.

Franklin Savings Bank President & CEO Ronald Magoon commented, "John and Charlie brought a wealth of experience and expertise to our Board. They both had a genuine pas-

SEE FRANKLIN, PAGE A7

REGION — Both the

Winnisquam and Inter-Lakes/Moultonborough football teams saw their seasons cut short by the COVID-19 pandemic, but a number of members of the two teams were named to the Division III All-State teams that were released last week.

First Team Offense honors went to quarterback Phil Nichols, wide receiver Garret Mango and kicker Duncan Gosselin of Winnisquam and

First Team Defense went to defensive back Seth Rollins and defensive tackle Owen Donahue of ILMA and defensive back Nolan Perrino and defensive tackles Chaz Hibbert and Brandon Marceau of Winnisquam.

Honorable Mention goes to Cooper French, Noah Pearson and Leighton Morrison of Winnisquam and TJ Bailey and Joey Doda of ILMA.

First Team Offense honors also went to

SEE HONORS, PAGE A7

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



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

#### BY ERIN PLUMMER

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

with a lot of volunteer efforts.

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

Because of the pandemic, the auction looked a lot different this year. Everything was broadcast virtually with people in different locations. Members of the community also contributed their own videos. A

SEE AUCTION, PAGE A7

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

#### BY ERIN PLUMMER

mnews@salmonpress.news REGION — While they couldn't gather in

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

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

When the Children's Auction drew to a close on Thursday, Allan and Jennifer Beetle from Patrick's unveiled a check



Allan and Jennifer Beetle, with co-chairs Holly Ruggieri and Anna Terry, unveil the total raised by the "It's For the Kids Community Challenge."

for \$249,460.

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

"We had a really



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strong finish the last day, the money kept coming in," Beetle said. "We almost did \$250,000."

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

Beetle said the current situation affected teams differently and some teams were impacted harder than others. Most of the Pub Mania teams will have yearly fundraising events they do, though this year many of those couldn't

Salmon

happen because of the pandemic. A number of activities could be done in a safe way. He said a number of teams also raised a lot of money the last week of the event by connecting with friends and family members over social media.

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

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

"I think universally

# **BELMONT POLICE LOG**

BELMONT — The Belmont Police Department reported the following arrests from Nov. 20 through Dec. 7.

Lisa Marie Cotoni,

e "It's For the Kids Community everyone would love to be together," Beetle said. "We have some events once social distancing rules relax, we have some really fun events to try to allow the teams to be together and network and have some fun together."

COURTESY PHOTO

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

"I feel really proud to be part of the grp of people that can make this kind of impact in our community," Beetle said.

With the changes this year, Pub Mania will be taking a new form. The 24-hour barstool chal-

 The session of a Controlled
 Depart- Drug, Dealing and/or
 the fol- Possession of Prescripom Nov. tion Drugs, and in con-

nection with a warrant. Katelyn E. Cushing, lenge will be retired, and the focus will continue to be on fundraising throughout the year.

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

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

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

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

"The first year we did Pub Mania in '09 we raised \$47,000," Beetle said. "Eleven years later, we've accumulated over \$2.3 million. If this new event, the Community Challenge, has raised \$250,000 in its first year what's the possibility in the next 10 years? It's kind of exciting what we might be able to do for the community and the kids."

unknown, was arrested on Nov. 29 for multiple counts of Possession of a Controlled Drug and Driving After Revocation or Suspension-DUI.

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age 27, of Laconia was arrested on Nov. 20 in connection with a warrant.

Elizabeth A. Maglio, age 34, of Gilford was arrested on Nov. 21 for Pos-



age 22, of Belmont was arrested on Nov. 21 in connection with a warrant.

Gina M. Rossomangno, age 36, of Belmont was arrested on Nov. 24 in connection with a warrant.

Jose Casiano, age 23, of Belmont was arrested on Nov. 24 in connection with multiple warrants.

Blade A. Aycock, age 28, of Belmont was arrested on Nov. 24 for two counts of Domestic Violence-Simple Assault-Physical Contact and Obstructing Report of a Crime or Injury.

Elisabeth M. Gates, age 48, of Belmont was arrested on Nov. 25 in connection with a warrant.

Suzanne L. Richards, age 37, current address

Nicholas Adam Ryan, age 26, of Belmont was arrested on Dec. 4 for Driving After Revocation or Suspension (subsequent) and in connection with multiple bench warrants.

Nicholas McDonald, age 37, of Sanbornton was arrested on Dec. 5 for Driving Under the Influence-Impairment.

Ryan William Streitenberger, age 39, of Laconia was arrested on Dec. 6 for Violation of Probation or Parole, Possession of a Controlled Drug (Fentanyl), Falsifying Physical Evidence with intention to alter, destroy, or hide, Resisting Arrest or Detention, and in connection with multiple warrants.

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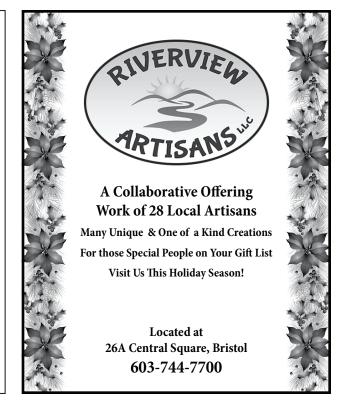
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# Boys' soccer All-State teams announced

BY JOSHUA SPAULDING Sports Editor

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

In Division II, First Team honors went to defender Quinn Twomev of Plymouth and midfielders Carter Morrissey of Kingswood and Riley Hayes of Kennett. Second Team honors went to defender Aiden Sherlock of Kennett and midfielders Will Fogarty of Plymouth and Ethan Raifsnider of Kingswood. Honorable Mention went to midfielder Anton Smith of Plvmouth and defenders Josh Finneron of Kingswood and Jack Cryan of Kennett.

Also earning spots on the First Team were goalies Hogan Cain of Coe-Brown and Mason Bourdeau of Merrimack Valley, defenders Connor Waschsmuth of Bow, Brady Moote of Stevens and Carson Filardo of West, midfielders Matt Selleck of Bow, Ethan Smith of Hollis-Brookline, Ryan Oliveria of Lebanon, Jack Davis and Noah O'Hern of Merrimack Valley, Noah Matthews of Milford, Chase Culberson of Pembroke, Max Lussier of Sanborn and Alex Lin and Ethan Lim of Souhegan and forwards Riley Brooks of John Stark, Caden Leader of Oyster River and Alex Gagnon of Pelham.

Second Team went to goalies Cooper Moote of Stevens and Adam Podsadowski of West, defenders Josh Warner of

Coe-Brown, Orry Murdough of John Stark, Nathan Dolder of Bow and James O'Connell of Sanborn, midfielders Tyler St. Martin of Lebanon, Griffin Wheeler of Merrimack Valley, Aiden Kelly of Oyster River, Drew Sacca of Pelham and Sebastian Parker-Christou of Souhegan and forwards Bryan Wright of Hollis-Brookline, Ryon Constable of Milford and Harrison Army of Pembroke.

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

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

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

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

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

Also earning First Team honors for Division III were goalies Anthony Dizillo of Trinity, Aidan Burns of Hopkinton and Logan Clough of Hillsboro-Deering, defenders Peyton Marshall of Hopkinton and Jack Wildes of Fall Mountain, midfielders Nathan Meeker of Tirnity, Vinny Simonelli of St. Thomas, Logan Dee of Laconia, Chris Van Natta of Derryfield, Jacob Tremblay of Conant, Michael de Carli of Campbell and Evan Haas of Bishop Brady and forwards Georgios Pananas of Monadnock, Ben Seiler of Mascoma and Parker

#### Root of Kearsarge.

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

Honorable Mention also went to goalies Lucas Bean of Laconia and Brayden Ring of Fall Mountain, defenders Ben Stonis of St. Thomas, Isaac Rayno of Mascoma, Josh Duval of Hopkinton, Kaven Fitch of Derryfield, Ryan Latsha of Campbell and Sal Aubin of Bishop Brady, midfielders Quinn Booth of Trinity, George Hoffman of Monadnock and Tim Flanders of Kearsarge and forward Noah Mertzic of Conant.

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

Second Team honors went to goalies Ethan Larsen of Moultonborough and Kris Boris of



Lin-Wood, defenders Gabe Jacobs of Profile and Ethan Houston of Woodsville, midfielder Teagan Leclerc of Gorham and forwards Parker Paradice of Littleton, Will Lopus of Lisbon and Matt St. Cyr of Groveton.

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

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

Team spots were goalie Drew Croteau of Franklin, defenders Sam Crisp of Portsmouth Christian, Colby Rodrigue of Pittsburg-Canaan and Jacob Loving of Epping. midfielders Colton Godwin of Newport, Mitchell Tilton of Newmarket and Joshua Coulombe of Concord Christian and forwards Troy Brennan of Wilton-Lydneborough, Jackson Cooney of Sunapee, Parker Clark of Pittsfield and Maddox Godzyk of Colebrook.

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

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

Also earning Second





# Lots of Toys for Tots

COURTESY

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

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# Opinion

A4 Thursday, December 17, 2020

# We all share responsibility for protecting the vulnerable

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

What an awful world view.

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

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

In overhearing such statements regarding the elderly, we want to remind those that need to hear it, that these long lived lives are just as important as they always have been. Being elderly shouldn't mean we are automatically dismissed as a member of society. The golden years should be protected as best they can as we all age, and we all will. Our elderly community are just as valuable now as they were when they were in their twenties. Remember that senior citizens still pay taxes, grocery shop, take care of family members including grandchildren. It is our grandparents that make up the highest number of child care providers, allowing their own children to continue to work, which in turn boosts the economy.

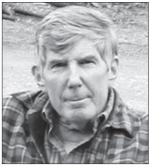
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# **BBQ Toy Drive a success**

The Boomer's BBQ Toy Drive, presented in partnership with ClearChoiceMD Urgent Care and with support from 104.9 The Hawk, was a great success! The team collected more than 350 toys and fed many bellies with delicious, homemade BBQ. The toys collected will be donated to families in need in the town of Franklin. Thanks to all our friends who stopped by to support this great cause!

#### North Country Notebook

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



**By John Harrigan** Columnist

Late Christmas gift suggestions

It's just a nifty little knife that is actually good for something around camp, whether it's just a camp for the night or a real camp. You can even open bottles with it.

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



#### WINNISQUAM ECHO

COURTESY

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

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

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

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



# Winnisquam Echo P.O. Box 729 Meredith, NH, 03253

Our fax number is 279-3331. Or, you can e-mail us at echo@salmonpress.news Please include your name, address and phone number.

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

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

Either way, it is obviously a suggestion that has legs.

But really, so many people who camp, hike, hunt, fish, paddle, burn gasoline, cause fights on otherwise peaceable nights, ruin other people's vacations, or are just plain feckless bums do not have one of those folding knives with enough blades to do everything but break into the Denver Mint.

Oh sure, some guys make a big point of swaggering around with a sheath-knife big enough to harpoon Moby Dick. This is not one of those. +++ Cutoff-proof camera. You can only give this gift to someone who is a bozo, meant in a fond sense, as in "klutz." To determine whether your Cherished One is a bozo, look at the photographic evidence.

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

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

+++ Instant fermenting beer. Now you have to bear with me here, because this gift idea takes a little explaining, because it's all aimed at



frustrated headline writ- --for miles and miles,

COURTESY

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

ers and news-junkies.

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

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

There are elephants nearby, usually out there somewhere in the jungle minding their own business, walking over saplings and such, but the problem is, their trunks contain finely tuned sensory devices way better than our own noses, and they can detectapparently---these vats of fermenting beer, the odor of which is wafting through the entire jungle.

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

Also, it is difficult for the villagers to estimate how much of the fermenting beer the elephants sampled on this first visit, and apparently it was a challenge for the elephants, too, because it turns out to have been way too much; and the elephants, now swaying perceptibly if viewed from a safe distance, say about as far as you can drive a Titleist Pro golf ball on a crispy-clear day from the fifth tee at the Colebrook Country Club, have an increasing urge to return for more beer. So, perhaps trunkto-tail, they make a beeline, more or less, back to the village, or more

SEE NOTEBOOK PAGE A5

# **STRATEGIES FOR LIVING** Life's defining moments

#### BY LARRY SCOTT

I had just resigned as Pastor of Trinity Temple. It had been a long and difficult ten years, and I was burned out. It seemed so right but it turned out to be a disaster — for my family, for my congregation, and for me.

A week later, just prior to the beginning of our next worship service, I was approached by one of the leading men of our church.

"Pastor," he said, "would you consider a sabbatical? Would you consider taking some time off and thinking this through?"

The overture took me by surprise. It was an alternative I had not Without considered. giving it the thought it deserved, I rejected the offer. It was the first of three defining moments I would encounter in the next two years, each of which changed the course of my life.

The second defining moment came several months later.

A friend, the owner of a real estate firm, invited me to become their sales manager. The job suited me well, and it would have been ideal. I went to their office to discuss the matter, unannounced and without an appointment. But they were in conference. Instead of waiting and setting up an appointment, I walked out. I never returned, and they never renewed the invitation. It was my second defining moment, another decision that also might have changed the course of my life.

What do you do when you face a defining moment and do not take advantage? It happens to us all. If we could only live this life over again, how different it would be! But we can't. The past is past; we must live with the consequences.

You would think that having made such

**MARK ON THE MARKETS** 

**Risk and you** 

a mess of things, God would have left me to my folly. But not so. When I had learned the lessons I needed. God intervened. and I encountered a new, life-changing, defining moment.

In 2004, after several short-term jobs and 14 years of living on the road as a long-haul trucker, I remarried the sweetheart of my youth. We retired, settled down near our family, and I can finally fulfill a longheld dream of mine: I have become a writer.

It is telling that, as difficult as the last thirty years have been, they have not been wasted. Out of the chaos of my life, something good has emerged. My writing reflects a perspective I did not have prior to that first, fateful, defining moment.

I am not sure how to advise those for whom God is not an active force in their lives. It is not possible to become the person we were created to be without the strength and direction that comes with knowing God. We can all learn from our mistakes, but fundamental changes to our basic nature come only through Jesus Christ.

The Bible says, "We know that in all things God works for the good

of those who love him, who have been called according to his purpose." In the words of Mark Batterson, "It's never too late to become what you might have been."

We serve a God of second chances. If we are prepared to walk with him, he will stay by us. God is able, and willing, to take us from where we are, as we are, and bring about something good. Hang in there... hold steady... the best is still to come.

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



By Mark Patterson

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time, I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two a half times greater in a bad or declining market than client's feelings in good, or up market. Current research states

that up to 80 percent of people that have investment accounts carry far more risk than their true risk tolerance levels.

Ever since March 9, 2009, apart from a shortterm rise in volatility in March 2020, the fear levels of investors have been very low which drives complacency. The benchmark S&P 500 index is used to determine" BETA" in a stock, mutual fund or exchange traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETF's, bonds and options will try to match the objectives of the portfolio with the client's risk tolerance and needs. One of the most common curiosities that I see the portfolio, typically of mutual funds, is that a client needing income from their investments is in an accumulation

vehicle such as a growth stock mutual fund.

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk, interest rate risk and the risk that is not discussed as much as it should be which is sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the 4 percent rule, in other words taking out 4 percent of your assets per year to live on has now become the 1.6 percent rule partly because of the low interest rate environment.

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

For an honest and

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

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

# Seth Wilkinson of Sanbornton named to Clarkson University's Dean's List

POTSDAM, N.Y. - Seth Seth Wilkinson of Sanbornton, a sophomore majoring in chemical engineering, was named to the Dean's List for the fall 2020 semester at Clarkson University.

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

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

of enjoyment you'll get.

precisely, the vats of fermenting beer, but this time they don't care as much about things in the way, at times in a wildeyed fashion, which gets reported as "a frenzy," and there you have it, a headline-writer's dream:

Notebook

**FROM PAGE A4** 

Drunken pachyderms frenzied by ritual beer trample jungle village

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

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

by the number of hours

It's pretty easy, say, to envision 100 hours of fishing and 50 hours of hunting. Therefore, you divide \$58 and change by 150 hours of fun and/or total concentration, like focusing your entire being on your nearly invisible #20 tiny little Hornberg floating out there near the shrubbery in the gloaming. To do that, take the sum of the square root of the temperature in your freezer and the temperature outside, and divide by the size of the last fish you caught subtracted from the size you told your best friend the fish was, but you have to stick your tongue out of the left side of your month just so, and can only do this twice on Sunday.

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

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

#### Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement Edward Jones: Financial Focus Are You Still Planning to Retire Early?

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

Even without a crisis, it's not a bad idea to review your important life goals from time to time. So, in thinking about the possibility of early retire ment, consider these factors. Your retirement lifestyle – Your abili-

ty to retire early depends somewhat on what sort of lifestyle you're anticipating during your retirement years. If you think you'll be traveling extensively or pursuing expensive activities, you might not be able to afford to retire as early as someone with more modest ambitions. Of course, there's no "right" or "wrong" way of living in retirement - we all have our own dreams and This article was written by Edward Jones for use by your local Edward Jones Financial Advisor

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

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

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

For more information or to sign up for their monthly newsletter, contact your local Financial Advisor

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

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



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

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

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

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



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



# **LRAA hosting Introduction to Drawing class**

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

This six-week beginner-friendly class will cover in detail the principals and techniques of drawing what you see accurately with depth and realism. Including the use of various media and practices to draw both from life and photography. Covering various subjects from still life to anatomy, Acacia will teach the importance of drawing skills, how to hold your drawing tool, how to use different materials, proportion and shading, and much more, with plenty of one-on-one guidance and group critique.

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



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

Acacia Rogers is a passionate self-taught

fine artist, and has been her entire life, over 10 years of which have been dedicated to various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with a particular affinity for wildlife. Her first memories of artistic inspiration as a child stem largely from Disney movies and their whimsical, fluid, and creative animation style. Particularly the work of Aaron Blaise stood out to her, who worked on beloved classics such as "The Lion King," "Mulan," "Brother Bear," and "Aladdin."

She later added portraiture, still life, and landscape to her repertoire, slowly and painstakingly building up her skill through practice and research to learn the ins and outs of painting, as she loves everything about the process of painting. She is now a full-time painter and painting instructor, and has worked alongside many accomplished artists from a colorful array of backgrounds. She currently shows her work in the LRAA gallery in Tilton.

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

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

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

stable and has been very supportive of employees during this unprecedented economic and health crisis," noted Osetek. "Many MVSB employees have given so much of their time and creativity to ensure better outcomes in our community. This program continues that intent."

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

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

In addition to the Jobs for New England Recovery Grant Program, MVSB has been proactively working to support their customers throughout the pandemic. Nearly 200 local homeowners were given hardship forbearances on their mortgages, as were over 250 community businesses. In addition, the commercial lending team worked many nights and weekends to ensure that local businesses and nonprofits would have access to the Paycheck Protection Program (PPP) funding available through the US Small Business Association. Through the PPP, MVSB shepherded over \$51M dollars to 650 businesses in our region.

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

with spending management, budgeting and saving.

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

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

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

# **Lakes Region Food**

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

"I am grateful to be working for an organization like MVSB which is In addition, MVSB offers extensive educational materials on their website and social media for all community members, not just customers. This includes information on COVID19-related and other fraud trends that customers can watch out for, as well as excellent expert information to help people very grateful to the FHL-Bank Boston for offering this very timely opportunity."

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

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# Pantry grateful for community's support

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

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

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

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



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#### HONORS

CONTINUED FROM PAGE A1 Pelham and punter Kyle Wark of Campbell.

Also earning First Team Defense were defensive backs Mason Fecteau of Pelham and Peter Alisandro of Trinity, linebackers Aidan Hart

#### AUCTION

CONTINUED FROM PAGE A1 system set up to process donations and provide contactless distribution of items.

"It took a lot of preparation to make things a lot different than we have in years past," said Children's Auction chair Jamie Sousa.

This year's auction took place at Bank of New Hampshire Pavilion, which allowed for ample social distancing. Sousa said they took up three buildings at the pavilion for production, items, and cashiering. People collecting their items could get them delivered right to their back seats.

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

of Monadnock, Paschal Lemieux of Stevens, Kaleb Daigneault and Cole Roy of Laconia, Drew Adamakos of Campbell, Hayden Haddock of Monadnock and James Thibault and Kenny Knight Trinity, defensive of tackle Owen Tomko of

#### said.

R.J. Harding was especially invaluable as their "resident tech geek" helping out with their programming and technology.

Usually, the auction has around 130 volunteers, this year they had to reduce those numbers to around 30 to keep people safe. Sousa said people were taking two or three jobs at a time.

"It just goes to show how invested everybody is in the auction and what it stands for," Sousa said.

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

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

Trinity and defensive ends Matt Jones of Pelham, Dillon Cashman and Jack Lornez of Monadnock and JT Masuku of Trinity.

Also earning Honorable Mention were Brandon McNeil. Rvan Steele, Dante Barnett,

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

The "It's For the Kids Community Challenge" also made a big contribution this year. The socially distanced alternative to Pub Mania brought in \$249,490. Sousa said considering that so many teams do events like parties, bingo, and gift card galas, it was amazing what they did when they couldn't do these types of events.

"The fact that they were able to pull off the numbers they did in a year where people couldn't get together Kavden Roberts, Tsalagi Townsend and Karter Greenwood of Laconia. Hunter Caron. Will McPherson, Nate Perry and Brady Robicheau of Campbell, Tony Zolt, Ethan Giniewicz, Jake Travis, Kevin Boderrader and Cam Santolucito

is astounding," Sousa said. "The bar has kind of been reset for the Community Challenge, I think it was inspiring."

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

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

"There are a lot of children and families and people who run nonprofits who are very, very excited to see this number along with us," Sousa said during the broadcast. "We cannot thank you, everyone involved whether it's bidding, donating an item, being a sponsor. Everyone involved thank you so much for making this happen especially of Pelham, JJ Tursky, Braxton Leblanc, Hunter Christian and Colby Shepard of Stevens, Carson Shanks and Luke Weston of Monadnock and Finnian Smith and Sully Masuku of Trinity.

Jake Herrling of Pelham was named the Di-

this year that has been so difficult for so many. We're going to be able to provide so much for the children in the Lakes Region all thanks to you."

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

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

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

"Many years, we've gone through all sorts of different obstacles to get the auction to work each and every year. This has been the biggest challenge of all and congratulations to everyvision III Player of the Year and Tom Babaian of Pelham was named the Division III Coach of the Year.

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

one involved this year to make it happen," Bailey said. "No matter what the total's going to be, it's money that's going right back into the Lakes Region and fulfilling the mission that we started some 39 years ago."

Bailey recalled the first year's auction broadcasting out of the back of a van in downtown Laconia in the cold. Someone asked what they were doing; after he explained, the man said, "How can I help?"

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

# Belmont man sentenced on methamphetamine, firearm charges

CONCORD — Thomas Deware, 56, of Belmont, was sentenced last Monday to 72 months in federal prison for distributing methamphetamine and possessing a firearm in furtherance of a drug trafficking crime, United States Attorney Scott W. Murray announced today.

According to court documents and statements made in court, between June and September, 2019, Deware sold methamphetamine to an individual who was working with law purchases, Deware possessed a handgun in a chest holder.

On Oct. 17, 2019, law enforcement officers executed a search warrant at Deware's residence and recovered a .45 caliber handgun that was consistent with the firearm he possessed during three of the controlled drug purchases.

"Armed drug traffickers present a very serious threat to public health and safety," said U.S. Attorney Murray. "We are working close

partners to identify and prosecute the dangerous drug dealers who use guns as part of their illegal activities. As Mr. Deware has learned, drug traffickers who carry guns in the Granite State will face substantial federal prison sentences."

"Whether it's a largescale drug trafficking organization, or an individual like Thomas Deware distributing methamphetamine while possessing a firearm, rest assured disrupting and dismantling criminal drug trafficking operations is a critical part of our mission." said

Joseph R. Bonavolonta, Special Agent in Charge of the FBI Boston Division. "The FBI will continue to work with our law enforcement partners to put drug traffickers like Deware permanently out of business and behind bars, as we fight violent crime and work to make our neighborhoods safer."

This matter was investigated by the Federal Bureau of Investigation with assistance from Belmont Police Department. The case was prosecuted by Assistant U.S. Attorneys Cam Le and Joachim Barth.



enforcement officers. During three of these

ly with the FBI and our other law enforcement

## FRANKLIN

CONTINUED FROM PAGE A1

sion for community banking and a commitment to the independence and mutuality of Franklin Savings Bank. We are truly grateful for their years of service and appreciate their contributions over the years. They will be sorely missed by everyone at the bank."

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has

offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial

AWARDS

CONTINUED FROM PAGE A1

first Student Representative for the Belmont Heritage Commission. Although Wilkins was not a voting member she gave two years of her time and provided valuable input to the commission. The Heritage Commission's goal was to have a Student Representative help to connect students of all ages to learn more about the history and heri-

Advisors, Franklin Savings Bank also offers investment, insurance and financial planning services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Franklin Savings Bank has donated more than 11 percent of its net income to charity since 2009. Visit www.fsbnh. bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, Twitter and You-Tube.

tage of their town. Although Covid-19 played havoc during her last year on the commission, Wilkins accomplished many things such as volunteering at Old Home Day(2019) and helping brainstorm ideas for the 150th Anniversary. She also became a valuable connection between the high school and the commission. Wilkins' efforts set the stage for future student representatives into the Heritage Commission.

appy Holidays! il Ins

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From Tammy, Darlena & Katie



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• 1906: THE LONDON UNDERGROUND'S GREAT NORTHERN, PICCADILLY AND BROMPTON RAILWAY

• 1970: THE SOVIET SPACECRAFT VENERA 7 SUCCESSFULLY LANDS

FRONT

a boundary between two weather air

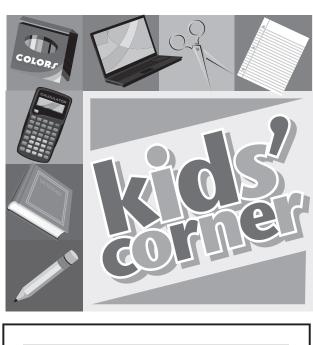
masses

ASSEMBLY.

OPENS.

ON VENUS.

5





THESE DELICATE WINTERTIME CRYSTALS ARE FORMED WHEN WATER DROPLETS FREEZE ON PARTICLES IN THE AIR.

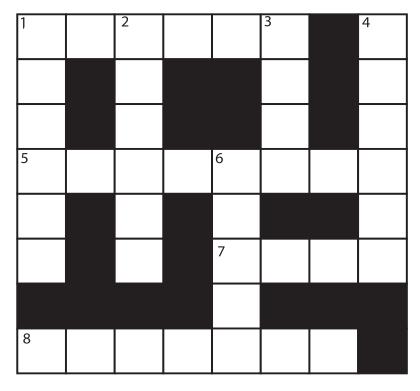
ANSWER: SNOWFLAKES



SH: Frost



# **Crossword Puzzle**



# **ACROSS**

## 1. Turned into ice

- of snow
- 7. Close by
- 8. Warming up

# DOWN

- 1. Very cold
- 5. An area that gets a lot 2. Elongated shape
  - 3. It can get red in wintertime
  - 4. Cold season
  - 6. Decorative mark

1. Frosty 2. Oblong 3. Nose 4. Winter 6. Bindi nwod 1. Frozen 5. Snowbelt 7. Near 8. Heating Across :гләмѕиү





TWO OF THE MORE COMMON INJURIES

**ITALIAN:** Gelo

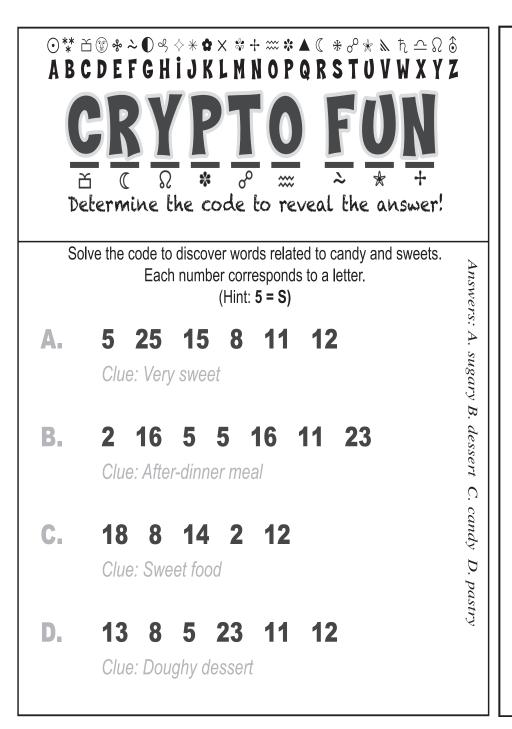
FRENCH: Gel

**GERMAN:** Frost



Can you guess what the bigger picture is?

ANSWER: SNOWBOARD





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3	8 2	۲ 6	۲ 8	ся cu	S 8	6 ଦ୍ୱ	S 9	₽ ₩
Z	3	8	G	6	mak	9	Þ	٢
6	4	9	3	L	8	2	nndi	S
L	nnda	ទ្ធ	9	2	7	3	8	6
8	6	3	S	m	٢	4	S	9
9	S	٢	4	8	S	k	6	ε
share	G	t	6	9	3	8	٢	2



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# MOULTONBOROUGH ACADEMY HELP WANTED

Moultonborough Academy is seeking a second Middle School Boys Basketball Coach. Interested candidates should contact the Athletic Director, Matt Swedberg, at mswedberg@sau45.org or call Moultonborough Academy at 603-476-4883.

# **Town of Belmont** Assistant Public Works Director Job Posting

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



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THANK YOU!

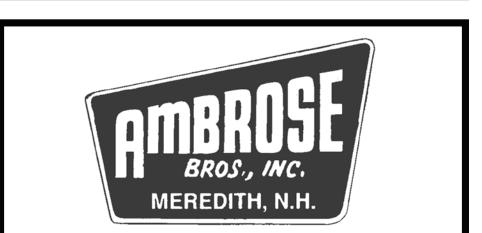




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For further information and to view full job descriptions, visit our website at www.belknapcounty.org. **Application:** Applications are required and may be picked up during normal business hours or one may be downloaded from our website. Resumes are encouraged, but will not serve as a replacement for the required application. Please submit applications to: Deb Laflamme, Human Resources, 34 County Drive, Laconia, NH, 03246; or online at dlaflamme@belknapcounty.org. Positions will remain open until filled. EOE.



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



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# **TOWN OF PLYMOUTH**

# **BUILDING INSPECTOR/** CODE ENFORCEMENT OFFICER

The Town of Plymouth is seeking applicants for our part-time Building Inspector/Code Enforcement Officer position for 16-20hrs/wk. The ideal candidate will be familiar with building construction, plan review, zoning ordinances, and be able to interact diplomatically with contractors, residents, and colleagues.

The position is responsible for code enforcement, inspecting residential and commercial buildings, alterations for compliance with Town, State, and Federal codes and regulations, and ensure that applicants meet building codes.

Candidates with a professional background in electrical, plumbing, heating, and mechanical trades would be a plus.

Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to townadmin@plymouth-nh.org.

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

The Town of Plymouth is an EOE.

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# WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT 2020-2021 School Year

ATHLETICS

Athletic Trainer Varsity Boys Tennis Coach Varsity Girls Tennis Coach

# Varsity Softball Coach

(positions are contingent upon COVID-19 status) (Contact Kerry Brady, AD, for application, etc. – 837-2528)

For further information, contact: Stephanie Glidden, Adm. Assistant to the Superintendent of Schools and to the Director of Student Services White Mountains Regional School District

SAU #36 14 King Square Whitefield, New Hampshire 03598 TEL.: 603-837-9363/FAX: 603-837-2326 Email: sglidden@sau36.org

#### INTER-LAKES SCHOOL DISTRICT COACHING & PERMANENT SUBSTITUTE OPENINGS

#### **Coaching Openings**

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#### **Permanent Floating Substitute**

4 days per week, Mondays & Fridays mandatory. \$100/day. Ability to work cooperatively and effectively with students and staff.

Please visit http://interlakes.org/employment.html for Coaching and Substitute Applications.

#### Please submit completed application to:

Ashley Dolloff, Human Resources Director Inter-Lakes School District 103 Main Street, Suite 2, Meredith, NH 03253 or email to: ashley.dolloff@interlakes.org **Positions open until filled.** 

EOE



# Individual Seeking Personal Care Attendant Lincoln Area

Individual in the Lincoln area seeking a personal care attendant to help them in their home and community. Duties include facilitating community and recreational activities, social activities, and providing support with hobbies, light housekeeping, assistance with service dog, feeding and administering medication. This is a 26 hour per week position. Training will be provided. Starting pay for this direct support position is \$11.50 per hour.

. . . . . .



Contact Shakes to Shingles 603-415-1115 www.shakestoshingles.com/careers

# **TOWN OF CAMPTON** FULL-TIME SEASONAL WINTER PLOW DRIVER/LABORER

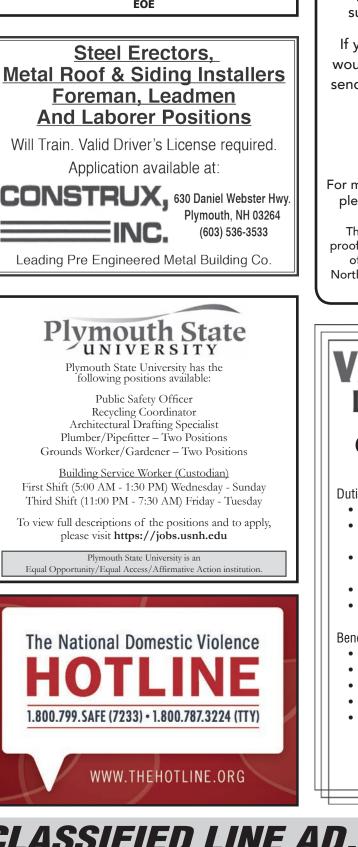
The Town of Campton is accepting applications for the position of a Full-time Seasonal Winter Plow Driver/Laborer. The successful candidate will be responsible for general laboring responsibilities and to operate various pieces of light and heavy equipment. CDL-B preferred but not required. Valid Medical Card required.

# To Apply:

Applications are available on the Town's website at www.camptonnh.org and are to be returned to the Road Agent, Butch Bain or Town Administrator, Carina Park, 12 Gearty Way, Campton NH 03223.

The Town of Campton is an equal opportunity employer. Applications will be accepted until position is filled.





If you are interested in this position or would like to learn more about it, please send a resume and a letter of interest to:

> Northern Human Services PO Box 299 Whitefield, NH 03598

For more information or to email your resume, please send to achoiniere@northernhs.org

This position requires a valid driver's license, proof of adequate auto insurance, and completion of driver's and criminal background checks. Northern Human Services is an Equal Opportunity Provider and Employer.

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# **Interlakes Community Caregivers Volunteers Persevere!**

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

"ICCI has been a godsend," said Ann Willett who recently registered with Interlakes Community Caregivers. "I don't have any family close by to help me out and the volunteers have been so nice."

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

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

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

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



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

# Health Care Documents

#### BY ATTORNEY EDWARD H. ADAMSKY

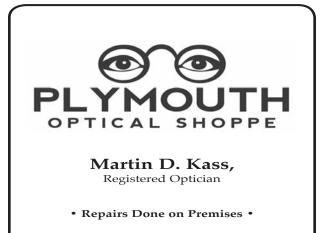
We are all feeling worried about our potential health issues these days. There are several legal documents necessary to protect your health and wellbeing. The first is the Health Care Directive. Sometimes called a Power of Attorney for Health Care. This is a document that appoints an Agent to make medical decisions for you if you cannot do so yourself. You can

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Rent is 30% of adjusted income. Income limits apply. Person who meet Targeted Income requirements will receive priority up to 40 percent of new tenants per year. Qualified applicants must pass credit, criminal and prior landlord checks as well as a DOI sex offender check. Elderly Preferenced Housing, For name a primary Agent and an Alternate Agent. The power of your Agent comes into effect when your doctor determines that you cannot make your own medical decisions. The power would end if you recovered the ability to make decisions. Without a directive in place, your family might not be able to make decisions for you without a costly and time-consuming legal guardianship proceeding.

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



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

The next necessary tool is a Medical Privacy Release or HIPAA Authorization. This is a document that allows whoever you name to get your private medical information. Federal law prohibits access to your medical information unless you release it. You would obviously name your Health Care Agent and Alternate in this document, but you might also name a few other people that you would want to know about your medical issues, such as someone who helps you with doctor visits or who goes to the pharmacy for you. You might name your Agent under a Power of Attorney so that person could ask questions about medical bills if necessary.

If you are living with a serious medical condition, your doctor might ask you to consider completing a POLST form. This is a Physician's Order for Life Sustaining Treatment, that can go with you from facility to facility. It contains several sections in which you and your doctor state your wishes for future medical care such as artificial nutrition and hydration, intubation, resuscitation, and a few other medical The orders in this document will be followed by any medical facility in which you may be. You should discuss all of these planning tools with your family and your legal advisor. By having the discussion and getting the tools in place, you can ease the emotional burdens on your family should you need medical care and be unable to make decisions. You and your chosen Agents should keep copies of all of these documents handy in case you need them. And we all hope that you never do.

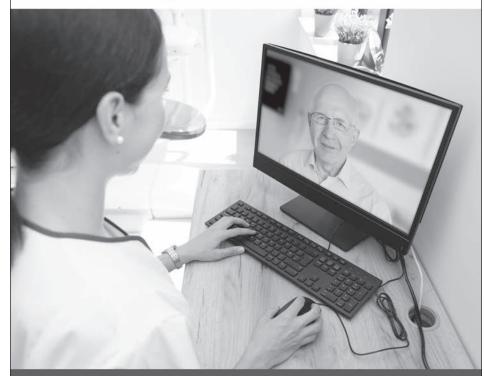
an application or information call 603-744-3890.

For information or an application contact: Beno Management Company LLC 603-744-3890 or 711 NH Relay 607 Tenney Mtn. Hwy., Suite 101

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# CEP Soothing Seasonal Sadness

#### GUY TILLSON, MDIV, MA, PBCH HOSPICE CHAPLAIN AND BE-REAVEMENT COUNSELOR

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

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

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

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

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

Following on this, there are the practices of hand and head massages. Start by rubbing your hands together as you would if you were washing your hands at your sink. Allow each hand to move over its partner, gently rubbing over the back of the hand, then the palm, and moving through the fingers. Starting at the wrist of one hand, let your thumb and fingers of the other hand softly massage the wrist, and then move across the back of the hand, and continue to gently massage each knuckle and joint of each finger. As you finish, use your fingertips to move in a circle in your palm. Then attend to the other hand. You may also want to lightly rub your palms together or even to softly clap your hands. To massage your head, gently let your fingertips move through your hair (or what you have left of it!). Do this a few times. Then gently tap your fingertips throughout and across your whole scalp, not forgetting the areas around your ears or at the base of your skull down to your neck. This also stimulates the movement of energy in our cranial area.

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

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

As I indicated earlier, these are not "cures" for seasonal sadness- only suggestions for momentary relief that may help the next stretch be more tolerable and bearable. As always, take care of yourself, respecting both your own strengths and limits.

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

experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-deree therapy pool.

PBCH is located at 101 Boulder Point Drive. Plymouth, NH. To contact us please call: 603-536-2232 or email: info@pbhha.org Visit our website: www. pbhha.org and like our Facebook Page: @PBCH4

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All the artisans of Artistic Roots wish our customers a very happy holiday season and more importantly, a healthy one!

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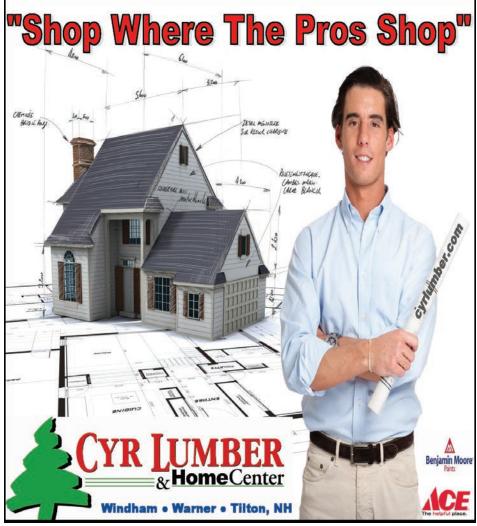
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