Holiday events take some different forms this year

BY ERIN PLUMMER

mnews@salmonpress.news

Holiday cheer and winter fun are still scheduled with some new and altered events to accommodate social distancing, though some annual events in town will not be happening in 2020.

The Parks and Rec-Department and the Gilford PTA are teaming up to host a new event "Gilford's Grand Home Decorating Contest." People have until this Sunday, Dec. 6, to enter a photo of their house and information. Entries will be voted in six different categories and members of the public will be able to vote for their favorite. For more information visit http:// www.gilfordrec.com/activities?post=107.

The Gilford Public Library's annual Gingerbread House event is still on this year. The annual tradition will take place



The Gilford Public Library's gingerbread decorating w\event is still on this year, scheduled for Dec. 16.

Gilford schools on remote learning until Dec. 4

BY ERIN PLUMMER

mnews@salmonpress.news

After a vote by the Gilford School Board, Gilford schools will conthrough Dec. 4 and return on Dec. 7 due to a number of students and staff having coronavirus and a large amount quarantining. The majority of the board rejected a recommendation by the superintendent to stay on remote through the end of Christmas vacation.

The Gilford School Board made these decisions during Tuesday's meeting after extensive public comment and discussion from community members.

In the past few weeks a few students and staff have been diagnosed with COVID-19 and a number of others have been quarantined after contact tracing. This

has resulted in concerns about staffing shortages, one main example being how the entire sixth grade was back to tinue remote learning remote learning because all the teachers were in

> quarantine. Superintendent Kirk Beitler recommended that Gilford High School and Gilford Middle School go remote from Nov. 30 to Dec. 23 with students coming back after the Christmas break. No recommendation was made for Gilford Elementary School, though Beitler said the school's elementary model would be based on staffing levels.

Responses from residents and the school board were mixed with many opposed and in favor of the option.

Many parents encouraged the board to go with remote learning, SEE **REMOTE** PAGE A10 on Wednesday, Dec. 16 from 10:30 a.m.-4:30 p.m. Kids from preschool through fifth grade must sign up for a 45 minute

Ski season at Gunstock will start on Dec.

11 after being postponed from the originally scheduled opening of Dec. 4. The resort announced on its website the mountain was opening later due to a "lack of cooperation from Mother Nature."

In a time when it's especially needed, the Greater Lakes Region Children's Auction is continuing this year with socially distanced measures. This year's auc-

tion will be broadcast live

from Bank of New Hampshire Pavilion Dec. 8-11.

Pub Mania is taking a different form this year as the It's For the Kids Community Challenge. While sitting in a crowded bar for 24 hours isn't possible this year, Patrick's Pub and Eatery encouraged teams to continue fundraising on their own time with socially distanced activities. There will be a celebration event on Dec.10.

Gilford High School's holiday concert is on hold because of COVID-19 and the schools shifting to remote learning right before Thanksgiving.

The annual Candlelight Stroll was canceled for this year, a difficult decision made by the Candlelight Stroll Committee.

The Gilford High School Holiday Craft Fair has been moved to 2021.

The Gilford Youth Center has also not scheduled its annual SantaLand event.

This is not a comprehensive list and more announcements regarding events will be ongoing.

Eastern Propane & Oil, Patrick's team up to support "The Challenge"

GILFORD — The Children's Auction, dedicated to assisting children and families throughout the greater Lakes Region, will need the communities support more than ever this year. During a time when so many other businesses and organizations are facing challenges, the Children's Auction is facing similar challenges as organizers grapple with pulling off the event during a pandemic. With a significant percentage of the event proceeds coming from Patrick's Pub Mania in previous years, the organizers of the follow-on event to Pub Mania, called "It's for the Kids Community Challenge", are enticing



Tee Shirt and Tumbler are available for fundraisers who raise money for the Children's Auction through the "It's for the Kids Community Challenge" event.

the community to help fundraising.

with some grass-roots

Gilford Rotary tree sale benefits local charities

The Gilford Rotary Club will launch their 34th season of selling Christmas trees to benefit local charities Friday November 27 – Sunday December 6 at Gilford Commons/Gilford 8 Cinemas on Route 11, Gilford.

Browse the great selection of fresh cut trees from 9 am to 7 pm Friday, Saturday and Sunday and noon till 7 p.m. Mon-SEE **TREE SALE** PAGE A7

Courtesy (Right) Gilford Rotarians in action unloading 700 fresh cut Christmas Trees. Proceeds from the annual Chrismtas Tree Sale benefot more than 20 local charities.



ern Propane & Oil have teamed up to offer participants in the event another reason to get involved and help the kids.

"We're hoping to inspire as many people as possible to join a team and help raise money and proudly display a special gift," said Beetle.

Anyone that sets up their fundraising page and raises \$100 by Dec. 1 will receive a special "I Took the Challenge" T Shirt. Those that raise over \$500 will also receive a hot/cold tumbler with the same logo.

With a fundraising software platform from GiveGab, fundraisers can quickly and easily setup their own personal page in support of one of the many teams, and then reach out to family, SEE **THE CHALLENGE** PAGE A7



What's new at the Gilford Library

As you may have read last week, due to the increase in COVID-19 cases regionally, the Library Trustees have elected to cancel all in-person programming at the library until further notice. Be sure to keep an eye on the Steamer for more details as they become available. In the meanwhile, the library is still open

Due to the increase

in the number of COVID

cases on local, county,

and state levels, the li-

brary is suspending all

in-person programs, and

all one-on-one in person service. We are also limselections of materials and brief visits. We are requiring masks in the building and hope we can continue to serve you safely through this whole ordeal. We thank you for your continued cooperation and patience.

The Gilford Library offers a few virtual programs this month with

Changes in Service at Gilford Public Library

30 minutes. Grab and go

service, light browsing,

and quick computer use

are still available, and

curbside service is en-

Our new building

hours are as follows

couraged.

socially-distanced more to come as we try to best reach out to the community. There are virtual book discussions, children's programming and holiday crafts in the coming weeks for you. Be sure to call the library or check out our Facebook page for the most up-todate information. We hope you can have a safe and cheery holiday sea-

Classes & **Special Events Dec.** 3 – **Dec.** 10 *Sign up required

Thursday, Dec. 3 Mother Goose on the Loose (Virtual), 10:30-11:30 a.m.

Join Miss Maria on Facebook Live for an interactive experience with you and your baby with rhymes, songs, movement, and more! *ages two and a half and under

*Book Discussion, 2:30-3:30 p.m.

This month's book is "Life Among the Savages" by Shirley Jackson, a collection of short stories. The discussion will be led by Molly Harper, and copies of the book are available at the front desk. Please call the library to sign up for the Zoom meeting.

> Friday, Dec. 4 No programs

Monday, Dec. 7 No programs

Tuesday, Dec. 8 Preschool Storytime w/ Miss Maria (Virtual), 10:30 a.m.

Storytime fun with

books, songs, and movement: children ages two and a half to five years old will love it! Please call for information or check out Facebook Live.

Wednesday, Dec. 9 No programs

Thursday, Dec. 10

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

Join Miss Maria on Facebook Live for an interactive experience with you and your baby with rhymes, songs, movement, and more! *ages two and a half and under

Monday - Friday - 9 iting building visits to Gilford Public Library Top Ten Requests

1."The Sentinel" by Lee Child 2."A Time for Mercy" by John Grisham

3."Daylight" by David Baldacci 4."Fortune and Glory: Tantalizing Twenty-Seven" by Janet Evanovich

5. "The Law of Innocence" by Michael Connelly 6."Three Women Disappear" by James Patterson 7."Too Much and Never Enough" by Mary L. Trump 8. "I'll Be Seeing You" by Elizabeth Berg 9. "Jingle all the Way" by Debbie Macomber 10. "Transcendent Kingdom" by Yaa Gyasi

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Saturday 10 a.m.-2 p.m. **Curbside Service** Monday-Friday 9 a.m.-

Rotarians honor Gilford seniors with Wixson Memorial Dinner

The 35th annual Ray Wixson Memorial Gilford Senior Holiday Dinner will take place on Wednesday December 9 at Gilford Community Church, 19 Potter Hill Rd. This event is put on every year by the members of the Gilford Rotary Club to thank the seniors of Gilford for their many contributions to Gilford over the years.

If you live in Gilford and are 62 and over, you are invited to participate.

Due to Covid19 this year's dinner will be a drive thru/curbside pickup affair with meals available from 4 – 6 p.m. These will be traditional turkey dinners with all the "fixings" in a carry home tray. Please leave a message with your name and phone number for Gilford Rotarian Sandy McGonagle at 524-31-34 to reserve your meal.

Gilford Rotary is an organization of business and professional men and women who have accepted the ideal of ser-

vice as a basis for attaining fulfillment in their business, personal, and professional lives, and by serving their community. Gilford Rotary meets Fridays at 7 a.m. at the Gilford Community Church Fellowship Hall, Potter Hill Road, Gilford.

Bank (MVSB) is a mutual

Meredith Village Savings Bank launches annual Mitten Drive

MEREDITH — With cold weather moving in and the holidays approaching, Meredith Village Savings Bank (MVSB), is hosting their annual Mitten drive. MVSB will contribute \$2 to local foodbanks for warm weather accessories generously donated by local community members.

To help protect donors during the pandemic, each branch will have a brightly decorated box where local community members can simply drop new handmade or mittens. store-bought

hats, gloves and scarves. A complete list of locations are available at mvsb.com.

"The Mitten Tree is a simple way for community members to get in the spirit of the holidays by helping those in need of food and warm winter accessories," said Rick Wyman, MVSB president. "We will bring the winter accessories to nonprofits throughout our region for distribution to families in need in our local area. In addition, we will contribute \$2 for every item donated by our community. This year, our contributions will be split between Gather Food Pantry in Portsmouth, the Plymouth Area Community Closet Food Pantry, the Lakes Region Food Pantry in Moultonborough and the Laconia Food Pantry."

Unlike a stock bank, Meredith Village Savings

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 more than 150 years, MVSB has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. 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 mysb.com.

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A SALMON PRESS PUBLICATION STEAMER STAFF DIRECTORY

PRESIDENT & PUBLISHER Frank G. Chilinski (603) 677-9083 frank@salmonpress.news

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

OPERATIONS DIRECTOR JIM DINICOLA (508) 764-4325

DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516

EDITOR Brendan Berube (603) 677-9081 brendan@salmonpress.news

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

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

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Honor Society of Phi Kappa Phi inducts new members

— The following people recently were initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

Lily Chanthasak of Laconia at MCPHS University

Gilbert Boyd of Gilmanton at MCPHS University

They are among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that

BATON ROUGE, La. recognized excellence in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi Since its founding,

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

New family therapy practice opens in Moultonborough



Friends and family gather with cheers and confetti cannons for the surprise ribbon cutting ceremony at Healing With a Heart Therapy.

BY ERIN PLUMMER mnews@salmonpress.news

MOULTONBOR-OUGH — There is a new place in the area where children, teens, couples, and families can get some

needed mental health help thanks to a newly opened practice by a counselor with over a decade of experience. Healing With a Heart Therapy PLLC is now open on

Whittier Highway just over the Center Harbor line and Jessica Reisner, a Licensed Marriage and Family Therapist, is now available to help.

The practice has been



Jessica Reisner cuts the ribbon on her new child, adolescent, and family therapy practice Healing With a Heart Therapy in



Jessica Reisner is guided blindfolded to the surprise ribbon

cutting ceremony of her new practice.

so she could see a group of friends and family gathered outside the building with confetti cannons and a ribbon cutting all set up.

Reisner does therapy for children, teenagers,

couples, and anyone part of the family unit. She helped families in the Seacoast for more than 12 years as a therapist for Seacoast Mental Health Center's offices in Ports-

SEE **HEART** PAGE A7

Laconia woman pleads guilty to conspiracy to commit bank fraud

CONCORD — Monica Kemper, 36, of Laconia, pleaded guilty in federal court on Wednesday to conspiracy to commit bank fraud, United States Attorney Scott W. Murray announced today.

According to court documents and statements made in court, on various occasions between January and April of 2020, Kemper and her partner, John Daigle, altered stolen checks and cashed or attempted to cash them at various banks in New Hampshire. Some of the checks were stolen from a community mailroom in Bedford and others from mailboxes in Manchester. On April 1, 2020, Kemper and Daigle attempted to use a stolen driver's license to cash a check at a credit union.

On April 23, Kemper and Daigle were arrested by Manchester Police officers. Officers searched a vehicle they had been driving and found over \$16,000 in stolen checks, stolen credit cards, the stolen driver's license used at the credit union on April 1, and various other pieces of stolen

previously pleaded guilty on Aug. 6, and is awaiting sentenc-

Kemper is scheduled to be sentenced on Feb. 25, 2021.

"Fraud crimes involving stolen mail can damage victims in a variety of ways," said U.S. Attorney Murray. "In order to protect the integrity of the mail and our financial system, we will work closely with law enforcement partners to identify and prosecute the criminals who attempt to profit by stealing mail and defrauding banks with stolen checks."

"The theft of mail in the furtherance of various fraud schemes has a significant financial and emotional impact on its victims," says Chief Allen Aldenberg. "Hopefully, the charges that both per now face will serve as a warning to all would-be mail thieves that there are serious consequences for this type of activity." This matter was in-

Mr. Daigle and Ms. Kem-

Sunday Reisner's hus-

band Jeff brought her out

to the office blindfolded, then took off the blindfold

vestigated by the United States Postal Inspection Service in cooperation with the Manchester Police Department. The case is being prosecuted by Assistant U.S. Attorney Georgiana L. Mac-Donald.

> **Artistic Roots** is the place to find unique handcrafted gifts by NH artists. 40 juried artists in wood, glass, fiber, paint, paper, photography, ceramics, metals, embroidery & more. Select pieces available online and can be picked up curbside or in store. Gift Certificates available.

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Volleyball All-State selections announced

BY JOSHUA SPAULDING Sports Editor

REGION — Volleyball coaches from around the state gave their votes to help select this year's All-State honorees. This year there were no First Team, Second Team or Third Team distinctions, rather all those chosen by coaches are honored with All-State selection.

Local honorees in Division II include Kingswood's Gillian Siegars, Prospect Mountain's Julia Leavitt and Allie Stockman, Plymouth's Abby Bassingthwaite, Erin Tole and Makayla Marucci and Lindsey Sanderson, Riley Mc-Donough and Kate Sullivan of Division II champion Gilford.

Locals honored for Division III included Devyn Vaal, Molly Moynihan and Emma Richardson of Inter-Lakes, Jozelyn Henry of Kennett, Bailey Fairbank, Malina Bohlmann and Paulina Huckins of Division III champion Newfound, Jess Sullivan of Moultonborough and Alyzabeth O'Connell of

Belmont. State honors in Division II were Madi Smith of Somersworth, Kim Gow-Emma Hampton and Maggie Sylvester of Oyster River, Sierra Halligan and Norah Dunleavy of Laconia, Izzy Unsworth, Sophie Palmer and Emma Tronkowski of Milford, Katerina Stuopis and Allison McCall of Souhegan, Anneliese Wade, Jesse Davis and Kaitlyn Miller of Coe-Brown, Lillian Stogner, Brooke Patnode and Izabella Nelson of John Stark, Chloe Steiniger and Tori Allen of Camp-Rachel Watson, Madeline Manning and Mary Ronning of Fall Mountain, Maria Dagher

and Casey Chamberlin of Pelham, Meagan Skowron and Kateri True of St. Thomas and Katie Peterson, Emily Gammell and Esther Hacker of Ha-

Also earning All-State honors in Division III were Annika Martel of Mascenic. Mykenzie Rives and Paige Rivera of Raymond, Lindsey Hatfield and Isabella Ouellette of Portsmouth Christian, Jadyn Bates, Audrey May and Cardigan Loupis of Mascoma, Lauryl May and Olivia Wattendorf of Franklin, Chloe Weeks, Arreona Davey and Jaclyn Peaslee of Farmington, Molly Reed of Sunapee, Gracie Re and Pacy Morgado of Epping and Ava Leeman of Nute.

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

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OPINION

The keys to a happy holiday season

It's official — the holiday season has arrived, with the first big one under our belts. Thanksgiving is the perfect segue into Christmas and Hanukkah. It's when all of the fall decorations, and the dilapidated pumpkins get tossed and the candy canes and red and whites come out. Black Friday and Cyber Monday has passed, and now it's time to put things into cruise control until the big day arrives.

When we were younger, the holidays were magical and fun for most of us, with a minimal amount of stress and an abundant amount of gifts to those fortunate enough to receive any. As we get older and have families of our own, holidays remain fun, as we pour that magic into making our own family's holidays memorable.

Despite our current situation, holiday spirits remain high. Taking a drive around town, decorations are popping up every day. The night sky serves as the perfect backdrop for flashing holiday lights. Many people have started to decorate historically early, as a way to bring some sense of normalcy and positivity to others.

It may be difficult this season; however, try to do something creative to make someone's holiday one they can remember, something they don't expect. When you take the time to essentially play Santa Claus, the joy you get back is tenfold.

As for relieving stress, don't put too many expectations onto yourself and respect your own limits. You don't have to do everything, you can delegate. As for shopping, you can find just about anything online, even from local shops making gift buying easier. If shopping isn't your thing, hand out gift cards with a handwritten letter.

Throughout the season, take in the lights and remember to take in the holiday spirit of those around you. Go for a walk in the snow and listen to how quiet everything is. Begin and end each day with something you find enjoyable. We find that watching holiday movies, eating sugar cookies, drinking hot chocolate and listening to holiday music really can be uplifting. "A Christmas Carol," while a bit creepy at times, does put things into perspective. If you haven't read the book in a while or watched the movie, now is the time.

No, things won't look as they normally do this season. With that said, people throughout history have turned lemons into lemonade. This season it's especially important to support local small businesses, many who now offer items online. Throughout this season, let's all focus on lifting each other up as this pandemic eventually will take its place in history.

In the words of Hamilton Wright Mabie, "Blessed is the season which engages the whole world in a conspiracy of love."

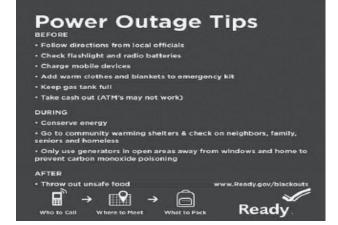
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Our fax number is 279 3331. E-mail us at brendan@salmonpress.news. We're looking forward to hearing from you!





Lions support food pantry

The Laconia-Gilford Lions Club partnered with the Lakes Region Vineyard Church on a food donation drive to benefit the Vineyard Church's food pantry. "Folks responded generously, and the items donated filled many large boxes," explained Club President Matt Soza. "This is the first in a series of events the Lions will stage benefitting local food pantries and highlighting the issue of food insecurity in our area. We call it our 'Step Up to the Plate' campaign. It's off to a good start." The Vineyard Church is located at 175 Mechanic St. in Lakeport and can be reached at LakesRegionVineyard.org. Pictured, left to right: Marylin Brown, Lori Chandler, Pastor Dick AuCoin, Matt Soza, and Bill Chandler.

NORTH COUNTRY NOTEBOOK

Weasels and weasel-words, with apologies to the weasels



By John Harrigan **COLUMNIST**

"I've got an ermine in my woodpile," said the voice from far away, and I instantly wished I had one in mine too. It made me want to go out and check---weasels are that fast, and I have several woodpiles, six, I think. Hey, wait a minute here---I just might very well hopefully have six weasels. Think of it! A sixpack of weasels!

In fact, weasels are so fast that one minute there is no weasel there, and then all of a sudden. there is. You blink once,



ROGER IRWIN, GUILDHALL, VT

A short-tailed weasel out and about in an ermine's coat poked its nose out a convenient hole at the Irwin farm.

twice, maybe rub your eyes, and still right there, looking right at you with those two little eyes, is a weasel. I've somehow always

thought that a weasel's eyes could bore two tiny holes straight through a massive block of ice. When I say "massive," I mean, say, the size of a house, one of those Canadian ones with the four roofs. That one.

"Weasel" is fun to say, like "ratchet," which somehow leads to an-Most people, including me, have utterly no idea what "torque" means. "Metric" is all the rage right now, as in "I don't see how that fits with my metric." Yesterday's favorite, "takes up all the oxygen," is so, well, yesterday. It is right there in the slag-heap with "pushing the envelope" and "gone missing."

A far-flung neighbor told me this amazing story, in which a weasel, unaided and unabetted and all by his lonesome, exploited a small opening in this man's chicken-wire fence and proceeded to commit atrocities and mayhem within the flock, and when this man went out to see what the commotion was, there was this weasel, leaning up casually against a fencepost, picking its tiny little teeth. However, people later told me that this man sometimes stretches the truth.

An ermine is a weasel in its winter coat. Why other fun one, "torque," we honor the weasel with a change of name in all this I don't know. We don't do the same for the snowshoe hare, so it's not fair. But what would we call it? "Rabbit" is already taken. How about "Big Mean Aggressive Kick-Your-Dog-To-Pieces Snowshoe Hare?" No. too SEE **NOTEBOOK** PAGE A7

STRATEGIES FOR LIVING

On Mr. Trump: A Retrospective

BY LARRY SCOTT

The change of leadership in Washington marks the passing of an era. Few times in American history has the transition to a new administration been as dramatic as this one promises to be.

The current turmoil obscures the challenges Mr. Trump has had to deal with for the last four years. His critics forget a stock market that went from a low of \$19,762 at the end of 2016 to end 2017 at \$24,719... or the thousands of migrants coming up from Central America with plans to cross our borders without documentation... or the onset of a Pandemic no one knew how to handle... or moving the American embassy to Jerusalem... or two Supreme Court appointments giving the Court a conservative

It is easy to criticize after the fact. If you don't like the man, you

would more than likely find fault with whatever he did. Leadership, by definition, demands taking control and making the tough decisions no one else can or wants to make. But Mr. Trump has been a leader and he kept his word. Whether that's been to our good only history will tell.

And still, the story is not yet finished. The early January outcome of a Senate run-off in Georgia may leave the Democrat Party in control of both the U.S. House and the Senate. By inauguration, America may be under the leadership of Joe Biden, Kamala Harris, Chuck Schumer, and Nancy Pelosi. Now that's enough to get anyone's attention!

There is a sense in which Mr. Trump's time in the White House is a metaphor for each of our lives. His accomplishments have often been overshadowed by his style. What he did will

soon be forgotten but how he did it is another matter. Only in retrospect will we know whether America got what it needed... or what it deserved.

And so it is with you and me. Our legacy will not be in what we accomplished in life; our legacy will rest on who we were. Our honesty, our character, and the integrity of our life will be remembered long after we have passed on.

Even Jesus' actions were soon forgotten. The people He healed, the multitudes He fed, those He raised from the dead, soon died and faded into history. But the impact of His life lay in Who He was. Jesus' compassion and His love left a legacy that within days of His crucifixion launched the greatest spiritual and social revival the world has ever seen. His life, and His death, were not

in vain. To the Christian community, I would encourage patience, and invite you to join me in bringing our nation before God in prayer. True, the evangelical community may be as welcome in present-day America as a whisky nose at a temperance gathering but our nation is going to need us. We can ignore God's standard of morality and the principles of right and wrong He has given us for only so long. Inevitably, there will be hell to pay.

Perhaps God has placed you and me where we are for just such a time as this. If our fears materialize, or if another COVID-19 pandemic size crisis sweeps our nation, America is going to need us to live our faith. Our society may have little interest in what we believe, but perhaps they will be influenced by who we are. "Love the Lord, your God," Jesus said, "and your neighbor too." There can be no other

Drawing Us Together for the Holidays... and For the Kids!

LACONIA — With the holiday season approaching, Laconia Artist Larry Frates has partnered with Tagg Team Community Challenge team to offer a creative way for the community to support the Children's Auction. Frates created a drawing of a winter home scene, complete with a welcoming snowman and mailbox for holiday letters. While his original drawing will be offered to the high bidder during the December auction, Frates wanted to take it a few steps further.

"Drawing Us Together for the Holidays" is an art lesson available to offer Facebook users the opportunity to create their own pencil drawing.

Frates shared, "All you need is a piece of paper, a pencil with an eraser and follow my step-by-step instructions to complete your drawing. Access to my one hour class will be provided after payment is received. The class can be viewed at the convenience and location of the budding artists. Artists of all ages, family groups or even grandparents can enjoy this relaxing activity together."

The drawing lesson can be for yourself or a holiday gift to family members to draw wherever they reside. Completed drawings can be matted and framed to use as a holiday gift or donated to the auction.

The \$20 lesson donation will be accepted by check or online donation. Mail your check payable to the GLR Children's



Artist Larry Frates is offering a drawing lesson of this winter scene with all donations benefitting the Children's Auction.

organization provides

approximately 800 Lakes

Region families Thanks-

giving dinners that in-

clude all the fixings from

holiday season is a time to help those less fortu-

nate," said Chris Kelly, the company's owner.

RE/MAX Bayside is

also deeply involved in

the Toys for Tots pro-

gram. It is one of the

region's busiest drop

off locations. New, un-

wrapped items or mon-

etary donations may be

dropped off at the Mer-

edith Office (208 Daniel

Webster Highway at

the junction of Routes

"More than ever, this

turkey to dessert.

Auction to Judi Taggart, 28 Red Oak Dr., Gilford. For online donations, visit Tagg Team's Give Gab online donation tool on the Children's Auction website at this link: www. givegab.com/teams/ tagg-team. The purchaser should identify the donation is for Larry's art lesson and include the name of the Facebook account recipient for the lesson. Access to the "Art to You with Larry"

Facebook private group will be available to class participants shortly after payment is received.

Sign up is suggested by early in December to create this drawing while supporting local kids. Questions about this drawing lesson can be addressed to Larry Frates at 387-3687, email fcac@tds. net or, for registration contact Judi Taggart at 493-9524, email tagtem@ metrocast.net.

Each year, this worthy Federal government transfers ownership of Sunrise Towers

Local ownership opens opportunities for improved services and energy efficiency upgrades

LACONIA — The Sunrise Residential Living Campus, located in the heart of downtown Laconia, have undergone positive changes in the past few months. Ownership of the 98-unit property has transitioned from the U.S. Department of Housing and Urban Development to Laconia Housing, putting control of the property into local hands and enabling the agency to make capital improvements that improve residents' quality of life.

Recently, HUD announced the nation's first streamlined voluntary conversion of property with the transfer of has provided the energy. Sunrise Towers Public Housing into locally-held ownership under the new name of Sunrise Towers, LLC. The transfer to Laconia Housing enables the agency to make capital program improvements more quickly to improve the living spaces for current and future tenants for the low income housing property.

"It has been an extremely satisfying process to be involved with our HUD Boston Office of Public Housing partners led by Director Robert Cwieka. It allows us to work with a team which enthusiasm, and effort to see us succeed. New opportunities provided to our agency will enhance the quality of life for our residents," said Thomas Cochran, Laconia Housing's Executive Director.

REGION — Once

again, the owners, staff

and agents of RE/MAX

Bayside recently deliv-

ered 40 turkeys to the

Society of St. Vincent de

Paul Food Pantry and

Thrift Store in Laconia.

The Sunrise Residential Living Campus has opportunities for independent living to low-income seniors and disabled residents throughout the Lakes Region through initiatives and collaboration with federal and state partners. A wide range

> **SEE SUNRISE TOWERS** PAGE A7

RE/MAX Bayside donates to St. Vincent de Paul, Toys for Tots



3 & 104), or at the Laconia Office (604 Main St., across from the Colonial Theatre on Route 106 in downtown Laconia). For contactless donations, collections boxes will be outside each office during business hours. Or if you call the office number below upon ar-

rival, we are happy to offer curbside pick-up.

For more information about the Toys for Tots program call RE/MAX Bayside's Meredith Office at 279-0079, the Laconia Office at 527-8200, or e-mail info@baysidenh.

St. Vincent de Paul Christmas Angel Program kicks off Dec. 1

LACONIA — St. Vincent de Paul/ Children's Foundation Christmas Angel Program is taking applications and handing out packages at the St. Vincent de Paul Society, located at 1269 Union Ave. in Laconia, starting Dec. 1. The program will be open on Tuesdays - Dec. 1 & 8 from 4:30 to 7 p.m. and Thursdays – Dec. 3 & 10 from 4:30 to 7 p.m.

This program is available to families with children ages birth to 18 vears 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 COVID-19 there will be a change in sign up and pick up procedures. 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

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.

their number to be call to

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

34th Annual Mix Cash and Cans collections set

at a time,' Mix 94.1fm's 34th annual Cash and Cans Money & Food Drive for the holidays is set for Dec. 6-11. 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/Sanbornton Christmas Fund: Every Child Is Ours; Greater Lakes Region Santa Fund, Meredith Emergency Food Pantry, the Northfield-Tilton Congregational Church Food Pantry, St. Joseph's Belmont Food Pantry and others. Last year was another record year for donations, with more than \$44,000 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, and noted, "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 people give what they can. And the best part...it all stays right here in our central New Hampshire Community."

Caruso acknowledges this will be a different year, dealing with the pandemic.

"We have had a num-

REGION — 'Making a ber of events that benefit ten dollar donation, get a difference one donation Cash & Cans canceled be-dozen donuts free; 11 a.m.cause of COVID. Spaghetti dinners and breakfasts with Santa, which generate hundreds of pounds of food and hundreds of dollars for Cash and Cans will not be happening this year. Which is why it's more important than ever to give. 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 generosity of our listeners," he said.

Caruso and morning co-host Amy Bates will broadcast live from more than 20 different locations, accepting your Cash and Cans donations. All broadcasts are outside with all safety protocols in place. Here where they'll be, and when they'll be there:

Sunday, Dec. 6: Funspot Weirs Beach, noon-3 p.m. Donate \$10, receive a \$10 Funspot gift card; donate \$20, get a \$20 gift card, etc., no limit!

Monday, Dec. 7: 5:30-9 a.m., George's Diner, Meredith; 9:30 a.m.-noon, Vista Foods, Laconia; noon-2 p.m., Sal's Pizza, Laconia; 3-5 p.m., Verizon Wireless Zone/American Shaman, Laconia.

Tuesday, Dec. 8: 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. 9: 5:30-10 a.m. Dunkin' Donuts, West Main Street, Tilton. Make a minimum

1 p.m., Prescott's Florist, Laconia; 1-3 p.m., Irwin Motors, Laconia; 4-7 p.m., McDonald's Tilton

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

Friday, Dec. 11: 5:30-10 a.m., McDonald's Franklin; 11am-2pm, 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 94.1 FM, PO Box 99, Franklin, NH 03235. For more information about the Mix Cash and Cans program, visit www.mix941fm.com or contact Fred Caruso at fred@mix941fm.com.



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Managing Your Retirement Plan Under a New Employer (which should be numerous) and

Your employer-sponsored retirement plan is a valuable asset. But sometimes things happen that can affect the status of your plan. So, for example, if you work for a hospital that changes ownership, and you have been participating in a 403(b), 457(b) or 401(k) retirement plan, what should you do with it now? Basically, you have four options: Cash out your plan. You can simply cash out your plan and take the

money, but you'll have to pay taxes on it, and possibly penalties as well. So, unless you really need the funds and you have no other alternative, you may want to avoid liquidating vour account.

Roll your account into your new employer's plan. If it's allowed, you can roll over your old 403(b), 457(b) or 401(k) plan into your new employer's plan. Before making this move, you'll want to look at the new plan's investment options

fees (which should be low). If you move the money directly to the new plan, you won't be taxed at the time of the transfer, and your funds can continue to grow tax-deferred. Leave your plan with your old employer. If your account balance is above a certain level, you may be able to leave your plan with your old employer's plan administrator. You won't be able to contribute any more money to the plan, but if you like the investment options you've chosen, keeping the money in your old plan might be a viable choice. Move your account into a traditional IRA. One possible advantage to moving your 403(b), 457(b) or 401(k) into a traditional IRA is you'll open up a world of new in-

vestment options, because you can fund your IRA with virtually any type of vehicle, including stocks bonds, mutual funds, certificates of

deposit (CDs) and exchange-traded funds. And if you already have a traditional IRA, you can combine the new funds with the old ones, making it easier to track your holdings. As is the case with leaving your money in your old employer's plan or transferring it to a new plan, you'll continue to benefit from tax-deferred growth. Keep in mind, though, that IRAs have costs, too, possibly including transaction costs to buy or sell new investments. (One more thing to keep in mind: When you want to move a retirement plan to an IRA, vou may want to make a direct rollover, so the old plan's administrator moves the money directly into the IRA, allowing you to avoid immediate taxes. If you were to make an indirect rollover, you'd get the money yourself, but your old employer would have to deduct 20% for federal taxes, and you'd have to deposit the entire balance, including the withholding, into your IRA within 60 days.) Which of these choices is best for

you? There's no one "right" answer for everyone. You'll want to consider all the options and possibly consult with your tax advisor and financial professional. But do all you can to protect your retirement plan vou've worked hard to build it and you'll need to rely on it to help you pay for your years as a retiree.



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

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KTM Exteriors receives People's Choice **Award from Parade of Homes event**

REGION — The 4,500 square foot customized modular home intrigued many visitors. The home featured many unique features and showcased just how custom a modular home can be!

Sometimes people have preconceived ideas of what a modular home might offer and this home surprised visitors even before they toured the interior of the home. The exterior is a mix of stone, composite siding,



and wood to give it a distinct look and feel, similar to an Adirondack style home. The raised

roof line allowed for a cathedral ceiling in the living room. The 20ft tall custom stone fireplace

(Left) KTM Exteriors & Recycling entry to the Lakes Region Virtual Parade of Homes and winner of the coveted People's Choice Award 2020.

provided a grand focal point when entering into the home. In addition to the main structure, there is also a stick built custom 4 car garage built off of the home and includes a 2,000 square foot inlaw apartment over the garage area. The unfin-

ished walk out basement leads out to a sizable fenced yard and hot tub area, while the expansive deck with custom fire pit allows water views and gives that lake-like feel! The four bedroom, four bath home is beautifully decorated with special features including custom stone-farmers sink, stunning custom wine bar with half barrel facade that opens into a temperature control wine chiller. Many pieces of the house were custom built and the home is fully automated and highly energy efficient.

Modular home builders have been refining their craft over the years as a result, the modular homes are built more efficiently, and provide a great value to the home buyer. Building off site provides a controlled building environment, offers less waste and damage of materials, includes a rigid inspection process and generally provides a faster construction process.

KTM Exteriors is a multi-faceted company with years of experience offering a wide range of exterior improvements for roofing, siding & windows and dumpster services and also a Modular Home Division. The People's Choice Award signifies the "favorite" as voted by the general public. Visitors who purchased tickets were allowed to cast a vote. KTM Exteriors was recognized at the October recognition breakfast held at Church Landing, Meredith. Lakes Region Builders & Remodelers Association recognized all of the builders on the tour including: Bella Woods Building, Hayward & Company, North Star Contractors, Outside In Construction, Inter-Lakes Builders,

Custance Brothers & Sandra Curtis Design, and Lighthouse Contracting Group.

The popular home tour traditionally held every Columbus Day weekend rolled out last month and remains live for viewers to visit the homes virtually. There are eight beautiful projects for visitors to see, including four newly constructed homes, two extensive remodels and two renovated spaces. The event is a great way for the public to learn about the latest trends in architectural, interior design and meet the builders, watch as they take you on a personalized tour of their projects. For a truly interactive experience, visitors can zoom around the homes using 360 technology, moving from room to room and zooming in on customized spaces. Shop the parade, do business with suppliers that local builders use.

Whether you want ideas for your current home, are looking for your next home or just appreciate the craftsmanship of new homes, the Parade has something for everyone.

The public is invited to visit the website and view photos and for a more detailed virtual experience, a ticket can be purchased to have full access to the Parade Show, Builder Interviews and 360 touring features. Public support to this event has always been strong. Tickets are \$10/per household and proceeds go back into the community through the builders Workforce Development Initiative and Scholarship programs-helping to inspire the next generation of trade professionals. Visit lakesregionparadeofhomes.com.

Gilford Parks and Recreation News

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 Sunday, Dec. 6. For more information

on how to enter, please visit the Parks and Recreation website at www. gilfordrec.com or call the Parks and Recreation Office at 527-4722.

Senior Strides Weekly Walking Program on Wednesday mornings

The Gilford Parks and Recreation Department and Gilford Youth Center are co-sponsoring a weekly drop-in walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center begin-

SEE **REC NEWS** PAGE A7

Spirit of Hope and Kindness celebrates youth making a difference Spanos from Make-Athe Laconia Kiwanis BY ERIN PLUMMER

mnews@salmonpress.news

REGION — Three local students were honored for their community involvement and acts of kindness during the annual Spirit of Hope and Kindness Awards.

The Spirit of Hope and Kindness Awards took place on Nov. 15 in a virtual ceremony after previous in-person events were canceled due to the pandemic. Fred Caruso from Mix 94.1 FM hosted the event and Olivia

Wish New Hampshire was the keynote speaker.

Each of the winners and nominees received monetary awards they will be tasked to use for acts of kindness in their communities with the winners receiving a greater amount. Around \$4,000 in award money came from All-Brite Cleaning and Restoration of Gilford, Autoserv of Tilton, Bank of New Hampshire, CGE Engineering of Laconia, and Club.

The winners and nominees picked up their checks a few weeks back and awards co-founder Laura Brusseau said they will plan projects that will allow them to stay safe and socially distance. She said some of the kids have already started their projects.

The Elementary School winner was Lilyanna Burhoe from Elm Street School in Laconia. The 7-year-old has done a number of community activities inducing giving cookies to firefighters and police officers, raised money for charity with a lemonade stand, donated turkeys to St. Vincent de-Paul, and donated Christmas presents to Community Resource Center.

"I was excited," Liliana said about winning her award.

She wants to use the money to help families during the holidays and might do another project in the spring.

The other nominees were Jayden Armstrong from Franklin, Emily Cardinal of Laconia, and Alison Shirey of Laconia.

Landen Brothers of Laconia Middle School won in the Middle School category. He has been involved in a number of community efforts including as one of the co-founders of Cereal Heroes, a group of Laconia students that help collect cereal and other breakfast foods for kids in need. Brothers said Cereal Heroes is one of his favorite activities he has been part of. He said he also greatly enjoyed helping sew blankets at the Taylor Home and seeing the smiles on the seniors' faces.

"I was very excited to get the award, I felt very accomplished and happy at the same time," Brothers said.

The other Middle School nominees were Hailey Bezevich-McNeil of Laconia, Katie Cormier of Laconia, Carter Jones of Laconia, and Madison May of Franklin.

Jasmine Morrissette, a recent graduate of Inter-Lakes High School, won in the High School category.

Morrissette attends and is greatly involved with Real Life Church in Laconia, where she is involved with Sunday School, youth ministry, and numerous other outreach projects. She is also the secretary of the New Hampshire Human Trafficking Taskforce and has been volunteering remotely with the Greater Lakes Region Children's Auction and the Make-A-Wish Foundation.

"It was really awesome after being a part of the awards for the last couple years," Morrissette said. "Seeing everyone while being in that spot was really cool."

She said she has alstarted reachready ing out to a few places asking what they need. Some responses she's got have been from the Pemi Youth Center in Plymouth looking for cleaning and art supplies, blankets and pillows for Belknap House in Laconia, diapers and hygiene products for Waypoint Family Services of Laconia.

Also nominated in the High School category were Jayda-Lynn Carter-Glines of Meredith, Liz Guillotte of Franklin, Lillian Hodapp of Laconia, and Joshua Testa of Gilford.

Brusseau also recognized her fellow Spirit of Hope and Kindness Awards board members Andrea Condodemetraky, Kristin Adelle, and Carol Falvey.

"They do so much work for this event," Brusseau said.

Wolves win Lakes Region Midget Challenge Tournament

LACONIA — Three days of hockey action at the Merrill Fay Arena in Laconia culminated with a great final game between the two top seeds in the 1st ever Lakes Region Midget Challenge Tournament.

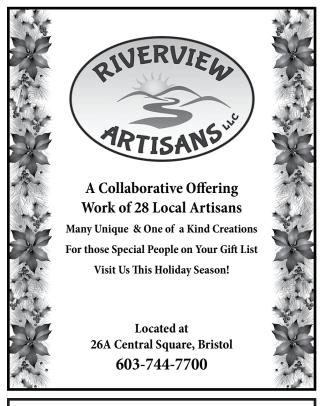
The New England Wolves U16 AAA team went 3-0 in the round robin on Friday and Saturday versus NH East U18, NH Monarchs U16 AAA, and the Wolves U18. Concord native Gage Winter led the Wolves in scoring during the round robin netting 3 goals in the 3 games. Gage LaMontagne of Wolfeboro, Owen Currier of Concord, and Brody Rollins of Laconia all contributed to wins in net.

championship The game on Sunday was a rematch between the U18 NH East Eagles and the Wolves U16. The Eagles grabbed an early 2-0 lead,

before the Wolves came back. Charles Dey, Fischer Galluzzo, Ethan Bickford and Gage Winter all scored as the Wolves took a 4-2 lead. The Eagles were far from over though, as they scored two goals in the final 6 minutes of the game to tie it. In Overtime, Plymouth, NH native Nick Therrien scored the winner on a goal mouth scramble, and the Wolves took home the trophy.

"It was a fun atmosphere being in the rink and enjoying a tournament setting." said Coach Andrew Trimble. "The boys have worked very hard to get here and have come together. Great job Wolves."

The Wolves JR, U16, U14 and Tournament teams have a busy calendar lined up for the month of December. For more info- www. ne-wolveshockey.com.



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TREE SALE

day- through Thursday. These New Hampshire grown, freshly cut, premium trees include hundreds of 1st quality fraser fir and balsam trees in all shapes and sizes from table top to more than 12 feet tall. Plus decorative holiday wreaths and bird feeder wreaths.

Covid-19 protocols will be observed. Register to win special raffle items. Proceeds benefit the many non-profit activities supported by Gilford Rotary in Gilford and the Lakes Region area.

The 34th annual Gil-

ford Rotary Club Christmas tree sale. Friday, Nov. 27 – Sunday, Dec. 6 at Gilford Commons/Gilford 8 Cinemas on Route 11, Gilford. Noon till 7 p.m. Monday-Thursday day. Now entering a sixth

SUNRISE TOWERS (Continued from Page A5)

of agencies have played an integral role over the years, leveraging public and private funding to improve the building campus and its efficiency.

An example of this of collaboration energy-saving includes implemented measures through the NHSAVES program. Adding efficient air conditioning units, improved lighting features and new windows have given Sunrise Towers a refresh and improved the living space for all residents.

"By utilizing the **NHSAVES** program, Eversource Energy and Liberty Utilities have been integral in enhancing the quality of living for our New Hampshire residents," said Cochran.

The Laconia Housing Agency offers housing and supportive services at the Sunrise Residential Living Campus, which includes Sunrise Towers, Sunrise House, and

and nine till seven Friday, Saturday and Sunyear at Gilford Commons/Gilford Cinema 8 Plaza, Route 11, Gilford. Happy Holidays from everyone at Gilford Rotary.

Gilford Rotary is an organization of business and professional men and women who have accepted the ideal of service as a

Tavern Inn Apartments. The properties offer Medicaid-eligible tenants support services as an alternative to traditional nursing home living, made possible through

New Hampshire's Choice for Independence Program. They include LNA, nursing assessments, housekeeping, laundry, and a meal program alternative to assist in bolstering independent living.

The HUD transfer of property to Laconia Housing offers tenants and the City of Laconia the benefit of locally-controlled housing and services. Laconia Housing has and will continue to work with state, federal, and local partners to assist residents in the Lakes Region and to provide quality living for our community.

More information about Laconia Housing properties and services can be found at www.LaconiaHousing.org.

THE CHALLENGE (Continued from Page A1)

friends, and colleagues via social media to help raise money.

"At Eastern Propane & Oil, we are continuing our commitment of supporting the communities that we serve. We are proud to support such a remarkable event that

has been reimagined in an effort to exceed last year's Pub Mania fundraising," said Josh Anderson, VP of Marketing & Business Development at Eastern Propane & Oil. "It's going to take the community coming together and we hope

this small incentive will encourage more people to participate."

(Continued from Page A1)

For more information about the event or how to participate, visit www. childrensauction.com/ challenge or email kidscommunitychallenge@ gmail.com.

(Continued from Page A3)

mouth and Exeter and is now set up in her private practice in Moultonborough.

basis for attaining fulfill-

ment in their business,

personal, and profession-

al lives, and by serving

their community. Gilford

Rotary meets Fridays

at 7 a.m. at the Gilford

Community Church Fel-

lowshop Hall, Potter Hill

Road, Gilford.

HEART

Reisner comes from Hampton and said she grew up in a close-knit family, which inspired her to help children and families have that same experience.

She graduated with a bachelors in Family Studies from the University of New Hampshire and worked in home support for children with disabilities.

"Yes, I was working with the children, I found it was really supporting the family as a whole," Reisner said. "The parents would tell me how easy I was to talk to."

She decided to go into children and family counseling, returning to UNH for the Marriage and Family Therapy program. She said Assistant Director Mark Moses was her mentor and had a significant impact on her.

"He just showed me a world of therapy," Reisner said,

She also credited program director Barbara Frankel as well.

When she graduated, she and her fellow graduates received a key where a few words were written about the type of thera-

pist their instructors saw them as. Reisner said her key said "Healing with a heart."

She worked with Seacoast Mental Health Center for 12 years, which she said gave her some amazing support and advice. She also worked with psychiatrists, outreach providers, and in the community's schools. Reisner became an approved supervisor, supervising people in the field who were going for their therapist license.

Reisner took maternitv leave after the birth of her second son and took time to care for her family. In the past year the family moved from West Newbury, Mass., to the Lakes Region.

After a while she said she greatly missed her work and wanted to offer this in her new community.

"This has been a dream of mine to eventually have a private practice where I can provide therapy services to children, also families and couples," Reisner said.

The idea came up to pursue this dream and open a private practice, though she was nervous about the possibility.

Eventually they found a space on 60 Whittier Highway in the former location of Moultonborough Family Health which she said was the best opportunity. Reisner said there were two spaces in there with a wall separating them. They took out the wall, sinks, and the former exam rooms and built a waiting room and office therapy room, and put in a staircase and an upstairs office. Even the process to

buy furniture was involved. Considering this will be a place where people will share some of their innermost feelings, she said she sat in a hundred chairs at the furniture store to pick out the most ones for clients.

She named it "Healing With a Heart" after the words on her key at graduation.

The space also has an additional office where she hopes to bring in another therapist. She said it can be a little nerve wracking to be a therapist and secluded by oneself.

Throughout whole process she said her husband has been one of her biggest advocates in this venture, cheering her on when she was nervous about starting. She also said she has so many supportive friends, in-

cluding so many new friends in this area.

"I'm definitely blessed to have all of them in my life and constantly supporting me in all of this," Reisner said.

She has two boys, a 6-year-old and a 1-yearold.

"I know sharing some of the better parts of me with the world, I know it's going to be better for them too," Reisner said.

Healing With a Heart Therapy PLLC is now open for appointments and sessions, she said she is ready to start intake sessions with clients as soon as they are ready. Healing with a Heart Therapy can be reached at 253-5292 and jessica@healingwithahearttherapy.com. Web site is in the works and will be live soon. Information on her practice can also be found on Psychology Today's Web site.

REC NEWS

ning December 2nd. Participants can track their progress or just walk for fun. All participants should bring and wear a mask throughout the program. Participants are also encouraged to bring their own water bottle, as water will not be provided. There will be plenty of chairs available, spaced 6 feet apart, for participants to take a break as needed. Hand sanitizer and disinfectant will be available. There is no fee for this program and participants can register their first day.

For more information,

please contact the Parks and Recreation Department at 527-4722

Bolduc Park Cross Country Ski Program

The Gilford Parks and Recreation Department will be offering four weeks of Cross Country Ski Lessons at Bolduc Park this winter. Lessons begin on Saturday, Jan. 2, 2021 and will continue through Jan. 23, 2021 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following Jan. 23). Lessons begin at 10:00 a.m. and rental

skis may be picked up at 9 a.m. at Piche's Ski Shop!

(Continued from Page A6)

Registration forms are available at the Gilford Parks and Recreation Department, the department's Web site at www. gilfordrec.com, Bolduc Park and Piche's Ski Shop. Please mail, fax or drop off your registrations directly to Piche's Ski Shop.

Cost: \$80 per person includes rental equipment! \$40 per person if you have your own equipment!

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

(Continued from Page A4)



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NOTEBOOK

clumsy.

An ermine is death on mice, which is why savvy people like to have them around. A little treat hidden here and there will often do the trick. Like a Canada (grey) jay, they will sometimes take food from your fingers.

Canada jays really shouldn't be grouped with weasels, except in the proffered food acceptance category. They have not yet appeared at my feeders, but as sure as Deep Winter is coming, so are the Canada jays.

That's when they show up, when they're having hard times at higher elevations or up across the line there in Canada. We have our own grey jays, which you can see in higher elevations in Lancaster and Kilkenny and Jefferson and Columbia and Pittsburg, and then a bit later in the winter we get these Canada jays that are actually from Canada. You can tell, because they have this little

accent circonflexe, like this (^) above their beaks, and whenever there's a parade they'll inevitably haul out the Canadian colors.

Scientists are trying to figure out how Canada jays are able to fly, same as bumblebees, which are not supposed to get off the ground on account of not enough lift. They have these big, bumbly bodies (the bumblebees), but really, if you apply the scientific method, not enough wing-surface or power to become airborne from relatively short runways.

There are many names for the Canada jay, such as the already-mentioned grey jay, and Whisky Jack, which carries capital letters because I've always seen it that way.

And then there's the best, in my book, "Camp Robber," and they will, too. Crime magazines are full of stories, and they're all true, too, about Canada jays flying off with all

sorts of stuff from innocent victims' campsites, even cabins, and those little egg-shaped ergo-trailers that sleep two people who are really thin.

There is only anecdotal evidence of this kind of thievery, of course, but some of the attempted thefts have bordered on the colossal. In one account, two grey jays (Canada Jay, Camp Robber, Whisky Jack, and let's not forget his partner in crime, Whisky Jill) tried to fly off with an entire cast-iron frypan containing a quarter of a pound of bacon (Canadian, of course), but they attempted takeoff with the wind instead of against it, and crashed when they ran out of runway. In true bush-flying tradition, the pitiful wreckage will be there, like, forever.

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

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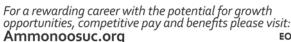
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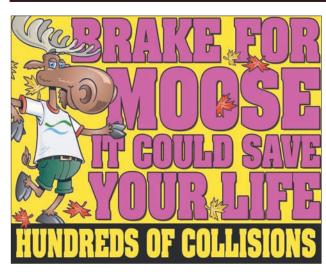
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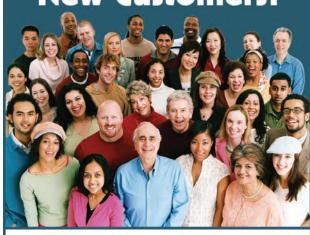
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(Continued from Page A1)

REMOTE

several citing the increasing numbers of coronavirus cases. A number of parents said their children were in quarantine or had been in quarantine more than once and talked about the anxiety this has caused.

Nancy Allen said on some days only a quarter of the students are left in the classes.

"While remote learning is not optimal, it could go a long way to address the learning needs of students at this time," Allen



remote.

The Gilford School Board held an emergency meeting on Tuesday to discuss the future course of remote learning.

said.

A number who spoke against the proposal said learning was best done in the classroom and not remotely. There were numerous examples of students who had been struggling with remote ing in-person. Another view expressed was that most cases have been coming from in the community and not in the schools, especially with the schools adhering to strict guidelines.

Math teacher Peter Bowler said he and his wife had COVID-19 and was opposed to the schools going remote. He said the kids are safest in the schools with mask wearing and extensive cleaning and they have been doing better in per-

"From my standpoint we've only had kids a few weeks, but I've seen such a progress in those kids," Bowler said.

Some other parents suggested they go with

learning who were thriv- a hybrid model between in-person learning and

> Board member Gretchen Gandini made the motion to follow Beitler's recommendation. Gandini said she understood that remote learning wasn't ideal, though said they aren't addressing students' needs when so many are in and out on quarantine.

"I don't necessarily think the numbers are going to be a lot better come January, but at least we can get a month in of consistent teaching," Gandini.

Board chair Chris Donovan, however, suggested they continue remote learning until Dec. 4 when most of the current quarantines would clear and then see where the numbers are before going forward.

Gandini said if students come back then so many will be coming back from Thanksgiving celebrations and numbers could go up. Staying out until January would give them a few weeks for cases to clear.

A few board members advocated for keeping students in school physically as the best way to learn. Board member Kyle Sanborn said there is going to be an ebb and flow of cases, saying he is not comfortable dedicating too much time to remote learning.

The motion to continue remote learning at GHS until Dec. 23 failed though a motion for in-person learning to resume on Dec. 7 passed.

On the middle school, Beitler said that school is more contained than the high school with each grade level moving and learning within their own pods. Beitler said there were 21 students in quarantine in the sixth grade after one student tested positive. The teachers. however, are in a different position because they will work closely with all the students and don't keep in similar pods. Because of this all sixth grade teachers are out and as a result the whole sixth grade is out due to the lack of staffing. GMS Principal Peter Sawyer said it would be difficult to isolate the teachers in a similar way: they would have to stay right at their desks and not have any physical interactions

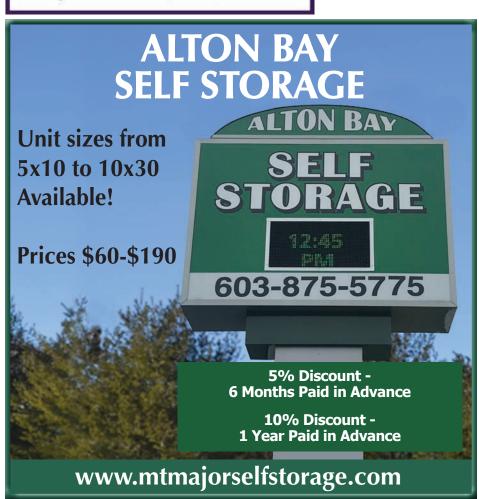
with the students. The board approved a motion for students to return to in-person learning on Dec. 4.

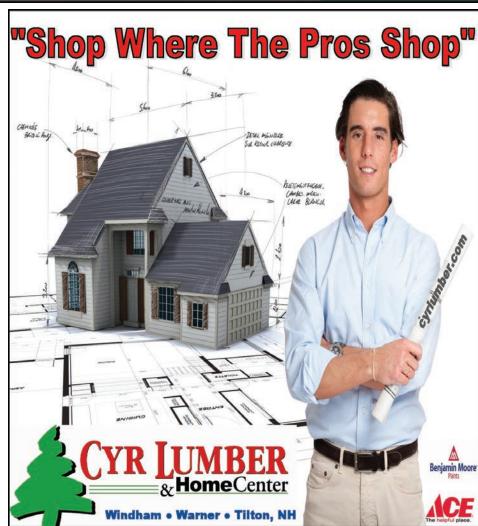
In both cases, the board would meet to review the numbers before school restarted on Dec. 7.















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