

Winnisquam Echo

THURSDAY, DECEMBER 16, 2021

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FREE

40th annual Children's Auction brings in \$583,752

BY ERIN PLUMMER

ernews@salmonpress.news

TILTON – The Greater Lakes Region Children's Auction celebrated its 40th year, bringing in over \$583,000 that will go to kids and families across the Lakes Region.

The 40th annual auction ran from Tuesday through Saturday at its new home at the Tanger Outlets in Tilton. For four days, people and businesses donated items and services to bid on and several businesses, groups, and others presented checks to the auction.

At the auction's close on Saturday night, the final number of \$583,752 was announced.

"I knew that once we were part way through the week, I knew it was going to be good," said auction chair Jaimie Sousa. "I didn't know it would be that high."

The 40th annual auction returned as an



COURTESY PHOTOS

Supporters and volunteers celebrate the final number of the 2021 Greater Lakes Region Children's Auction.

in-person event this year after going remote in 2020. In response to the pandemic, last year's auction took a virtual format with hosts, guests, and the phone bank checking in remotely.

Last year Pub Mania

and its fundraising efforts changed into an all-yearlong event, the "It's For the Kids" Community Challenge.

This year the live format was back. Sousa said things were a bit chaotic, but there was new energy being back

in person.

"There's a special spark of having the people to interact with," Sousa said. "It's just something completely different when it feels like the whole community came together."

Sousa said they did

face some challenges with a lack of volunteers this year.

The auction had its highest overbid ever this year when someone bid \$40,000 on one item valued at around \$5,000.

The Laconia County Club Community

Challenge team offered the auction a membership to the country club worth \$5,000. There is currently waiting list of 200 people to be a club member and this prize would bring someone right into the club without waiting.

One bidder bid \$40,000 for the item, a \$35,000 overbid. Sousa said the bidder is moving to the Lakes Region full time and wanted to do something to contribute to their new community.

The Children's Auction celebrated its 40th year this year. The WLNH Children's Auction started in 1981 with DJ Warren Bailey doing the auction out of a van in downtown Laconia.

Bailey stopped by the auction on its first day.

"I've said this so many times, but I mean it from the bottom of my heart: being in the Lakes

SEE AUCTION, PAGE A7

Bear girls rally, but Spartans earn one-point victory

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam hoop girls charged back from a slow start on Friday night, but the White Mountains Spartans were able to get one final free throw and then held on for the 23-22 win.

"We dug ourselves a hole in the first half, but to the kids' credit they pulled themselves out of it," said Winnisquam coach Mark Dawalga.

"They worked hard and the second half they were finally able to play."

The Bears found themselves in trouble in the first two quarters, as they managed just six points, five in the first quarter and one in the second quarter. Mackenzie Philipp and Lauren MacDonald both had buckets in the first quarter and MacDonald also added a free throw.

Vanessa Power had the only point of the

second quarter on a free throw. The Spartans also only managed five points in the first quarter, but they scored 10 in the second quarter and took the 15-6 lead to the halftime break.

The Spartans got the first basket of the second half, but the Bears responded with three hoops in a row. MacDonald started the run with a hoop and then Triniti Carter put back a rebound and Delaney Skourtis added a bucket to pull the Bears within 17-12.

White Mountains got a basket to push the lead back to seven, but a MacDonald free throw pulled Winnisquam back within six. After a Spartan free throw, Carter hit

another hoop and Winnisquam cut the lead to 20-15 heading to the final eight minutes.

The Spartans got the first basket of the fourth quarter, but Philipp answered with a three-pointer and then Bella Sargent drained a pair of free throws to cut the lead to two at 22-20.

A pair of MacDonald free throws brought the Bears even at 22, but White Mountains got the final free throw and then pulled down a big defensive rebound with 20 seconds left to keep the Bears from getting the go-ahead basket and took the 23-22 win.

MacDonald led all scorers with eight points

SEE GIRLS, PAGE A7



JOSHUA SPAULDING

Lauren MacDonald battles for the ball during action against White Mountains on Friday.

Early deadlines for Christmas

To ensure that the Dec. 23 edition of the Winnisquam Echo arrives in subscribers' mail boxes on schedule, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up from the usual Monday to Thursday, Dec. 16 at 9 a.m. Submissions can be sent by e-mail to Editor Brendan Berube at brenndan@salmonpress.news.

The Winnisquam Echo thanks our readers for their cooperation with this scheduling change, and wishes one and all a safe and happy holiday season.

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Peabody Place partners with newly formed Auxiliary Group



COURTESY

Front Row, left to right: Pam Hannan Co Chair Peabody Place Auxiliary & Member, Peabody Board of Managers Wanda Belyea Treasurer Peabody Board of Managers & Philanthropy Committee Member; Kathy Fuller, Secretary, Peabody Board of Managers & Philanthropy Committee Member; Christine Dzijna, Co Chair, Peabody Place Auxiliary & Peabody Home Corporate Member; Leanne Hamilton, Peabody Place Auxiliary Treasurer; Beverly Brewer, Peabody Place Auxiliary Director; Linda Finnie, Peabody Place Auxiliary Secretary. Back row, left to right: Chris Seufert, President, Peabody Home Board of Managers; Robert 'Bob' Lucas, Vice President, Peabody Home Board of Managers & Member Philanthropy Committee; Howie Chandler, Peabody Home Executive Director. Not shown: Maggie Lohmann Peabody Place Auxiliary Director.

FRANKLIN — Peabody Place, Franklin, announces the formation of the Peabody Auxiliary comprising a well-connected professional group of women interested in promoting and supporting the mission of this senior living community in the Lakes Region.

Peabody Place represents the transition of the older Peabody Home; a beloved post war mansion on Central Street where seniors from the area could live well contemplating their later years with grace and dignity. This former Mill town is currently undergoing revitalization and major capital

SEE PEABODY, PAGE A7

USDA invests \$15 million in climate-smart infrastructure for rural communities

FRANKLIN — United States Department of Agriculture (USDA) Under Secretary for Rural Development Xochitl Torres Small today announced the Department is investing \$15 million to reduce the impacts of climate change on rural communities in New Hampshire and Vermont. With the enactment of the Bipartisan Infrastructure Law and as part of the broader Build Back Better agenda, the Biden-Harris Administration has made investing in rural communities, creating good-paying jobs and combatting the climate crisis top priorities.

"All of America depends on the success of rural America," said Torres Small. "President Biden is committed to helping people save money and find good-paying jobs while tackling the climate crisis and expanding access to renewable energy for rural communities in New Hampshire, Vermont and across the country. Thanks to the recent enactment of the

Bipartisan Infrastructure Law, USDA will be able to make the essential investments in climate-smart solutions that support rural communities on the frontlines of increasing natural disasters. These are investments we all need now, more than ever." Torres Small highlighted 20 investments that USDA is making in two programs specifically designed to help people and businesses in rural areas. These programs include the Electric Infrastructure Loan Program and the Rural Energy for America Program.

For example: GoLight LLC will use a \$14.4 million USDA Electric Infrastructure loan to construct seven solar arrays within Goffstown (2), Franklin (2), East Conway (1) and Pittsfield (2), New Hampshire. The projects will have a total rated capacity of 9.188 MWDC and they are expected to provide a net output of 6.75 MWAC. They will deliver power to Eversource Energy, a distribution



utility that reduces electricity costs for its customers as older nuclear and fossil fuel plants are retired.

Orchard Hill Breadworks in Alstead will use a \$31,245 grant from USDA's Rural Energy for America Program (REAP) to build a 32.5kW solar array where Owner Noah Elber's grandparents had lived since 1972. Before he repurposed the 19th-century barn on their property and turned it into one of Food & Wine's '100 Best Bakeries in America,' the structure had been a playland for him, his siblings and cousins. Read the Orchard Hill Breadworks USDA success story.

In Bethlehem, the Profile School District will buy electricity at a discount from BP Profile, LLC, which will construct a 334-kilowatt solar array next to the school with help from an \$80,000 REAP grant. The estimated 405,920 kilowatt hours generated per year is enough to offset nearly 100 percent of the school's current electricity use and save it about \$500,000 over 30 years.

Eden Sand & Gravel in Eden, Vt., will install a 778.4 kW ground-mounted solar array with help from a \$250,000 REAP grant. The 897,500 kWh

produced will generate enough to power 82 homes and provide over \$150,000 in annual revenue to the company.

These investments will help build and improve rural electric infrastructure and connect residents to affordable and dependable power. They will help agricultural producers and rural small businesses purchase and install renewable energy systems and make energy efficiency improvements. They will also help transportation fueling and biodiesel distribution facilities offer higher ethanol and biodiesel blends to customers by sharing the costs to install fuel pumps, equipment and infrastructure.

Under the Biden-Harris Administration, Rural Development provides loans and grants to help expand economic opportunities, create jobs and improve the quality of life for millions of Americans in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural, Tribal and high-poverty areas. For more information,

visit www.rd.usda.gov. If you'd like to subscribe to USDA Rural Development updates, visit our GovDelivery subscriber page.

USDA touches the lives of all Americans each day in so many positive ways. Under the Biden-Harris Administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, ensuring access to healthy and nutritious food in all com-

munities, building new markets and streams of income for farmers and producers using climate, smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit www.usda.gov.

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Winnisquam School District announces Holiday Community Dinner

TILTON — The Administration, Faculty, Staff, and Students of the Winnisquam Regional School District would like to announce their 11th Annual Dinner for the Community!

The event will be held on Friday, Dec. 17 from 5 until 7 p.m. in the High School Cafetorium. This dinner is held each year to thank the community we serve for supporting the children of WRSD, our professionals, and the district as a whole. Please join the WRSD family with your family and enjoy this complimentary dinner. The meal will feature items such as oven-roasted turkey, mashed potatoes, gravy, farm fresh squash, stuffing, and assorted desserts.

This evening has been made possible by generous donations from Surowiec Farm, M. Saunders Produce, Performance Food Group, Coca-Cola, and Fantini Bakery. We would like to extend our sincere thanks to these community partners!

Thank you - we look forward to celebrating with you and your family on Dec. 17!

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Bank of New Hampshire donates to 20 food pantries across the state



Chris Logan, President and CEO for Bank of New Hampshire. “Together, we were able to make record breaking donations to our local food pantries, and I am confident that those donations are directly impacting the lives of individuals across our state who are bearing the weight of food insecurity this holiday season.”

Bank of New Hampshire is proud of the impact of our Funds for Food Drive as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Bank of New Hampshire employees deliver donations to food pantries across New Hampshire.

LACONIA — From Oct. 12 through Nov. 12 each Bank of New Hampshire office participated in the annual Banking on Kindness Funds for Food Drive, which in total raised \$15,151.43 for twenty different food pantries

across the state of New Hampshire. Thanks to generous Bank of New Hampshire customers, the Bank collected \$10,122.43 in monetary donations at our offices. Furthermore, with Bank of New

Hampshire’s commitment to match donations up to \$250.00 per office, the Bank’s match was \$5,029.00 resulting in total donations of \$15,151.43. Each Bank of New Hampshire office had the opportunity to choose a

local food pantry in their community to support, and were able to deliver the funds they raised in their office, along with the Bank’s match, to that local food pantry during the week of Thanksgiving. These monetary donations allow the local food pantries to purchase food to stock their shelves

during a season when many are experiencing an increased struggle with food insecurity. “Our customers have once again blown us away with their generous donations to our Funds for Food Drive,” said

COURTESY

Atlantic Broadband supports children in need through Greater Lakes Region Children’s Auction

QUINCY, Mass. — Atlantic Broadband, the eighth-largest cable operator in the U.S., worked to provide food, education, and healthcare for children in need through its participation in the Greater Lakes Region Children’s Auction, which ran from Dec. 7 through Dec. 10.

Over its 40-year history, the benefit has raised more than \$7 million for charities across the Greater Lakes region through volunteer work, community donations, and corporate sponsorships. Last year’s donations supported the Boys and Girls Clubs of Central New Hampshire, Got Lunch! Laconia, the Lakes Region Mental Health Center, and many other organizations.

As a media partner, Atlantic Broadband has been providing a live stream of the auction since 1998. This allows viewers to watch the auction and bid on items from home. Donors can watch bidding in real time at childrensauction.com. Atlantic Broadband also provides a live feed of the auction to Lakes Region Public

Access Channel 25. This year, volunteers from Atlantic Broadband also answered phones and took bids on those auction items callers saw on air and online.

“Atlantic Broadband proudly supports the mission of the Children’s Auction, which empowers children to succeed and positively impact the Greater Lakes Region,” said Nadine Heinen, Region Operations Director for Atlantic Broadband.

The auction depends on the support of generous donors and volunteers. This year, more than 700 volunteers from central New Hampshire collected more than 2,000 donations from local businesses for auction.

“We could not do this auction without the community support we have,” said Jennifer Kelley, Executive Director of the Children’s Auction. “Atlantic Broadband is integral to bringing the Children’s Auction to life for underserved kids in the community.”

For more information about the Greater Lakes Region Children’s Auction, visit childrensauction.com.

tion.com. To learn more about Atlantic Broadband, visit atlanticbb.com.

About Atlantic Broadband

Atlantic Broadband, a subsidiary of Cogeco Communications Inc. (TSX: CCA), is the eighth-largest cable operator in the United States. The company provides its residential and business customers with Internet, TV and Phone services in 12 states: Connecticut, Delaware, Florida, Maine, Maryland, New Hampshire, New York, Pennsylvania, Ohio, South Carolina, Virginia and West Virginia. Wi-Fi Your Way is a registered trademark of Atlantic Broadband.

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Opinion

An epidemic of 'experts'

"Ignorance more frequently begets confidence than does knowledge." — Charles Darwin

It seems as though in today's society, everyone is an expert. It's one thing to have a specific belief system or an educated opinion on a certain topic, (with the operative word here being educated) this to include all topics. However, it seems as though critical thinking has all but flown right out of the window. Common sense is used less and less with people making outlandish assumptions, believing misinformation and falling into line with outright absurdities. Social media doesn't help. Unfortunately, some people will read a meme and take it as face value. Some people even think JFK, Jr. is coming back to life.

With that, let us make one thing clear: None of us are experts — unless, well, we are. It turns out there's a name for this phenomenon, called the Dunning-Kruger effect. This is defined as a cognitive bias in which people think they are smarter and more capable than they are. So much so that people don't recognize their own incompetence.

The Dunning-Kruger effect takes place when a person begins speaking at length about a topic they know nothing about, yet claims everyone else is uninformed and wrong. For an example, if a student fails a test, yet believes they should have received an A. They are incapable of seeing their own faults.

David Dunning, an American social psychologist who along with Justin Kruger discovered the phenomenon, described it as such: "Instead, the incompetent are often blessed with an inappropriate confidence, buoyed by something that feels to them like knowledge. The trouble with ignorance is that it can feel just like expertise."

The cause of this effect, as described by Dunning, is that people are too incompetent to realize how incompetent they are. These individuals will fail to recognize the skill and expertise of others.

Also mentioned by Dunning is what's called metacognition. This is the ability to look within and evaluate yourself honestly. Oftentimes, those who suffer from this syndrome hear a small amount of knowledge on a topic, and then think they are experts.

No one person is an expert at everything. Dunning pointed out that everyone has areas in which they are incompetent. Oftentimes, if a person is an expert in one area, they mistakenly think they are an expert in all areas. Dunning did point out that those individuals who are genuine experts in any given field, are more likely to see their own flaws in other areas, and are able to accept the knowledge and expertise in others who truly possess it.

If your car breaks down, you will not bring it to the dentist. If you have a toothache, you will not go see a florist. Further, with the divide in our country politically, let us remember, that politics has zero to do with anyone's skill set. Our healthcare workers are being harassed daily by those who believe they are experts. There are doctors, nurses and healthcare providers who are both Republicans and Democrats or Independents. Car repair is car repair, healthcare is healthcare, creating a fine dining menu and becoming a top-rated chef is simply about food and creativity. We need to stop politicizing anything other than politics.

Common sense and critical thinking needs to find its way back into our society. Common sense is defined as the sound and prudent judgement based on a simple perception of the situation or fact.

As far as the political divide that has taken hold in this country. It's ridiculous. There is no need for anyone, on either side, to be filled with so much anger, because their candidate lost, or because someone disagrees with your way of thinking. The beauty of our country is that we can all think differently and still respect one another, and still have the ability to laugh over beers and pizza on a Friday night. The angry political signs still strewn about on either side, are tacky, immature and unintelligent. We can do better.

Remembering Pearl Harbor

Paul Tilden, WWII Army veteran, reads the New Hampshire Veterans Home daily program sheet in preparation to attend the Pearl Harbor Remembrance Ceremony on Dec. 7.



STRATEGIES FOR LIVING

On unsung heroes and outstanding men

BY LARRY SCOTT

Talk of unsung heroes, outstanding men who were largely ignored and soon forgotten, and Joseph, Jesus' stepfather, goes to the top of my list.

The last we hear of Joseph is in the Gospel of Luke, chapter 2, where we read that Jesus' "father" was present on a journey the family made to Jerusalem when Jesus was 12 years old. Even then, Joseph is not named. That's it! We never hear of him again, not even as to his death.

Much has been made of Mary, and rightly so. She was a special woman given a role second to no one else in the annals of history. We can only imagine what a moving experience it must have been the first time she realized she was holding God in her hands!

But she was not alone. For Joseph, also, it was an awesome responsibility.

As head of the family, it fell to Joseph to give Jesus the stability and the security He needed as a child. During his teen years, he watched as Joseph managed the affairs of their home. Jesus' understanding of truth and honesty, self-discipline, morality, respect for authority, and godliness were all influenced by what he observed in the man he called, "Dad." He watched as Joseph responded to the frustrations and challenges of managing a business in first century Israel. It was, undoubtedly, a critical factor in His education.

Keep in mind that Joseph was a normal man. He, like each of us, needed to discover the strength of character that can be developed only through the give and take of life. There were surely times when he blew it, and perhaps occasions when he

didn't respond well to the growing-up antics of his unique stepson. But he was a good man and God Himself chose him for the rearing of his beloved son.

Although history records little of Jesus' childhood, one can surmise that Jesus also saw Joseph smile and relax as together they spent many a quiet afternoon fishing and enjoying each other's company. What an impact the many conversations they had together must have made on Jesus' outlook on life! Joseph, as no other man on earth, helped make Jesus the man he was to become.

As we face the new year, it prompts a lesson we all need to take to heart. If we are typical, we develop our self-respect, indeed, our very attitude toward life, by the things we own and the success we have experienced. We admire

wealth, power, and fame. God, however, seems to have a very different agenda. He is far more interested in who we are than in what we do. Character is primary!

Our accomplishments may be limited. We may be unknown and unheralded. No one may ever squabble over our estate. But much like Joseph, that does not determine our personal worth. The quality of our life will be seen in the lives of the family for whom we have been responsible. As they follow in our footsteps, as they honor the God they have met through our living ... then will our personal worth and the impact of our lives become evident. Our living will not have been in vain!

For more thoughts like these, please follow me on [indefenseoftruth.net](#).

LETTERS TO THE EDITOR

The scandal of unnecessary COVID deaths

To the Editor:

Joking aside about our years now with President Biden at the helm, very difficult years whoever should draw them, can't the Trump following quit their get-even charade and take their vaccination opportunities seriously? Today, Dec. 9 as I write, New Hampshire, Michigan, and Minnesota lead the country in the most COVID-19 cases per capita. Color charts showing the Northeast have only New Hampshire seriously impacted. Our Governor, Republican hopeful for re-election, cowers at the thought of a mask mandate, because he hears the New Hamp-

shire Republicans disdaining that level of protection. He's following the anti-vaxxers / anti-maskers in their poor reasoning, securing his vote he thinks.

What's up? We need outside medical help and National Guard help in our hospitals. It needn't be.

The Trump cult makes me think they'd tie plastic bags over their heads and dial 911 for someone to come and remove the bag-trap they made for themselves. It is so lame to not vaccinate, not wear a protective mask.

Sincerely,

Lynn Rudmin Chong
Sanbornton

Send your letters!

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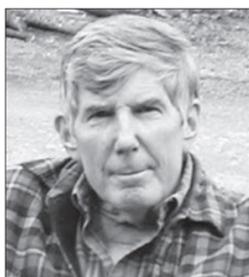
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North Country Notebook

It wasn't about cows, but sheep; and making stone walls was cheap



By JOHN HARRIGAN
COLUMNIST

Living off the land has always been the key to life as we've known it, from Native Americans to European colonies to today's people, with one foot in the past and the other feeling around for the next step.

Right now, the next step seems to be using the landscape as a backdrop for everything from motorized recreation (snowmobiles, ATVs, leaf-peepers) to land development and sustainable logging. Then we have the current virus-driven land speculation and what the government calls "housing starts," another turn of events that has generated little media attention.

People trying to scratch out a living here have relied on hunting and gathering, timber exploitation, subsistence farming, potato whisky, starch mills, cheese factories, dairy farming, migration from the cities, immigration, natural growth, and landscape-driven lifestyles. Thus, any new developments in trying to eke out a living from the land should come as no surprise.

One of New Hampshire's most sustainable resources is its people. Nothing much is likely to knock them down, not even the occasional rampant virus. "There is a certain boldness and brightness to the step," is how one long-ago writer put it. It is the kind of effect that can make you think you can do business on a handshake (caveat emptor).

+++++

Long-distance races are a recent evolution, ranging from run-paddle-run events to bicycle races. One can visualize a pretty simple food-to-energy cost in such enterprises, and they are relatively easy on the landscape.

At the high end of such things is the attempt in Colorado to emulate the Europeans in their alpine-skiing three-to-five-day treks. The term "hut" hardly does justice to the new American West experience, which offers creative food, hot showers, and fresh linens. Guests do none of the work. Firewood, for instance, is evidently brought in by elves.

The Colorado experience primarily attracts people who are fit enough to be on the high end of back country skiing, and who are prepared to put skins onto alpine skis and schlep cross-country to ski the slopes of one peak after another. But the

real attraction is not just the landscape, but the "huts," and the level of service they offer.

In terms of jobs, this kind of thing can be seen as a high return. It could never equal that of the grand hotels, but its strength is in its spread-out variety.

+++++

New Hampshire is about 84 percent forested, second in the Lower 48, behind only Maine (89 percent). Most people I run into who care about this kind of thing (they mostly run away) think this state was at one time about half-cleared (which is true), and that it was for dairy cows. Nay, nay (wait--that's a horse), not true. It was for sheep.

New England at one time rivaled the likes of Australia, New Zealand, and Scotland in the export of wool. In general, in the post-Industrial Revolution world, Europe had the machinery, and we and the other countries had the land. In the end, of course, we took over the machinery leadership and surfed the wave well until synthetic fiber came along.

For a while there, New Hampshire had thousands of wool-producing farms big and small, ranging from subsistence farms with only half a dozen sheep--all scissor-shorn--to larger outfits that had water-powered shearing machines and, later, steam-driven machinery, and then electricity until the wool market began its waning years.

Not until the arrival of the railroads and refrigerated cars could the dairy industry evolve and take its successive hold on northern New England farms. Until then, the driving force behind those stone walls we now step over far back in the woods, all over hill and dale, were driven not by cows, but sheep.

+++++

Because I've been newspapering for so long, and so enjoyed doing radio and television on the side, I've also had a keen ear for advertising--the driving force behind the news business. Well, to call it "the news business" is a bit of a misuse. News is supposed to be sacrosanct, a healthy step away from crass commercialism. But it is the capitalist system--call it crass commercialism--that allows the news world to exist.

Anyway, lest we wallow in this swamp, I've long had an abnormal interest in the content of newspaper ads and radio and television commercials, and how and why they are made.

--A round of applause for MacDonald's, for a TV commercial featuring two working stiffs in a truck, one sound asleep while the other orders early morning

coffee for two from the drive-through. For city and small-town Americans alike, this ad resonates.

--A big "boo" for all the sound-alike ads hovering around the Medicare signup period, like vultures. Many of the supposed freebies are rare to nonexistent, Medicare itself has all sorts of free help available, and the "health plans" these outfits offer add their own costs to the heap.

+++++

Many people out and about on the landscape have no clue about the role of potatoes in the clearing of the land. As I understand it, our acidic soils produce potatoes that are very good, for sure (in fact, superior, in my book), but have a lot of blemishes. Thus when fickle, spoiled consumers began getting picky about appearance, our spuds could not compete with gorgeous, designer-potatoes from Oregon and California.

Maine, meanwhile, held onto its potato industry, and did it by forgetting supermarket appearance and going for industrial uses instead. These include everything from French fries to potato puffs to canned potatoes, which I've used and are in fact pretty good. Why New Hampshire didn't opt for a similar tack is another question.

As for potato whisky, this was either top-shelf stuff or something to be spat out until some rum or hard cider got passed around. Today, there are half a dozen or so distilleries in New Hampshire that produce potato vodka, but none making potato whisky that I could find. Suffice to say that in days of yore the stuff was produced hither and yon and was not perishable until ingestion, after which the jury is still out.

+++++

As for stone walls, there was never any lack of the material, and to be made fit for plowing the land had to be cleared of stumps and stones. Thus, everything that could be pried onto a stone-boat was hauled to adjoining boundaries, and remaining outcrops of bedrock and glacial erratics were left to roving (and pricy) dynamiters, or left to the ages, to be plowed

around for generations.

Stone walls can be seen as cheap alternatives to expensive and rock-free bottomland, and anyone who knows history can understand why the enticement of stone-free land in Illinois and Indiana made local farm families move out there in droves.

The stone walls we step across today were built by husbands and wives and teenagers and even kids, who joined forces and pried rocks out of the ground and hauled them to the edges or a central pile. They are testimony to just how far people had to go, and did go, to eke out a living from the land.

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



COURTESY
An event at Tamworth Distilling, one of several such enterprises around the state, some producing potato vodka but evidently none producing potato whisky. (Courtesy Tamworth Distilling)

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Edward Jones: Financial Focus

What are your financial resolutions for 2022?

As you know, 2021 was full of challenges. We were still feeling the effects of the COVID-19 pandemic when supply chains shut down and inflation heated up. So, if you're like many people, you might not be sorry to see the year come to a close. But now it's time to look ahead to a brighter 2022. And on a personal level, you may want to set some New Year's resolutions. You might resolve to improve your health and diet, and possibly learn some new skills, but why not make some financial resolutions, too?

Here are a few ideas to consider:

- **Prepare for the unexpected.** If you haven't already created an emergency fund, now may be a good time to start. Ideally, you'd like to have three to six months' worth of living expenses in this fund, with the money kept in a low-risk, liquid account. (If you're retired, you may want your emergency fund to contain up to a year's worth of living expenses.) Once you've got this fund established, you may be able to avoid dipping into long-term investments to pay for short-term needs, such as costly home or auto repairs or large medical bills.
- **Boost your retirement savings.** The pandemic caused many of us to reevaluate our ability to eventually enjoy the retirement lifestyles we've envisioned. In fact, 33% of those planning to retire soon said they started to contribute even more to their retirement savings during the pandemic. If you can afford it, increase your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.
- **Reduce your debt load.** The less debt you carry, the more money you'll have available to support your lifestyle today and save and invest for tomorrow. So, this year, resolve to cut down on your existing debts and avoid taking on new ones whenever possible. You can motivate yourself by measuring your progress -- at the beginning of 2022, record your total debts and then compare this figure to your debt load at the start of 2023. If the numbers have dropped, you'll know you were making the right moves.
- **Don't overreact to the headlines.** A lot can happen during a year. Consider inflation -- it shot up in 2021, but it may well subside in 2022. If you changed your investment strategy last year to accommodate the rise in inflation, would you then have to modify it again when prices fall? And inflation is just one event. What about changes in interest rates?

How about new legislation coming out of Washington? And don't forget extreme weather events, such as wildfires and floods. Any or all of these occurrences can affect the financial markets in the short term, but it just doesn't make sense for you to keep changing the way you invest in response to the news of the day. Instead, stick with a strategy that's appropriate for your goals, risk tolerance and time horizon. You may need to adjust this strategy over time, in response to changes in your own life, but don't let your decisions be dictated by external events. These aren't the only financial resolutions you can make -- but following them may help you develop positive habits that can help you face the future with confidence.

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Bears earn split in five-team home match



JOSHUA SPAULDING



Luke Cote goes airborne as he works for a point in action Saturday morning.

Aemon Gauthier battles during his team's home match on Saturday.

BY JOSHUA SPAULDING
Sports Editor

TILTON — Last year was a lost year for the Winnisquam wrestling team. The Bears didn't get the chance to compete against anyone other than themselves, leaving the team this year without a ton of experience to fall back on.

Because of all of that, the Bears were more than happy to welcome four other teams to Til-

ton on Saturday for a meet and got back to a bit of normal.

"We gathered a bunch of teams and got as many matches as we could," said coach Tom Osmer. "Everybody is rusty and half the team is brand new.

"Everyone is young, everyone is struggling get their feet under them," he added. "I thought the guys wrestled tough."

The Bears finished the day at 2-2 against competition that included fellow Division III teams Plymouth and Newport and larger squads Bishop Guertin and Exeter.

The first match of the day for the Bears was against defending Division III champion Plymouth, a match the Bobcats won 55-12.

The first win for the Bears came from Aemon Gauthier with a pin at 113 pounds and then Henry Osmer got a pin at 132 pounds. Colby Chase was pinned at 145 pounds, Luke Cote dropped a 20-12 decision at 152 pounds, Noel Licata was pinned at 160 pounds, Caelen Roberts went to overtime at 170 pounds and fell 8-6, Keion Miller was pinned at 182 pounds, Eric Swee-

ney was pinned at 195 pounds and Brendan Parry was pinned at 220 pounds.

Next up, the Bears got a 30-24 win over Newport

Chase, Cote and Licata were all pinned to start the match, but Roberts, Miller and Sweeney all got forfeit wins. Parry was pinned at 220 pounds but Gauthier got a forfeit win at 113 pounds and Osmer got a pin at 132 to seal the win for the Bears.

The Bears took on Bishop Guertin next and dropped a 42-24 decision to the Cardinals, the defending Division II champions.

Chase got a forfeit win to start things at 14 pounds, but Cote and Licata were pinned in the next two weight classes.

Roberts picked up a pin at 170 pounds and Miller and Sweeney were both pinned. After Parry had a great match that ended with him being pinned, Gauthier and Osmer both got pins to close out the match.

The final match of the day was against Exeter, with Winnisquam coming away with the 42-12 victory.

Osmer started with a pin at 132 pounds and Chase and Cote both came up with pins. Licata was pinned at 160 pounds and Roberts got a pin at 170 pounds. Miller was pinned at 182 pounds and Sweeney and Parry both got wins by forfeit. Gauthier got a pin at 113 to close out the win.

"The stuff we've been working on in practice,

we are already seeing it here," Osmer said. "Nothing compares to a live match against someone else."

Osmer pointed out that even his experienced wrestlers are out of experience, since they didn't get to compete last year. Plus, the freshmen newcomers haven't wrestled essentially since seventh grade.

"I felt we saw some quality wrestling on all the teams," Osmer said. "It went well."

The Bears will be in action on Saturday, Dec. 18, at Concord at 10 a.m.

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

Bear boys fall in overtime battle up north

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The Winnisquam boys' basketball team traveled north to Whitefield for the opening game of the season on Friday night and battled back and forth through four quarters before the host Spartans were able to pull away in the overtime period for the 68-63 victory.

The Spartans got out to a 16-13 lead after one quarter, but Winnisquam battled back and took the 29-27 lead at the halftime break. The Bears held tight to a 47-46 lead after three quarters before the fourth quarter ended with the teams tied at 59.

The Spartans outscored Winnisquam 9-4 in the extra frame to take the win.

Chris Biancardi had

the hot hand early, draining a pair of three-pointers in the first quarter and Caleb Bushway carried the load the rest of the way with a significant helping hand from Anthony Robbins.

Bushway finished with 23 points, Robbins finished with 14 points and Anthony Boomer added 13 points, including three three-pointers on the night.

The Bears are slated to be in action on Friday, Dec. 17, at 7 p.m. at Somersworth, will be at Stevens on Monday, Dec. 20, at 7 p.m. and will be hosting Belmont at 7 p.m. on Wednesday, Dec. 22.

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



RC GREENWOOD

Hoop opener

Keegan Martinez works his way to the basket during his team's opening night game Friday against Berlin. The two teams will meet up again on Friday, Dec. 17, in Berlin at 6:30 p.m. The Raiders will also be hosting Campbell on Monday, Dec. 20, at 6 p.m. and will be at Winnisquam on Wednesday, Dec. 22, at 7 p.m.



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Friday, Dec. 17

BELMONT
Boys' Hoops at Berlin; 6:30
Girls' Hoops vs. Berlin; 6
GILFORD
Boys' Hoops vs. Stevens; 6
WINNISQUAM
Boys' Hoops at Somersworth; 7
Girls' Hoops vs. Somersworth; 7

Saturday, Dec. 18

BELMONT-GILFORD
Hockey vs. Con-Val-Conant; 5:15
WINNISQUAM
Hockey at John Stark-Hopkinton; TBD
Wrestling at Concord; 10

Monday, Dec. 20

BELMONT
Boys' Hoops vs. Campbell; 6
Girls' Hoops at Campbell; 6

GILFORD

Alpine Skiing at Bretton Woods; 10
Boys' Hoops at Hopkinton; 7
Girls' Hoops vs. Hopkinton; 6
WINNISQUAM
Boys' Hoops at Stevens; 7
Girls' Hoops vs. Stevens; 7

Wednesday, Dec. 22

BELMONT
Boys' Hoops at Winnisquam; 7
Girls' Hoops vs. Winnisquam; 6
Hockey vs. Berlin-Gorham; 5:15
GILFORD
Boys' Hoops at Mascoma; 6:30
Girls' Hoops vs. Mascoma; 6
WINNISQUAM
Boys' Hoops vs. Belmont; 7
Girls' Hoops at Belmont; 7
Hockey at Kennett; 6:30

All schedules are subject to change.

AUCTION

CONTINUED FROM PAGE A1
Region has got to be the best place on the planet earth," Bailey said during his appearance. "We're all blessed to be here."

Bailey said this is an area with a lot of poverty where so many people live paycheck to paycheck. He said every year he sees people and businesses coming to help the auction.

"Thank you from the bottom of my heart for all the work everyone's doing," he said.

Bailey said his goal has always been to get \$1 more than the previous year.

"If we can, the Lakes Region in general comes up and surpasses those numbers it's just an amazing thing to watch

throughout the auction," Bailey said.

Bailey talked about the change in technology over the auctions' history.

"We would start it off with a microphone and a pad of paper," Bailey said. "As people would bring things in, you'd write them down and put them up on the auction block and answer the phones while a song's playing."

Sousa said she also realized she has been part of the auction for 10 years.

"I think it's the magic of the auction," she said. "It's like it's something within the community, it's not something that's easily replicated. I think that 40 years is part of it being a part of something that's so special."

When the last boards

closed out on Saturday, the final total of \$583,752 was revealed. That number also includes the \$331,727 plus raised by the Community Challenge.

Funds raised will go to over 80 nonprofit organizations around Central New Hampshire that help children and families.

Funds will be dispersed in around January and February of 2022. Sousa said they used to disperse funds in December for immediate needs such as food, clothing, holiday presents, and others. She said they learned that many families in need have already been in contact with different resources thus time of year and the auction decided to disperse all funds in early 2022.



Hosts Heather Bishop and Zack Derby announce the final number at the end of the 40th annual Greater Lakes Region Children's Auction.

Children's Auction founder Warren Bailey makes an appearance at this year's auction.



GIRLS

CONTINUED FROM PAGE A1
on the night.

"It was a couple of plays here and there," said Dawalga. "But give them (White Mountains) credit, they worked hard too."

The Bears are slated to be at home against Somersworth on Friday, Dec. 17, at 7 p.m., will host Stevens at 7 p.m. on Monday, Sept. 20, and

will finish out the 2021 portion of the schedule at Belmont on Wednesday, Dec. 22, at 6 p.m.

WRHS 5-1-9-7-22
WMRHS 5-10-5-3-23

Winnisquam 22
Sargent 0-2-2, Philip-
py 2-0-5, Carter 2-0-4, Sk-
ourtis 1-0-2, Power 0-1-1,
MacDonald 2-4-8, Totals
7-7-22

White Mountains 23
Simpson 1-1-3, Shal-
low 1-0-2, Bennett 1-3-5,
Dolan 1-4-6, Challinor
1-0-2, Savage 2-1-5, Totals
7-9-23

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

PEABODY

CONTINUED FROM PAGE A1

investment with the refurbishments of manufacturing buildings, a steady downtown infusion of new businesses, upgraded facades, real estate renovations retain the light industrial vibe of interior brick, high tin ceilings and exposed duct work. East on Central the new White Water Park enjoys construction, while west on Central, the new Peabody will be open in late February. Meanwhile, the newly formed charitable arm of Peabody Place will continue what has always been a deeply embedded community resource.

Auxiliary Co-Chair Christine Dzujna, has successfully grown the group from humble beginnings in 2009 starting with a dozen people from her Church, the Bessie Rowell School, Business & Professional Women's Franklin chapter, and her own neighborhood. The group separated from Franklin Regional Hospital when LRG-

Healthcare merged with Concord Hospital.

The Auxiliary historically has a strong track record of fundraising and has supported many programs in its prior iteration including The Lights of Memory, Senior Safety Day, Tanger Outlet's Annual Fit for a Cure 5K, in addition to hosting the "Mom Prom" and running a wildly successful gift shop which also hosted the Christmas In July sale.

Christine Dzujna says "Our Auxiliary has worked hard over the years [to support the hospital and enjoyed every minute]. I personally look forward to being a part of the Peabody Place Auxiliary. They say, when one door closes another opens. We're thrilled to lend our skills, enthusiasm and goodwill to Peabody Place and look forward to many wonderful projects!"

Howard Chandler, Executive Director, said "The Peabody Place

Auxiliary will quickly prove itself to be important not just to our Members – but to the Greater Franklin Community. Peabody as a charitable not-for-profit organization is comprised of many parts: Our Residents, their Families, Staff, Volunteers, Corporate Members, Our Board of managers and now we extend a warm welcome to the Peabody Place Auxiliary. They're a terrific group of dedicated, energetic, community minded folk who will not only help our Residents, but will promote our Charitable Mission and support various initiatives throughout the Three Rivers region."

Peabody Place is a private not-for-profit 501 3 (c) senior living community offering Assisted Living, Hospice and Respite care, in addition to Memory Support and in 2023, Independent Living. To learn more about Peabody Place go to www.peabodyplace.org or call 603-934-3718.



Triniti Carter corraling a steal in action Friday night against White Mountains.

Sanbornton Public Library receives \$100,000



SANBORNTON — Thank you. What else can we say, but thank you. The Library received a donation for \$100,000 from a person wishing to remain anonymous. This very generous gift was in appreciation of the library staff and trustees and the important service Sanbornton Public Library provides for the community.

The Library Board of Trustees held a public hearing at the start of the November 16, 2021 meeting to ascertain public comment regarding the donation. The Trustees then voted to gratefully accept this unrestricted donation.

There are numerous projects in the library that could be tackled with these funds. Some ideas discussed at the meeting include: repairs to the windows and ceiling in the Woodman Room, replacing the outside book return with a touch-free drive-up option, cataloging materials in the History Room, upgrade the network hardware, and so much more. There are new services to consider and updates to the collection as well. The Board of Trustees, with the help of the next library director, will prioritize these projects.

"While I will not have the honor of spending this very generous donation, I am delighted to imagine all the possibilities the library can offer the community in the future. Thank you very much," said retiring director Marcia Haigh.

COURTESY
Sending a big Thank You to the anonymous donor are seated Trustees Grita Olmstead, Paula Grassie, David Adams, and Carol Raymond (missing Donna Schimming). Standing behind: Library Director Marcia Haigh, Library Assistant Heather Peterson, and Programming Coordinator Jessie Ahlgren.

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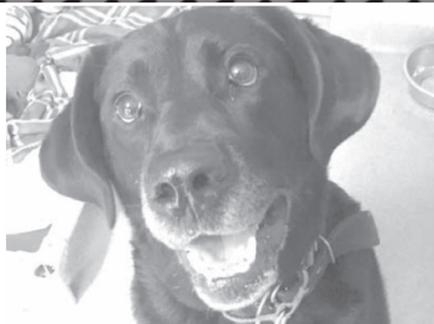
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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 29 to Dec. 6.

Samantha Sulloway, age 23, current address unknown, was arrested on Nov. 29 for Driving After Revocation or Suspension and in connection with a warrant.

Phillip Michael Berg, age 29, of Belmont was arrested on Nov. 30 for Aggravated Felonious Sexual Assault-Pattern Sexual Assault, Felonious Sexual Assault involving Contact with a Victim under the age of 13, and Sexual Assault involving Sexual Contact.

Gina Marie Ferri, age 35, of Charlotte, N.C. was arrested on Dec. 1 for Driving Under the Influence of Alcohol.

Steven K. Nedeau, age 58, of Gilmanton was arrested on Dec. 2 for Theft By Unauthorized Taking in an amount less than \$1,000, Driving After Revocation or Suspension, and Criminal Trespassing.

Stephen John Wheeler, age 25, of Belmont was arrested on Dec. 2 for Driving Under the Influence-Impairment.

Johnathan Tyler Hingey, age 30, of Laconia was arrested on Dec. 3 in connection with a warrant.

Michael J. Flack, age 52, of Gilford was arrested on Dec. 3 for Harassment.

Trevor M. Bouchard, age 27, of Belmont was arrested on Dec. 4 on multiple counts of Domestic Violence-Simple Assault involving Physical Contact.

Melinda A. Cronin, age 39, of Littleton and Mickayla A. Cantin, age 22, of Laconia were arrested on Dec. 5 in connection with multiple warrants.

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Community Challenge brings in more than \$331,000 for Children's Auction



COURTESY PHOTO

Teams and supporters with the "It's For the Kids" Community Challenge present a check for \$331,727+ to the Greater Lakes Region Children's Auction.

BY ERIN PLUMMER
mnews@salmopress.news

REGION — The "It's For the Kids" Community Challenge celebrated a successful year bringing in a check for over \$331,000 for the Greater Lakes Region Children's Auction.

Community Challenge Teams and supporters gathered in front of the Tanger Outlets on Friday, the last day of the 2021 Children's Auction, and presented a check for \$331,727 with a plus for more coming in.

The Community Challenge is a new evolution of Pub Mania at Patrick's Pub and Eatery

in Gilford. Pub Mania, the "24-hour barstool challenge," couldn't go on in its original form in 2020 because of the pandemic. As a result, organizers came up with a new version of the team challenge where many more teams could fundraise all year. The first ever Community Challenge presented a check for \$249,460 at the 2020 auction.

"Like Pub Mania, the Challenge is a success because it's in the contexts of the Children's Auction because we know what the mission is," said Patrick's

co-owner and Community Challenge co-founder Allan Beetle during Friday's presentation. "The mission is about helping kids and all of the teams know that's what we're doing and that's why it's so successful."

Individual teams raised money throughout the year for the auction.

The event culminated with its first ever closing ceremony at Patrick's on Thursday night. Representatives from local organizations spoke during the event including the Boys and Girls Club, the Circle

Program, St. Vincent DePaul, and Step Up Parents.

Beetle recognized the top fundraising teams for the 2021 challenge.

This year's top team was Birdies for a Cause, the Laconia County Club's team. The team offered a club membership for the 2022 season. The prize was worth around \$5,000, and around 200 people were on the waiting list.

One bidder came forth and bid \$40,000 for the membership. As a result, the Laconia Country Club team was the top fundraiser this year.

Café Déjà Vu in Laconia, which Beetle described as, "Probably the hardest working team, the most passionate team," came in second with \$27,082 raised.

Patrick's Pub and Eatery's own King's Corner team was the third highest fundraiser with \$25,341.

The Lakers, representing Lake Winnepesaukee communities, were in fourth place with \$22,563.

Fifth place was the

Iron Butts of Laconia Harley Davidson in Meredith with \$20,563.

The Diving Ducks of the Winnepesaukee Yacht Club in Laconia were sixth, bringing in \$19,684.

The Merry Misfits of Belknap Landscaping of Gilford brought in \$17,908, coming in seventh place.

Tagg Team from Gilford was eighth with \$13,737 raised.

The Gunstock team was ninth, raising \$13,594.

Team Verani won the Outstanding Participation Award, raising \$13,580 and was the 10th highest fundraising team.

"We couldn't do it without all the inspiration that we get from all of you and for the kids, we love it," said Deb Peverley from Verani Realty. The rookie team that raised the most money was Gator Graphix of Gilford, which raised \$12,707.

"We put together a team last minute, real quick," said Kevin Buttermore of Ga-

tor Graphix. "Couldn't have done it without our team, so thanks to them and were just really happy to be part of it and were going to do more."

Beetle said the pandemic created challenges rolling things out. He said in the coming year they want to have more events and improve communication with the teams.

"That's our goal is to make the challenge a sustainable event over the next decade," Beetle said. "Let's see if we can keep playing the game of plus one."

Beetle said they invite more teams to take part. He also said they would like to see more participants from further corners of the Lakes Region such as Moultonborough, Plymouth, Franklin, and other communities.

"These funds are being distributed to the greater Lakes Region area; we want you to come and play with us in the 2022 Challenge," Beetle said.

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

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

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163 Daniel Webster Hwy, Meredith NH

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You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Leigh Duquet, c/o Belletetes Inc.
121 Whittier Highway, Moultonborough, NH 03254
or you may email to lduquet@belletetes.com

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Rick Ash, Hardware Manager
Belletetes, Inc., 20 West St., Ashland, NH 03217
or you may email to rash@belletetes.com

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Job Applications are available on the District's website at www.lin-wood.org/employment or from the Administrative Offices located in the Lin-Wood Plaza, 78 Main Street, Lincoln NH 03251.

Applications will be accepted through December 15, 2021 or until the position is filled.

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Dan Uhlman, General Manager
 20 West Street, Ashland, NH 03217
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Comfort Keepers

50 ways to bring seniors comfort and joy this season

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

There are many ways to bring connection, purpose, and hope to seniors this holiday season and all year round. It can be refreshing and fun to incorporate new ideas and shake up our everyday routine, especially during holidays.

These fun ideas for families focus on activities to do with seniors, including grandparents, older parents, and elderly neighbors. Some are free or affordable, and others may require some planning ahead. These ideas can be enjoyed together or apart to bring joy and make new memories. Others are intended to bring joy to those that can't spend time together in person.

Bake cookies or a favorite holiday treat

Make an ornament or cute holiday decoration as a gift

Help a senior shop for holiday gifts online

Wrap gifts on behalf of a senior and deliver them

to loved ones

Have a drive-through holiday parade outside of a senior's home

Gather everyone in your household and go caroling for seniors

Put together a gift basket of hot chocolate, baked goods or favorite holiday snacks

String lights outside of a senior's home

Make a wreath for a senior's door

Print photos of holiday memories and share them

Send cards, letters or notes of encouragement

Run a holiday errand for someone that is isolating at home

Snap a few photos of your friends, family, and pets to send by text or email

Plan a surprise meal for a senior, either by cooking for the senior in your household or arranging meal delivery if you can't be in-person

Draw a picture and send it in the mail

Lend a senior a favorite book or movie and explain why you love it

Take a senior in your

household for a sunset car ride

Celebrate the 12 days of Christmas by sending a senior gifts and treats.

Color a page from a coloring book and give it as a gift

Surprise a senior by playing or singing their favorite song over the phone or on a video call

Paint a picture and give it to a senior

Make and send a handmade card

Post sticky notes with uplifting messages around the house

Make origamis and present them as gifts

Tell a senior what you admire about them

Create a book of holiday memories for someone special

Thank someone that you appreciate

Listen to a senior reminisce about the "good old days"

Surprise a senior by dancing to a favorite song on video or dance with a senior in your household!

Write a poem and give it as a gift

Bring coffee from their favorite coffee shop

Frame a senior's favorite quote give it to them

Decorate for the holidays, either outside of their home or inside if you're in the same household

Read a favorite holiday book together over the phone

Send a senior a poinsettia or other seasonal plant for their garden

Gift an indoor garden to someone that can't be outside due to weather

Order supplies from an online crafts store for your loved one's favorite hobby or something fun and new

Have your senior narrate parts of their life for you. Write down the memories and create a booklet with photos for you all to cherish.

Have a fashion show showcasing silly holiday looks over video or with a senior in your household and dress up in themes from your loved one's favorite era

Watch a favorite classic movie with a senior in your household

Ask your senior loved one to gather items to do-

nate, and take them to a charity drive for them

Have family phone or video calls

Record a voice journal and share it

Create a family holiday recipe book

Play Bingo online

Create a collage and gift it to a senior loved one

Play charades in-person with those in your household or over video chat

Find a senior pen pal and send letters and notes on a regular basis

Share a favorite podcast or audio book

Make a family tree and gift it to a senior

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About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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