

Gilford Steamer

THURSDAY, DECEMBER 30, 2021

GILFORD, N.H.

Holiday Decorating Contest presents awards to jolliest houses



COURTESY PHOTOS

The winner of the "Over the Top Lights (Griswold Award)" category of the Grand Holiday Home Decorating Contest. From the Gilford Parks and Recreation Facebook page.



The winner of the "Reason for the Season" category. From the Gilford Parks and Recreation Facebook page.

BY ERIN PLUMMER
mnews@salmonpress.news

From classic holiday designs to the brightest lights and biggest inflatable decorations, several houses across Gilford won awards for having the best holiday decorations in the annual "Gilford's Grand Holiday

Home Decorating Contest."

The Gilford Parks and Recreation Department teamed up with the Gilford PTA to host the Holiday Decorating Contest. The contest started last year and continued for its second round this season.

Homeowners could enter two photos of their homes for the contest in one of five different categories. "Traditional Decorations," "Professionally Decorated," "Over Inflated - Best Use of Inflatables," "Reason for the Season," and "Over the Top Lights" or

"The Griswold Award." There was also a "Sponsors Award" and honorable mention.

The entry period ran until Dec. 9, and this year's contest saw 15 different entries. Starting Dec. 10 people could vote for their favorite house in each category. Photos of each entry were featured on the Parks and Rec and PTA Facebook

pages along with a map of where every house was located. People could click on a Survey Monkey page to choose their favorites until Dec. 15.

The contest winners were announced on Dec. 16 on the Parks and Rec and PTA Facebook pages.

The award for best Traditional lights went

to 21 Harvest Run. The "Over the Top Lights (Griswold Award)" went to 700 Cherry Valley Road. The "Reason for the Season" award was presented to 106 Saltmarsh Road. The winner of the Professional category was 8 Wild Acres North. The Sponsors Award went to 173 In-

SEE CONTEST PAGE 8

Voters to decide on noise ordinance amendments

BY ERIN PLUMMER
mnews@salmonpress.news

Voters will decide on proposed amendments to the noise ordinance during town meeting voting in March, including starting quiet hours at 8 p.m.

Police Chief Anthony Bean Burpee discussed the proposed changes to the ordinance with the selectmen during Wednesday's meeting.

Bean Burpee said he and Town Administrator Scott Dunn discussed possible changes including suggestions from Dunn. He said some of the language in the ordinance was directly from the state's statutes

on disorderly conduct. Any situation where it might be cloudy in the ordinance the police will have the disorderly conduct laws to fall back on.

"I think these are worthwhile changes and certainly stuff that we could live with and enforce if we need to," Bean Burpee said.

The current noise ordinance sets quiet time starting at 7 p.m., the original amendment proposed moving that time up to 9 p.m. Bean Burpee said 7 p.m. seemed a little early for quiet hours, they also looked at the noise ordinances of six other communities and

all started their hours at 10 p.m.

"The concern I had right now at 9 if we left it like that you could have a jackhammer going on at 8:45 at night," said board Chair Gus Benavides.

Benavides said they are dealing with concerns about people having late night barbecues and sitting in their backyard and talking, especially with concerns over short-term rentals. Bean Burpee said they are trying to consider everything from jackhammers to people talking, though Benavides said

SEE VOTERS PAGE 6

Upcoming hearing will discuss solid waste center fees

BY ERIN PLUMMER
mnews@salmonpress.news

A public hearing is scheduled in January to alter some fees at the solid waste center, including a proposal to raise the fee for demolition materials by two cents a pound and impose fees on certain materials to recoup costs.

The board of selectmen and Public Works Director Meghan Theriault discussed this proposal during Wednesday's board meeting.

Currently, the facility will take demo

debris at seven cents a pound. Theriault said they looked at the fee schedules of surrounding towns and found those that charged by the pound were charging between seven and a half cents to 10 cents a pound.

At the same time, she said there are several indicators that costs will be going up with the loss of landfill space, including increasing disposal costs across the entire solid waste industry and general word on the street from vendors and different groups Theriault is

part of. She said with this in mind they could raise the fee to eight cents a pound if they revisit the fee every year or they could raise it to nine cents.

"The hope would be we could hold the rate for a couple years then I would say nine cents a pound maybe we'll get through two to three years then we'll visit it again," Theriault said.

Theriault said the town is likely going out to bid next year for its demolition and trash

SEE FEES PAGE 7

A story of a jab, Part 3: Booster edition



PHOTOS BY ERIN PLUMMER

Third time's (hopefully) a charm: local reporter snaps a selfie after getting the booster dose of the Pfizer COVID-19 vaccine.

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — Readers might recall a couple articles by yours truly that came out earlier this year about the process of getting the COVID-19 vaccines. Flash ahead eight months and I am here with another story of getting the jab: this time the topic is on the booster dose. As different variants emerge for COVID and reports show the effectiveness of the vaccine does wane over time, now is the time when booster shots are an especially important consideration. Here again is my personal

experience getting the third shot as well as how one goes through the process of getting a booster.

I got my first dose of the Pfizer vaccine in March, followed up with my second dose in late April. Both times involved waiting in a long line of cars snaked around different parking lots by Langdon Residence Hall at Plymouth State University leading to the main vaccine site at the National Guard's Plymouth Armory. I am happy to report getting the booster was a much less involved process, but more on that later.

For those of us who did get vaccinated, it seemed like the main event in itself, though there was always this thought that this wasn't the end of it. As the Delta and Omicron variants started spreading, this became a reality. The CDC and other health authorities have indicated vaccines are highly effective against COVID-19 infection, but not 100 percent and infection is still possible. Those same studies have shown people who are vaccinated and received the booster have a much lower risk of serious illness

and death of they do get COVID-19.

CDC published data this November indicating that the effectiveness of vaccines can wane over time. More infectious variants such as Delta and the newly spreading Omicron pose a concern, though studies have shown vaccines and especially boosters are still effective against them.

The CDC is now recommending booster shots after six months for people who completed the Pfizer-BioNTech

SEE JAB PAGE 6

Gilford Parks and Recreation news

BY HERB GREENE
Director
Gilford Parks and Recreation

Senior Strides weekly walking program starts on Jan. 5. The Gilford Parks and Recreation Department is sponsoring a weekly drop-in walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center beginning January 5th. Participants can track their progress or just walk for fun. Participants are also encouraged to bring their own water bottle, as water will not be provided. There will be chairs available for participants to take a break as needed. 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 (603) 527-4722

Ice skating lessons The Gilford Parks and Recreation Department will be offering a four-week session of Ice Skating Lessons for children ages four and up this January. Lessons will be led by professional Ice Skating Instructor, Jennifer Tondreau and will be held on Monday mornings from Jan. 10 - Jan. 31 (in the event a day is cancelled because of poor weather or ice conditions, it will be made

up the week(s) following Jan. 31). Lessons will be 30 minutes in length and will begin at 9:30 a.m. Participants must provide their own skates and helmet. Registration forms are available in the Gilford Parks and Recreation Office or can be downloaded off the department's Web site at www.gilfordrec.com.

Cost: \$40 per participant

For more information, please contact the Gilford Parks and Recreation Office at (603) 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. 8, and will continue through Jan. 29 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following Jan. 29). Lessons begin at 10 a.m., and rental skis may be picked up at 9 a.m. at Piche's Ski Shop! Registration forms are available at the Gilford Parks and Recreation Department, the department's Web site at www.gilfordrec.com or Bolduc Park and Piche's Ski Shop. Please mail, fax or drop off your registrations directly to Piche's Ski Shop.

Cost: \$100 per person includes rental equipment! \$50 per person if you have your own equipment!

If you have any questions, please contact Bob or Pat Bolduc at (603) 387-4202.

Boston Celtics bus trip scheduled for March 1. The Gilford Parks and Recreation Department and Moultonborough Recreation Department are co-sponsoring a bus trip to Boston to see the Celtics take on the Atlanta Hawks on Tuesday, March 1. The cost of the trip includes round trip motor coach from Moultonborough or Gilford and your ticket (section 324 of the balcony) to the game. Our deluxe motor coach will depart from Moultonborough Central School at 4 p.m. and the Gilford High School at 4:45 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. Please be sure to review COVID-19 restrictions for the Coach Company, TD Garden and the City of Boston prior to registering.

Cost: \$100 per person

For more information, please contact the Gilford Parks and Recreation Department at (603) 527-4722 or visit their Web site at www.gilfordrec.com.

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TO SUBMIT A LETTER
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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

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

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

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Restoration projects continue at Castle in the Clouds



PHOTO BY ERIN PLUMMER

Work continued on the sun porch at Castle in the Clouds around the Christmas at the Castle event in November.

BY ERIN PLUMMER

mnews@salmonpress.news

MOULTONBORO

Restoration work continued on parts of Castle in the Clouds

this year, with plans underway for a major renovation of one of the prop-

erty's outbuildings.

Events at the Castle such as the recent

Christmas at the Castle have helped raise money for restoration efforts on the more than 100-year-old structures on the property.

Castle Preservation Committee executive director Charles Clarke said the Castle had a few major restoration projects in 2021.

One of the projects was refurbishing the sun porch, including putting in all new glass, tightening up the structure, and offering better views.

Miracle Farms was putting in some new landscaping.

Work started to restore the interior space in the north tower and two guest beds.

The Castle's next major project is restoring the Maple Lodge upper gatehouse. According to a flyer on the fundraising effort, the building is one of the two cottages at the entrance to the estate and is one of the key components of the

estates listing "With National Significance" on the National register of Historic Places.

The timbers have been rotting and the mortar has been failing between the exterior stonework. The roof rafters and decking will need to be fixed as soon as possible. The project would also restore broken leaded glass windows.

The project would restore these elements at a cost of around \$500,000.

When restored the building will be a publicly accessible research library and will also be used for archival storage. There will also be expanded office space for educational programming that will benefit local schools.

Clarke said as of Christmas at the Castle in November that half the funds had already been raised. He said they are aiming to start work on the gatehouse by the end of next summer

Bank of New Hampshire ranked in NH's top private companies

LACONIA — Bank of New Hampshire has been ranked 36th overall in Business NH Magazine's Top 100 Private Companies in NH, as well as 41st in the growth ranking. Bank of New Hampshire is the only bank to be ranked in the Top 100. Businesses are ranked by 2020 gross rev-

enue and average annual growth between 2018 and 2020.

"We at Bank of New Hampshire are proud to be recognized on this list alongside the other top private companies in New Hampshire," said Chris Logan, President and CEO for Bank of New Hampshire.

"Through all the challenges the last year has brought us, we have stood firm on our commitment to serve our employees, customers and communities, and I believe the success we have achieved is a direct reflection of that commitment. We're grateful to receive this recogni-

tion and are excited to continue to carry this momentum into 2022."

Bank of New Hampshire is honored to receive this recognition 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.

Village Players comedy auditions Sunday and Monday

WOLFEBORO — After returning to the stage for a comedy last summer and a musical this past fall, the Village Players Theater is looking forward to a busy 2022, starting with the spring production of "Farce of Nature."

Directed by Village Players veteran Jay Sydow, with assistant director Bob Tuttle, "Farce of Nature" will hit the stage in April and auditions are slated for Sunday, Jan. 2, and Monday, Jan. 3, at the Village Players Theater on Glendon Street in downtown Wolfeboro. Auditions begin at 7 p.m.

each night.

The nonstop hilarity of this southern fried farce highlights one day at the Reel 'Em Inn lodge owned by the Wilburn family of Mayhew, Ark.

The cast consists of four males and five females. These deliciously funny characters are D. Gene Wilburn, the owner and proprietor of the Reel 'Em Inn, the finest little fishing lodge in the Ozarks; an extremely jittery Carmine DeLuca from Chicago; D. Gene's frustrated wife, Wanelle, who's fed up with their lackluster romantic life; D. Gene's feisty sister, Maxie, who is battling

ageism to resume her career in law enforcement; Sonny Barbosa, who is about to walk through the door in hot pursuit of his sexy wife, Lola, who has driven hundreds of miles to the lodge to follow her boytoy, D. Gene and Wanelle's son, Ty; and Ty's seemingly innocent girlfriend, Jenna, whose patience has reached the breaking point after months of waiting for Ty to come home.

In addition to the on-stage roles available, there will also be plenty of production roles

available behind the scenes. Those interested in helping out can also stop by auditions on Jan. 2 or Jan. 3 or e-mail jaysydow@gmail.com for information.

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PETS OF THE WEEK

Gannon

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

Cuke Roll

If this picture doesn't tell you how adorable I am then I don't know what will. Me and my adorable face came to NH Humane from living as a stray, so there is not much in the way of background. I am FIV+, meaning I would need to be the only pet in the household or living with other FIV+ cats.

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Snowy weather is nothing new

The first big snow dump of the season has come and gone, leaving us with anywhere between three and eight inches of snow, depending on where you are. As with most things, we like to think about how our ancestors handled certain situations. On a personal note, it was during a snowy drive last winter that we writer became more grateful for studded snow tires and heat, after thinking about how those before us dealt with travel during snowstorms.

During the winter of 1717, a storm dumped four feet of snow creating snowdrifts of up to 25 feet. Passing through the snow-covered roads was too much for a postman who traded his horse for a pair of snowshoes. Objects similar to skis were attached to carriages as a means of winter transportation.

Streets had to be passable for wood and food deliveries. When the roads were not passable townspeople would gather together in large groups and dig out a path. The snow was placed into the back of a horse-drawn cart by gangs of men and driven to the closest river to be dumped. Salt was also used on streets, but many people complained because it ruined their shoes and clothes.

Fast forward to 1840, when the first snowplow patent came to be. It wasn't until 1862 that the first snowplow was put into use. The plow was attached to a cart and pulled by a team of horses. Soon after, many cities began to use the horse-drawn snowplow.

Typically, the use of the horse-drawn plow was only used to clear main streets, leaving side streets and sidewalks snowed in by large piles often blocking entrances to businesses. Many business owners actually brought lawsuits against the plowing companies as a result because their customers could not gain access to the storefronts.

The solution to that conundrum, was the hiring of snow shovelers to accompany the plow. The blizzard of 1888, however, was too much for the "modernized" plow, leaving many people trapped inside their homes. This emergency was the catalyst cities needed to begin coming up with a better plan for snow removal. One idea was to stay on top of the storm as it started, instead of waiting for it to end. Different men driving the plows were assigned to certain neighborhoods as well.

The invention of the automobile brought with it a crutch and a new possibility as far as snow removal went. The crutch being that an entirely new method needed to be engineered and put into use. In New York in 1913, a dump truck could be seen on city streets. Seven years later, the first snow loader, came on to the scene. It had a big scoop with a conveyor belt. The snow would go into the scoop via the belt, then dumped into the back of the truck. From there, off to the river it went.

It wasn't until 1959 when the weather was able to be predicted more accurately, allowing towns and cities to better prepare for any incoming storms.

Reading old diaries of our New England ancestors gives the perfect window as to what it was like to experience a bitter cold winter, prior to modern practices. Below a quote literary critic Van Wyck Brooks.

"All praise to winter, then, was Henry's feeling. Let others have their sultry luxuries. How full of creative genius was the air in which these snow-crystals were generated. He could hardly have marveled more if real stars had fallen and lodged on his coat. What a world to live in, where myriads of these little discs, so beautiful to the most prying eye, were whirled down on every traveler's coat, on the restless squirrel's fur and on the far-stretching fields and forests, the wooded dells and mountain-tops,—these glorious spangles, the sweepings of heaven's floor."
— The Flowering of New England, 1815-1865

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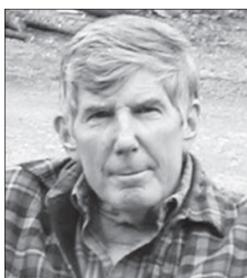
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We're looking forward to hearing from you!



RC GREENWOOD

B-G vs. B-G

Belmont-Gilford's Aidan McKenzie races Berlin-Gorham's Jonah Berthiaume for the puck in action prior to the holiday break in Laconia. The Mountaineers prevailed with a 2-1 win, with Jaxson Embree getting the lone Bulldog goal. Colin Logan was stellar in net for Belmont-Gilford, stopping 30 shots in the loss. The Bulldogs hosted the Brady Sullivan Holiday Tournament after deadline this week and return to regular season action on Wednesday, Jan. 5, at home against Pembroke-Campbell at 5 p.m.



By JOHN HARRIGAN
COLUMNIST

This week, a few words about the Internet, both a blessing and a curse—a blessing because it offers unfettered exchanges and information, and a curse because it's willfully or carelessly misused.

As a guy who's been newspapering for better than half a century, I can certainly remember a time when there were no such things as email, cell phones or the Internet, and in fact no personal computers at all. In fact, I was there for the beginning of desktop publishing. Weekly newspapers, by the way, led the wave.

It's more fun to focus on the blessings of the medium; there are more than enough critics focusing on the curses. The social media have more than earned the curses, largely because of the excess that often comes when something that never existed suddenly becomes both unconstrained and cheap.

Perhaps it's worth observing that most reasonable people eventually want some sort of guidance (if not governance) on things that are cheap, mostly free, and available to all.

+++++

My wanderings (and wonderings) on the Net have led me down all sorts of paths, some augmenting old curiosities with new information (the days of sail, for example, or the voyages of discovery), and some entirely new.

Longtime reading about the first Europeans to visit the North American continent led me to visit the Net again and again as it made a wealth of information, particularly so much new material, so readily available. Someone is always finding something in an old attic trunk.

For instance, like many people I knew about the hostility early Europeans experienced from Native Americans.

North Country Notebook

Oh, the wonders of the Net Where did today go, anyway?

As the great sailor and historian Samuel Eliot Morison wryly observed when recounting one such episode along the Maine coast, it seemed as though the Indians were acting on experience.

Indeed they were. Even the relatively primitive paper-trail of the time (i.e., pre-Internet) had led me to a wealth of reading on early Norse visits, and such settlements as L'Anse aux Meadows (ca. 1020) in Newfoundland. Then there were the various "touchings" along the East Coast, the Maritimes, and the St. Lawrence itself by Spanish and Portuguese fishermen to salt and dry their catches and trade with native people.

Lifelong friend William H. Gifford, in his book "Colebrook: A Place Up Back of New Hampshire," devoted three pages to a list of terms that had crept into Abenaki use in previous centuries, and compared them to the languages of the day. The comparisons were amazing.

+++++

All during early colonization, various tribes of the Wobanaki Nation had become alarmed by the swindling and claimed "purchases" of their tribal lands by European colonists. Early settlers were still under some royal control on such matters. After the colonies gained their independence, all bets were off.

Independence came just as settlers were spilling over the Appalachians and illegally occupying land in the Ohio Valley and beyond. For this and other reasons, the new colonies were targeted during the French and Indian War, a Europe-driven conflict that ran from 1754 to 1763 and brought raids instigated in Quebec, Montreal, and Indian villages in southern Quebec.

From earlier reading, I knew that raiders captured settlers in Portsmouth, Dover, Exeter, and other seacoast towns, and took them on the weeks-long trip to Canada. The Captive Trail went along the upper Merrimack River to where the Baker River



COURTESY

This photo of the Baker River, where it flows into the Pemigewasset at Plymouth, was taken more than a century ago, in 1907. (Courtesy Library of Congress)

flows into the Pemigewasset at Plymouth; and thence up the Baker Valley to the height of land, and down into the Connecticut River valley and thus on to French Canada.

The Indians had been paid to conduct the raids, after all, and were paid for each scalp or captive brought home. Captives were valuable for the ransom they would bring from families back home. But how would their families know they had survived the raids, and were being held captive far to the north?

I knew that there had to be a faster way of carrying word of this than the long journey by sail down the St. Lawrence and around the Maritimes and on up the coast to Boston. Conventional reading brought hints of longstanding Indian trails connecting the Canadian and Bay Colony settlements. And just a bit later on, times had changed, and it was "Internet to the Rescue."

(For the fun of it, enter "French and Indian War captives," or with the same intro, "ransom notes," and see what you get. Presto! Ransom notes.)

A final note on all this. Millennia before, the various tribes of the Wobanaki Nation had found faster ways to communicate with their northern kin. Runners, accustomed to dog-trotting the trails, carried messages back and forth during times of war, and later, during strife from conflicts in Europe. Express trails were marked

through the woods, and word from settlements in Maine, New Hampshire and Vermont could be carried back and forth in a matter of days.

+++++

I cannot let the use of the Internet drift by without a blatantly self-serving comment or two, so here goes.

--No search engine can perform better than the words you use; i.e., choose your words carefully. To assuage any fear, go to (guess what?) a Web site—just enter "using a website" and go soak your brain. Hint: look for a ".org," because other sites have motives.

--Once answers pop up, beware the ".coms" and other obvious commercial sites. Stick with ".orgs" unless you're experienced enough in your field of interest to wade in and be selective.

--The Internet has very few truthful, selective, impartial, apolitical (i.e., without politics), fair-minded guides. To save time, let's call them "editors," or even better, "gate-keepers."

There are few ways for people to know when (and when not) to open the gate. "Caveat emptor" is the old Latin warning: "Buyer beware." You had better know your stuff, lest the time-wasters and mutton-heads slip through.

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

Comfort Keepers

Ways for seniors to remain socially connected

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many people worry that their senior loved ones spend too much time alone, and may be suffering from isolation.

But there are many ways for people to stay connected to the older adults in their lives. And, studies show that seniors are physically and mentally healthier when they maintain social connection and foster relationships

It's important to remember that it takes a team to ensure the highest quality physical and mental care for a senior. According to the AARP, nearly one in five family caregivers is providing unpaid care for an adult with health or functional needs. There are many ways that other family and friends can provide social support and create meaningful interactions with their senior loved one.

For those trying to connect with a senior in their life, they can consider the following options:

Teach them something new – while many seniors are adept at using technology, some could use extra help getting set up for video chats or finding sources of online connection. Helping a senior learn to use new technology can be a fun bonding experience and pays off in continued contact! And if the family member or friend isn't an expert, they can consider taking a class together.

A study by William Chopik, a professor at Michigan State University, found "greater technology use was associated with better self-rated health, fewer chronic conditions, higher subjective well-being and lower depression."

Involve others – Group video chats have never been easier to set up, and there are free options that are great for small groups or paid options for larger gatherings of friends and families. Seeing each other's faces and sharing stories is a great way to stay connected.

Play together online – Popular board games have gone virtual! Clas-

sics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. Sometimes, a game night is all it takes to make people feel closer.

Spend time in-person when possible – While it may not always be possible, it's great to see loved ones when the situation permits. Families should take some time out of their week when possible to take their senior loved ones to community events, or plan special meals at home. This can be especially important for seniors with mobility issues that can keep them from doing the activities they love outside of the home.

Become pen pals – The art of writing letters may be rare today, but everyone still loves to receive notes in the mail. Send letters with updates, drawings, photos and other small mementos, and encourage the recipient to reply. Letters and cards will quickly become cherished memories that can

be shared and revisited in times of separation.

Consider hiring an in-home caregiver – For seniors that need a little extra help around the house, a caregiver not only provides assistance with daily living, but companionship and conversation too. And, a caregiver can facilitate calls and video chats with loved ones. Caregivers are also trained to keep seniors safe in their home, and can be a great option to provide companionship during periods of illness or isolation.

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Gilford man sentenced to 180 months on drug trafficking, firearm charges

CONCORD — Stephen Johnstone, 32, of Gilford, was sentenced to 180 months in federal prison for possession of methamphetamine with intent to distribute and possession of a firearm and ammunition by a convicted felon, Acting United States Attorney John J. Farley announced today.

According to court documents and statements made in court, on July 21, 2020, New Hampshire State Probation and Parole officers made contact with Johnstone, who was a state parolee under their supervision. Johnstone appeared to be in possession of baggies of methamphetamine. The

officers requested assistance from the Laconia Police Department.

Johnstone's car was impounded and searched pursuant to a state search warrant. Detectives found a backpack containing a Ruger .380 handgun with five rounds of ammunition, over 680 grams of methamphetamine, over 170 grams of cocaine, and other evidence of drug trafficking. As a convicted felon, Johnstone was prohibited from possessing a firearm or ammunition.

"Armed drug dealers pose a significant threat to public safety," said Acting U.S. Attorney Farley. "Although

drug traffickers endanger the lives of our citizens by peddling deadly substances, the danger is enhanced when drug dealers possess firearms. As this case demonstrates, we will seek substantial prison sentences for the armed drug traffickers whose conduct threatens the security of communities in the Granite State."

This matter was investigated by the Laconia Police Department and New Hampshire State Probation and Parole Office, with assistance from the Drug Enforcement Administration. The case was prosecuted by Assistant U.S. Attorney Joachim H. Barth.

NOTICE OF PUBLIC HEARING

Shaker Regional School District will hold a public hearing relative to a withdrawal from Technology Expendable Trust Fund on Tuesday, January 11, 2022 at 6:00 pm. The meeting will be held in the Belmont Middle School cafeteria.

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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 con-
- tain 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 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. In fact, according to a study from Age Wave and Edward Jones. This year, 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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Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

VOTERS

(Continued from Page A1)

he agreed but said they were going to exempt nonamplified human voices from the ordinance.

Dunn said one possible option would be to change the specific time to “dusk,” though the board and Bean Burpee said they would rather have a specific time. Bean Burpee said, for one example, the laws regarding headlight usage are written to factor so many hours before and after sunset, which would need for people to be aware of what specific time sunup and sundown is.

Bean Burpee said he would be okay with the time going to 8 p.m. Both selectmen Kevin Hayes and Chan Eddy said they could work with the time at 8 p.m.

“I think 8 is still a little too soon, but I can live with it,” Eddy said.

The board agreed by consensus to have quiet hours start at 8 a.m. and forward the amendment to the town meeting process.

JAB

(Continued from Page A1)

or the Moderna series or after two months for people who received the single dose of the Johnson & Johnson/Janssen vaccine

“With an increased immune response, people should have improved protection against getting infected with COVID-19, including the Delta variant,” the CDC stated on its website. “For Pfizer-BioNTech and J&J/Janssen, clinical trials also showed that a booster shot helped prevent COVID-19 with symptoms.”

Most people can receive the booster of any brand no matter what they were vaccinated with in their first series.

I am happy to report getting any of the vaccines is a lot easier than it was when the vaccines first came out.

Those that got the vaccine earlier this year, especially those who were part of that first eligible group, might recall how complicated the process was to register and get an appointment time.

When the vaccines first became available people had to register through the national Vaccine Administration Management System (VAMS) that users reported was a complicated process with extended waits. By this spring the state of New Hampshire had its own statewide system Vaccine and Immunization Network In-

cines became available for people over 40 and found it an involved but streamlined process.

For the past few months, all COVID-19 vaccines have been much more accessible. Anyone could drive by any local pharmacies and healthcare providers and see signs advertising that the vaccine is there.

The DHHS also has a mobile vaccine van available to any business, organization, municipal entity, or any other group who requests it and has a schedule of different locations throughout the state. Locally, the Winnepesaukee Public has set up a mobile vaccination clinic at several locations around central New Hampshire, which included Gilford Old Home Day in August.

When the booster became available it was the same thing, even though with the surge in COVID-19 cases there have been some supply issues.

I planned to get the booster as soon as I heard about it, but I’ll admit I put it off. I was reluctant to go through another application and wait process plus there was the general thought of “How badly do I need it?”

Thought 1 was addressed when my parents got their booster and told me how easy the process was. While they were part of the

smoother process for the booster.

Thought 2 was addressed by the emergence of Omicron, especially reports of people who attended Anime NYC in New York City testing positive for Omicron. I had briefly considered going to that convention, but my planning was too last minute and it was clear I couldn’t go. These reports from an event I’d even considered going to were a big motivator. A bigger motivator were details that cases among those who were vaccinated and boosted were mild. Right after I read this news story I was looking for places offering the booster.

I didn’t need to register through the VINI site; instead, I could go on the Web sites for any local pharmacy or clinic offering boosters. Some searching showed boosters weren’t as plentiful as I thought they’d be, likely with the surge of cases across the state. With some searching I did find an appointment at the Meredith Rite Aid and I made an appointment to get boosted on Dec. 3.

Getting this shot was infinitely easier than it was in the spring. This time I just walked up to the pharmacy counter at my appointment time with my vaccine card and after some data entry by the person behind the counter I was directed to a waiting area. After maybe 10 minutes I was called into their treatment room and was getting my booster from a friendly nurse. I was given the clear to take off right after, no 15 minutes of waiting needed since I never had a reaction to the previous doses. This was night and day: a quick pharmacy visit in my town compared to my hour wait in the car by the Plymouth Armory.

The only side effect I had from the vaccine was noticeable aching in my left shoulder where I got the vaccine. It wasn’t just at the site of the injection; it was all around my shoulder. It wasn’t overly painful, but it was annoying. It probably didn’t help the entirety of the next day I was hopping from event to event and holding a notepad in the same position for hours. The day after I was doing some activities that involved a lot more arm movement and found the ache got a lot better. The ache was totally gone before the end of the week and I didn’t really have any other side effects. Side effects, however, will vary from person to person.

Vaccination is of course one’s choice and age, profession, and health history all play big roles in these considerations. Vaccination is, however, an option that people should carefully examine and consider as the pandemic continues.

For more information on vaccines visit the CDC Web site at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html> and the NH Department of Human Services site at <https://www.vaccines.nh.gov>, including information on the next Booster Blitz around the state.

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EQUAL HOUSING OPPORTUNITY

FEES

(Continued from Page A1)

disposal and those numbers will indicate if they can go another year on the nine-cent rate or if it should go up.

She said the money from the fee is mostly intended to cover processing costs, saying the current seven cent fee only covers hauling and disposal and not staff time.

The selectmen agreed by consensus to put for-

ward the proposed fee changes to a public hearing on Jan. 12.

"I like nine cents, but I would like us to revisit this next year just to see how we did, whatever," said selectman Kevin Hayes. "I'm sure you'll bring us up to speed."

A fee will also be added on pieces of wood greater than six inches. Theriault said logs un-

der six inches can go in the burn pile, but bigger pieces need to be processed with stump grinding which is expensive. The facility is currently only accepting residential wood disposal and not commercial.

Theriault said there should be a fee for disposing of the larger pieces of wood to help cover costs. She spoke with several

vendors who process this type of material and heard \$40 a ton was the typical price. The proposed fee would break that cost down to two cents per pound.

Another proposed fee is one cent a pound for concrete containing rebar.

Currently the facility doesn't charge for concrete disposal and Theri-

ault said they will break down concrete and use it as a road material. When cement contains rebar, however, they need to rent a special hammer to get the rebar out which usually costs around \$5,000 a week.

Hayes asked if the penny per pound was high enough, saying it seems like the cost to process concrete is the same to

process stumps. Theriault said it costed over \$25,000 to process stumps this year and the wood material gets hauled away. The crushed concrete, however, will get put in a pile and used to mix with reclaim and other uses.

The proposed fee schedule as presented will go forward to a public hearing on Jan. 12.



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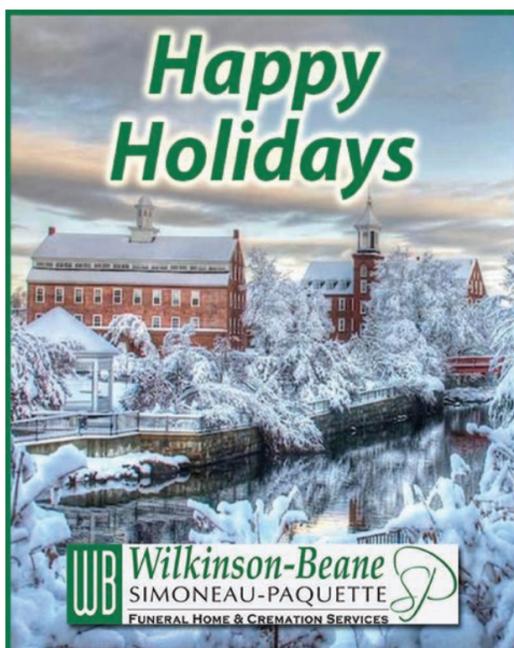
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CONTEST
 (Continued from Page A1)

tervale Rd. Honorable mentions were given to 23 Morgan Way and 61 Farm View Lane.

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GO GREEN IN 2022

- Install a Heat Pump Water Heater (\$750 Rebate) to replace an electric or fossil fuel system
- Install a Heat Pump for Cooling & Heating (\$500/ton Rebate + Tax Credit) to replace or supplement a fossil fuel system
- Install Solar PV (25% Tax Credit if in service by 12/31/2022) to provide clean renewable electricity to my home
- Buy a Plug-In Hybrid Electric Vehicle (\$600 Rebate) to spend less time at the gas pump
- Buy a Battery Electric Vehicle (\$1,000 Rebate) to skip the gas pump for good
- Install an EV Charger (\$300 Rebate) to charge my EV off-peak and save
- Install a Battery Backup for my home rather than a gas or diesel generator
- Consider buying an electric or battery operated lawn-mower rather than a gas model (you may get an end of season deal)
- Consider buying an electric or battery operated snow blower rather than a gas model (you may get a pre-season deal)
- Install a Sense home energy monitor (\$75 discount from Sense, \$75 NHEC Rebate) to better understand your electric use

Visit www.nhec.com for complete program details