

Raiders, Bears earn soccer All-State honors



Belmont keeper Jacobb Bivens earned First Team All-State honors.

BY JOSHUA SPAULDING
Sports Editor

REGION — New Hampshire boys' soccer coaches have announced the All-State honorees for the recently concluded fall season.

In Division III, First Team honors went to Belmont keeper Jacobb Bivens, Gilford defenders Chance Bolduc and Tyler Lafond, Gilford midfielder's Alex Burnham and Andrew McDonough, Winnisquam midfielder Ayden Cushing and Gilford forward Tanner Keenan.

Second Team honors went to Berlin keeper Haden Poulin, Belmont defender Owen Waldron and midfielder Liam Waldron, Inter-Lakes midfielder Luke Brown, Prospect Mountain midfielder Cam Dore and Gilford forward Thomas Donnelly.

Earning Honorable Mention were Berlin defender Brady Poulin, Belmont midfielder Will Riley, Winnisquam forward Zach St. Onge, Newfound forward Josh Blouin and White Moun-

tains forward Robert Southworth.

Also earning First Team honors were defenders Davis West of Kearsarge and Aidan Smith of Mascoma, midfielder Zach Thompson of Mascoma and forwards Dylan Selby of Kearsarge and Luke Delia of Campbell.

Second Team honors also went to defenders Justin Edmonds of Campbell, Logan Miller of Hillsboro-Deering and Michael Thresher of Bishop Brady, midfielder Wyatt Hemming of Campbell and forwards Griffin Cassidy of Hillsboro-Deering and Owen Simas of St. Thomas.

Earning Honorable Mention were goalie Coby Boissy of Hopkinton, defenders Derek Bader of Fall Mountain, Ben Sawyer of Conant and Cohen Claytor of Raymond and midfielders Dugan Brewer-Little of Derryfield, Ryan Whiting of St. Thomas and Sam Dalke of Stevens.

Belmont's Mike Foley was named Division III

Coach of the Year and Gilford's Hermann Defregger was named JV Coach of the Year.

In Division IV, First Team honors went to Woodsville goalie Cam Davidson and defender Connor Houston, Gorham defender Carson Roberge and forwards Brendan Saladino and Jack Saladino and Littleton midfielder Joelvy Perez.

Earning Second Team honors were Littleton defender Blake Fillion, Lisbon defender Griffin Barnes, Gorham midfielder Isaac Langlois, Woodsville midfielder Ben Taylor and forward Coby Youngman and Littleton forward Grady



Winnisquam's Ayden Cushing earned First Team All-State honors.

Hadlock.

Honorable Mention was presented to Profile goalie Danny Burnell, Gorham defender Kody Lemieux-Thibodeau, Lin-Wood midfielder Jake Avery, Profile midfielder Adam Bell, Moultonborough midfielder Nick Sturgeon and Groveton forward Corbin Frenette.

Also earning First Team honors were defender Levin Campbell of Concord Christian, Colebrook midfielder Kolten Dowse, Concord Christian midfielder Ethan Young, Sunapee midfielder Matthew Tshacudin and Epping forward Jacob Twombly.

Second Team recog-

nition also went to Concord Christian goalie Jayden Young, Concord Christian defender Aidan Duffy and Epping defender Luke Snyder, Concord Christian midfielder Austin Spurr and Mascenic midfielder Wyatt Duval and Newmarket forward Tyler Napoletano.

Earning Honorable Mention were Epping goalie Patrick Thompson, Somersworth defender Wiliam Sneddon, Colebrook defender Peyton Rancourt, Holy Family midfielder Gabe Lacasse, Mount Royal midfielder Luke Kalpakgian, Pittsfield forward Parker Clark and Portsmouth Christian for-

ward Jai Maganti.

Concord Christian's Craig Anthony was named the Division IV Coach of the Year.

In Division II, First Team honors went to Kingswood goalie Caleb Russo, defender James Yarling and forward Brayden Rapoza, while Second Team honors went to Plymouth defender Luke Legacy and Kingswood midfielder Noah Silva and forward Dom Alberto and Honorable Mention went to Kennett midfielder Alex Clark.

Also earning First Team honors were defenders Francis Calan-

SEE ALL-STATE, PAGE A9

Winnisquam School District to host Holiday Community Dinner

TILTON — The Administration, Faculty, Staff, and Students of the Winnisquam Regional School District would like to announce their Annual Dinner for the Community! The event will be held on Friday, Dec. 9, from 4 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, salad 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. 9!

Where's Frankie?

FRANKLIN — From Dec. 2 -16 at noon, stop by participating businesses in Franklin, and while you are shopping, browsing in the library or enjoying a cup of coffee or snack - take look around and see if you can spot Frankie the Elf hiding behind a book, or a table, or shelf. Once you have found Frankie, complete a raffle ticket and be entered in the contest to win terrific gift certificates, gift baskets or cool stuff from Franklin's stores. No purchase is necessary. What a great way to check off your Christmas shopping list while having some fun and get in the holiday spirit.

Look for the Where's Frankie window decal in these participating businesses:

Al's Village Pizza, A.W. Frost Insurance Agency, Asian Delight Restaurant, Broken Spoon Restaurant, Downtown Crepes, Fournier's Barbershop, the Franklin Café, Franklin Public Library, Franklin's Hidden Treasures, Treasures, Franklin Savings Bank, Grevior Furniture, Hair and Company, Heavenly Skin Care, Lakes Region eBikes, Newfound Pet Center, Outdoor New England|ONE, The Blossom Shop, Thrift Clothes Closet, Waterhorse Irish Pub and Zeke's Sweets.

The Franklin Falls Business Group is excited to host this campaign, encouraging shopping local and adding to the holiday fun! A big thank you to participating businesses and New School Vinyl.

Student writers celebrated at Spaulding Academy & Family Services Authors Tea

NORTHFIELD — Every fall, the students of Spaulding Academy & Family Services spend weeks creating their own literary works. From idea conception and writing to illustration and production, the students become book authors. The recent 2022 Authors Tea event brought families, friends, and teachers together on campus so students could share their books while enjoying cookies and tea.

This year's book topics included student-crafted fairy tales, how to be a friend, the basics of coding, acrostic poems, and Choose Love curriculum "Courage" characters. Copies of each book are made for the library for stu-

dents to enjoy as free reading choices.

"One of my favorite things about the Authors Tea is to watch the students share their books with one another. It is

so powerful to witness the joy and pride that the students have when they read their books to their family member, teacher, peer, friend, or whomever is visiting the

classroom," said Garrett Lavalée, MEd, Spaulding Academy Principal and Director of Special Education. "The ener-

SEE TEA, PAGE A9

LRSO holiday concerts feature vocalist Michael Gallagan on Dec. 10 & 11

“Christmas with the Crooners” - Vocalist Michael Gallagan and the Lakes Region Symphony Orchestra put you in the holiday spirit on Dec. 10 at the Colonial Theatre in Laconia and Dec. 11 at Inter-Lakes Auditorium in Meredith.

COURTESY



REGION — Join the Lakes Region Symphony Orchestra for two joyous Holiday Concerts on Saturday, Dec. 10 at 7 p.m.

at the Colonial Theatre in Laconia and Sunday, Dec. 11 at 3 p.m. at the Inter-Lakes Community Auditorium in Meredith. Tickets with reserved seating are available at www.LRSO.org for all performances.

Crooner Michael Gallagan returns with his personal touch on these classics: Bing Crosby’s “Joy to the World” and “O Come All Ye Faithful”; Josh Groban’s “O Holy Night”; Andy Williams’ “Most Wonderful Time of the Year”; Tony Bennett’s “Christmas in Herald Square” and “I

Love the Winter Weather”; Sinatra’s “Have Yourself a Merry Little Christmas”. Lush orchestral favorites include Charlie Brown Christmas, Winter Wonderland, Greensleeves, Festive Sounds of Hanukkah and many more.

These holiday concerts have sold-out in the past so we encourage you to purchase tickets early. Hot on the heels of our tremendous November concert season opener at Plymouth State University we can’t wait to delight you with our holiday performances.

Tickets are \$20 - \$30 for adults and \$10 - \$15 for students college-age and under (please no children under age five) available at www.LRSO.org or by phone using the numbers listed with each concert on the LRSO web site.

Follow us on Facebook at LRSO1 and on Instagram at LRSO.NH! We are looking for “Friends of the LRSO” to assist with social media, community promotion, graphic design, or many other talents. Please seek out a Board member at any concert, or contact us at www.LRSO.org/contact if you can help.

The LRSO celebrates the support of its concert sponsors Bellwether Credit Union, Fay’s Boat Yard, and Cupples Car Company. Their generous community support is a big part of what makes the LRSO, your community orchestra, possible.

LRSO performs with a home-town flair that is comfortable, familiar, and uplifting. We invite you to give us a try. Live orchestral music is an amazing experience!

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Restoration projects take center stage at Canterbury Shaker Village



CANTERBURY — This year, Canterbury Shaker Village received financial support from several funders to begin an ambitious restoration of its Schoolhouse (c. 1823/63) that began this spring and will be completed next summer.

Funders of the project include The 1772 Foundation in cooperation with the N.H. Preservation Alliance, Cogswell Benevolent Trust, and Eppes-Jefferson Foundation. The project is also supported by money raised through NH Gives in 2020.

“We are so thankful for the funders whose support enabled us to begin restoration of our beloved Schoolhouse,” said Executive Director Leslie Nolan. “I cannot thank them enough.”

To date, a new roof has been installed on the Schoolhouse along with partial repainting of its exterior and replacement of 13 out of 26 windows. Other aspects of the project that will be completed this coming spring include repair and partial replacement of deteriorat-

ed clapboards, gutters, rainwater leaders, and other exterior features. The project is part of a Village-wide initiative to identify and address the needs of all 26 surviving Shaker buildings on the property.

“Like all the buildings on site, the Schoolhouse requires upkeep and thoughtful maintenance so it can be enjoyed by future generations,” said Nolan. “The story of the Shakers is important and continues to inspire people today. Proper stewardship of the remaining buildings is key to our ability to help tell their story.”

Regarding the history behind the Schoolhouse, it was originally built as a single story structure in 1823. In 1863, the 24 by 34 foot structure was moved three “rods” south to its present location and raised twelve feet to become the second story with a new school room built underneath. At the same time, a single bay enclosed stair porch was added to the second floor, and a wood shed was added to the east.

“Each of our build-

ings reveal a unique perspective on the Shakers and their lives,” said Nolan. “We are eager to share our restored Schoolhouse hopefully in time for the opening of the 2023 season.”

Featuring 694 acres of forests, fields, gardens, nature trails, and

mill ponds under permanent conservation easement, the Village is designated as a National Historic Landmark with 25 restored original Shaker buildings and 4 reconstructed Shaker buildings. To learn more about the Village, visit shakers.org.

Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.



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May you never be too grown up to search the skies on Christmas Eve

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

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

However there comes a time when our children are grown, and the holidays can seem to be more of an obligation and a day to get through. Not only that, but we also long for the days when we had all our family members alive, when the holidays were the 'good old' days'. Moving forward, for some, can be quite depressing. Hopefully, that isn't the case for many, but for those who feel that sense of Grinch-esque dread, we have some tips that can help put the spark back into your hot apple cider.

If you remember what it felt like to have an amazing holiday, use those memories to pass down the same magic onto someone else. Even if it's not a child. Do something creative to make someone's holiday one they can remember, something they don't expect. When you take the time to essentially play Santa Claus, the joy you get back is tenfold.

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

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

The point of the holidays is to spend time with our favorite people. While we can't go back in time and re-live the days when trains circled our Christmas trees we can live in the present and create new adventures with memories that will put a smile on your face for years to come.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



COURTESY

New Horizons Band presents holiday concert series

The New Horizons Band of the Lakes Region is proud to present their 2022 Holiday Concert Series. Come out and enjoy holiday music! The band will be playing music from holiday movies, big band arrangements and traditional classical and carols of Christmas. You'll even have an opportunity to sing those traditional carols with a full band accompaniment. Special guests include the Taylor community Chorus. Conductor Debbi Gibson is excited to lead the musicians in this opportunity to bring holiday cheer to you. Our Laconia Concert is generously sponsored by the Laconia Putnam Fund, and will be held in the multipurpose room of the Laconia Middle School on Dec. 6 at 7 p.m. Join us, won't you? Information on the organization or to join the band can be found at newhorizons-lakesregion.org or follow us on Facebook.»

North Country Notebook

A word that's worthy of George H.W. Bush



By JOHN HARRIGAN
COLUMNIST

When I heard that George Herbert Walker Bush had passed on, I couldn't help but smile. I suppose we all should envy such a thing, a smile made of memories and affection.

As for words, plenty have been spoken these past few days, with many people, of all political stripe and persuasion, smiling (and once in a while, crying). They described George Bush as humble, self-effacing, unassuming, patriotic, loyal, thoughtful, brave, traditional, open-minded, and true.

I have a word of my own to add to that list. But first, a vignette or two.

Here was a guy who celebrated his 80th birthday by jumping out of an airplane, and then he did the same on his 90th. And here I am at a mere 71, creaking around and complaining (okay, so I'm on wheels while nursing a spiral-fractured femur). What will I do for my 80th? I'd settle

for just being here.

From first-in-the-nation candidate to the presidency, George Bush had a soft spot for Colebrook. At some point during a campaign swing north, his entourage went into the Colebrook House and stumbled into a toast and roast event to honor Doc Brungot, the territory's longtime veterinarian. He described the scene as robust. "I was swept into it all," he recalled, "and met what seemed like the whole town."

George Bush and I were running partners, sort of, meaning that he and I went running, once in Jefferson (1980), and once in Washington, D.C. (1986). The two experiences were vastly different, one featuring crows and cows, the other featuring a speeding motorcade and Secret Service agents who demonstrated running while heavily armed.

The George Bush I knew was kind and considerate, and immensely conversational, meaning not that he talked all the time but that he could converse on just about any subject. For instance, just before the Jefferson run I'd seen a magazine article about a new kind of drilling bit, and asked if he knew about it. He did.

The first time we went running together, it was because the Bush cam-

paign thought it would look good for a youngish-looking George Bush to be seen running with an even younger publisher, compared to Ronald Reagan, a nice guy who gimped around and looked 110.

At some point during the run, a friend of the Bush family leaned out a car window and took some pictures. One photo ran in newspapers all over the country. Campaign staffers made a gigantic life-size blow-up and set it up in the lobby of Concord's New Hampshire Highway Hotel, where most of the politicians and out-of-state media were staying. I've always wished I'd snagged it before it disappeared into a landfill.

Eight years later it was Mr. Vice President, and during a visit with Bush staffer Ron Kaufman, I mentioned an upcoming trip to Florida to visit friends and relations. The Veep had issued me a standing invitation to go for a run in Foggy Bottom. "You should drop him a note," Ron said, so I did.

Three weeks later I was in a condo on Ormond Beach when my ancient aunt took a telephone call and turned to me, eyes wide through Coke-bottle lenses, and said "It's the White House." Well, okay, maybe she was a little

more excited than that, worthy, even, of an exclamation point.

So I diverted my trip to National Airport, and the Veep and I went by motorcade to an Episcopal boys' school, and ran on the school track, and later had cheese and crackers and a couple of beers at the Vice Presidential residence. "Don't drape your arm over the side of your chair or Mil-lie might bite," Barbara Bush warned. (My dog is not named for their dog.)

But you know, it was the same George Bush I'd met in 1980, and the same George Bush who had kept in touch over the years, and it was the same George Bush, now President Bush, who called me at the Democrat one afternoon in 1992 to ask how I thought he was doing in his run against a nobody named Bill Clinton. Not so very well, I said, or words to that effect. But it was a fact.

There is a hesitancy in some guys to use certain words even when totally appropriate, lest a guy come across as overly sensitive (I'm stubbing my toe in the dirt here). But I haven't yet seen the word I'd use to describe the George Herbert Walker Bush I knew, what kind of man he was, which is "sweet."

PETS OF THE WEEK



Jenni

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



Milo

This handsome boy is so sweet and cannot wait to go home! He loves meeting new people and seeks attention from everyone he meets. Milo is FIV+, which means he needs to live without other cats or other cats that are also FIV+.



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Comfort Keepers

Reducing the risk of pneumonia in seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Pneumonia may be caused by bacteria, viruses, or fungi, and results in inflammation and decreased circulation to one or both of the lungs. As circulation to the lungs decreases, oxygen in the blood declines. While cases of pneumonia can range from mild to severe, seniors are much more susceptible to this disease than normal, healthy adults. Similarly, once they have this condition it takes them longer to recover from it, especially those who are frail who may require up to several months to return to health.

If you are a caregiver, it is essential to understand how to reduce the risk pneumonia in seniors, and spot the symptoms should they occur.

Risk Reduction Strategies for Pneumonia in

Seniors

Frequent hand washing is very important. One of the reasons pneumonia is so common among seniors is that it can quickly spread in locations where they meet, such as senior centers, places of worship, or other social gathering places. Many germs and other microbes are spread through touch, and hand washing can dramatically reduce the spread of illness. It is a good idea to remind seniors to wash their hands regularly, especially in winter. At home, post signs above wash areas/sinks to remind the senior to wash his or her hands routinely and use hand sanitizers.

Keep up with regular dental hygiene. Remind seniors about good dental care. Pneumonia can occur from tooth and gum infections, so daily brushing and floss-

ing ? or keeping dentures clean ? is a must. Germ-killing mouthwash is also helpful.

Immunizations are key. The Mayo Clinic and the National Heart, Lung and Blood Institute both advise seniors and anyone at risk for pneumonia to get vaccinated against bacterial pneumococcal pneumonia. It's a one-time vaccine that can prevent or reduce the severity of pneumonia. His or her doctor may also recommend a booster vaccine after five years. It's also a good idea to vaccinate seniors against other illnesses that can lead to pneumonia, particularly influenza.

Talk to seniors about smoking. Smoking is a major risk factor for pneumonia. It greatly increases a person's likelihood of getting the disease because it harms

the ability of the lungs to defend against infection. Quitting smoking altogether can help at-risk seniors fend against pneumonia.

Encourage good general health. Good overall health habits are critical to preventing pneumonia in seniors and keep the immune system strong enough to fight off infection. Help them follow appropriate nutritional guidelines for seniors (and any pre-existing conditions), and encourage them to get plenty of rest and physical exercise.

Be Familiar with the Symptoms of Pneumonia

The incidence of pneumonia increases with age, and seniors with pneumonia complain of fewer symptoms than do younger people. That's why it is important that you be aware of the following symptoms:
Coughing

Chest pain
Chills
Fever
Confusion
Fatigue
Shortness of breath
Delirium
Worsening of chronic confusion
Falls

As soon as these symptoms appear, the senior should be taken to a doctor. Pneumonia is a serious illness, so it should be treated as such and strict standards should be maintained to help him or her prevent – or cope – with it.

Comfort Keepers® can help. Our trained caregivers help provide senior clients with the highest quality of life possible to keep them happy and healthy at home. Our Interactive Caregiving™ engages clients physically, emotionally, mentally and socially? and provides a system of care that addresses safety, nutrition, mind, body, and activities of daily living (ADLs).

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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Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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Symphony NH Concertmaster Quartet to perform at Canterbury Shaker Village

CANTERBURY — On Saturday, Dec. 3 at 4 p.m., Symphony NH Concertmaster Quartet will perform at Canterbury Shaker Village. Musicians to perform include Concertmaster Elliott Markow, Assistant Principal Viola Elaine Leisinger, Lynn Basila (violin), and Nathaniel Lathrop (cello).

The performance by Symphony NH Concertmaster Quartet is part of Concert & Cocktails, a themed evening that concludes with a reception at 5 p.m. with farm-to-table appetizers by The Rustic Gourmet and a signature cocktail by Cold Garden Distillery.

"This festive event is a wonderful way to start off the holiday season," said Leslie Nolan, executive director of the Vil-



lage. "We look forward to welcoming new and returning guests for this special evening."

Concert & Cocktails is made possible with support from Coaches Collective International, Cambridge Trust, and Betsy & Bruce Stefany. Tickets are \$75, and may be purchased at shakers.org/symphonynh.

Featuring 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement, the Village is designated as a National Historic Landmark with 25 restored original Shaker buildings and 4 reconstructed Shaker buildings. To learn more about the Village, visit shakers.org.

Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information about The Trail, visit nhmuseum-trail.org.

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Edward Jones: Financial Focus

COLA is sweet for Social Security recipients

If you receive Social Security, you've probably already heard that your checks in 2023 will be bigger – considerably bigger, in fact. How can you make the best use of this extra money?

Here's what's happening: For 2023, there's an 8.7% cost-of-living adjustment (COLA) for Social Security benefits – the largest increase in 40 years. Also, the monthly Medicare Part B premiums are declining next year, to \$164.90/month from \$170.10/month, which will also modestly boost Social Security checks for those enrolled in Part B, as these premiums are automatically deducted.

Of course, the sizable COLA is due to the high inflation of 2022, as the Social Security Administration uses a formula based on increases in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). So, it's certainly possible that you will need some, or perhaps all, of your larger

checks to pay for the increased cost of goods and services. But if your cash flow is already relatively strong, you might want to consider these suggestions for using your bigger checks:

- *Reduce withdrawals from your investment portfolio.* When you're retired, you will likely need to withdraw a certain amount from your portfolio each year to meet your expenses. A boost in your Social Security may enable you to withdraw less, at least for a year. This can be particularly advantageous when the markets are down, as you'd like to avoid, as much as possible, selling investments and withdrawing the money when investment prices are low. And the fewer investments you need to sell, the longer your portfolio may last during your retirement years.
- *Help build your cash reserves.* When you're retired, it's a good idea to maintain about a year's worth of the amount you'll spend from your portfolio in

cash, while also keeping three months' of your spending needs in an emergency fund, with the money kept in a liquid, low-risk account. Your higher Social Security checks could help you build these cash reserves. (Also, it's helpful to keep another three to five years' worth of spending from your portfolio in short-term, fixed-income investments, which now, due to higher interest rates, offer better income opportunities.)

- *Contribute to a 529 plan.* You could use some of your extra Social Security money to contribute to a tax-advantaged 529 education savings plan for your grandchildren or other family members.
- *Contribute to charitable organizations.* You might want to use some of your Social Security money to expand your charitable giving. Your generosity will help worthy groups and possibly bring you some tax benefits, too.

While it's nice to have these possible options in 2023, you can't count on future COLA increases being as large. The jump in inflation in 2022 was due to several unusual factors, including pandemic-related government spending, supply shortages and the Russian invasion of Ukraine. It's quite possible, perhaps even likely, that inflation will subside in 2023, which, in turn, would mean a smaller COLA bump in 2024. Nonetheless, while you might not want to include large annual COLA increases as part of your long-term financial strategy, you may well choose to take advantage, in some of the ways described above, of the bigger Social Security checks you'll receive in 2023. When opportunity knocks, you may want to open the door.

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Financial Advisor
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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.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 14-21.

A 19-year-old female from Belmont was issued a summons in lieu of arrest on Nov. 15 for Driving After Revocation or Suspension.

Eric J. Lewis, age 52, of Laconia was arrested on Nov. 16 for Resisting Arrest or Detention, Obstructing Government Administration, and in connection with multiple warrants.

Jason R. Fournier, age 31, of Belmont was arrested on Nov. 16 for Dealing and/or Possession of Prescription Drugs, in connection with a warrant, and on multiple counts of drug possession.

Jamie J. Judkins, age 48, of Northfield was arrested on Nov. 16 for multiple counts of Criminal Trespassing.

Edward B. Raymond, age 54, of Loudon was arrested on Nov. 17 for Second Degree Assault.

Kevin M. Townsend, age 48, of Rochester was arrested on Nov. 18 for Criminal Threatening with a Deadly Weapon.

Germain T. Wallen, age 25, of Moultonborough was arrested on Nov. 18 for Driving Under the Influence-Impairment and an Open Container violation.

Nicholas T. McKenney, age 29, of Belmont was arrested on Nov. 20 for Driving After Revocation or Suspension and Operating Without a Valid License.

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Belknap House celebrates #GivingTuesday, opens its doors to visitors

LACONIA — This #GivingTuesday, Belknap House will celebrate giving by opening its doors to those interested in seeing the shelter and learning how we support homeless families with a hand-up. Belknap House’s mission of providing families in Belknap County, safe shelter when children are especially at-risk during homelessness, and empower parents to become self-sufficient through education and customized resources, is ever more critical.

This spring Belknap House celebrated its fifth

year providing safe shelter, and family stability to children and parents. What many may not realize as they drive by the big white house at 200 Court St., is that the shelter is a home, an oasis for families that find themselves in a situation they were not prepared for – becoming homeless, with literally, no place to go.

“We are grateful for the recognition Belknap House has received, and for the many people who have toured the shelter, met families, and learned more about our work. The Lakes Region

consists of generous and compassionate business and community members. We continue to welcome anyone interested in visiting Belknap House. On #GivingTuesday, please feel free to stop by for a visit,” said Paula Ferenc, Executive Director. “Due to construction, entering the shelter from the Pearl Street driveway is recommended.”

#GivingTuesday is a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy and

to celebrate generosity worldwide. Following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, this year’s #GivingTuesday will take place on Nov. 27, and will kick off the season by inspiring people to collaborate and give back.

Look for us in Facebook for information about volunteering, or other ways you can give on #GivingTuesday, you may also visit www.belknaphouse.org.

Laconia to open cold weather shelter

LACONIA — The City of Laconia will have a low-barrier cold weather shelter to offer safety to those who are experiencing homelessness. The initiative is a result of public concern about the growing homelessness issue, and the work of Laconia’s Homelessness Task Force led by Mayor Andrew Hosmer, and recent community-wide discussions led by Laconia Police Detective Eric Adams and Navigating

Recovery’s Daisy Pierce.

The shelter will be open during significant or extreme weather conditions and will have capacity to house up to 30 people between the hours of 7 p.m. to 8 a.m., from Dec. 1 through April 1.

This effort is possible through funding from the Department of Health and Human Services (DHHS) Home-

less Assistance and Prevention, and the collaborative efforts of several community non-profit partners: city officials, the Laconia Police Department, Navigating Recovery, the Partnership for Public Health, and Isaiah’s Café. Lakes Region Mental Health Center (LRMHC) will manage staffing and operations of the shelter, because of their successful history managing one of the state’s

two COVID shelters for the homeless during the pandemic. LRMHC has hired a shelter manager and will begin recruiting shelter workers to staff the facility. LMRHC has enjoyed a lengthy partnership with DHHS with contracts for services since it’s incorporation in 1966.

For more information contact LRMHC at 603-524-1100 or email klegsdin@lrmhc.org.

Lakes Region Art Gallery hosting special Christmas Sale

TILTON — To celebrate the Christmas season, and to introduce the idea that giving original art is both a unique and affordable idea, the Lakes Region Art Gallery is having a special art sale.

Featuring original

(one-of-a kind) paintings and images, each has an iconic theme. None are larger

than 12 inches by 12 inches, (ideal size for gift giving), framed, signed and ready to hang for

\$99 each. Artwork includes a variety of mediums including oils, wa-

tercolors, acrylics, pastels, and photography, and 100 percent of each sale goes directly to the artist. Giving original artwork is the gift that will keep on giving forever, especially if it features a Holiday theme.

Visit our Web site

for more information about the gallery: www.LRAANH.org

The Lakes Region Artist Association is located at 120 Laconia Rd., Tanger Outlets, Suite 300, Tilton. Open 10 a.m. – 6 p.m., Thursday through Sunday (more hours / days to be added soon!).

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Shaker Regional School District Invitation to Bid

Shaker Regional School District is accepting bids the replacement of backstops at Bryant Field. Pre-bid walk-throughs will be held on Tuesday, November 29, 2022 and bids are due Tuesday, December 6, 2022. Information can be obtained on the District website, www.sau80.org; or by contacting Stephen Dalzell, Director of Buildings & Grounds by phone at 603-267-9223 x5309 or by email at sdalzell@sau80.org.



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MEREDITH:
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Franklin: 4BR/2BA, Updated New Englander w/ attached in-law suite on the main flr w/ separate entrance. Newer appliances, beautiful wood ceiling & custom stonework. Huge bonus room for all your guests upstairs. Spacious backyard with a firepit. \$374,000 MLS# 4937291



Laconia: 5BR/5BA, Set in the Oakleigh community of Long Bay. 1st flr Primary suite w/ twin vanities, a walking shower, and jetted tub. 4 of the 5 BRs have ensuites. Community amenities include 2 beaches, an inground heated pool, a tennis court, walking trails, and 3 ponds. \$1,099,000 MLS# 4937640



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CNC Specialist – benefits upon hire \$3,000 sign on bonus
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Loon Mountain Resort

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ALL-STATE

CONTINUED FROM PAGE A1

drella of Lebanon, Nate McEvoy of Hollis-Brookline and Ben Robinson of Coe-Brown, midfielders Anders Eisenhaure of Oyster River, Gavin Wheeler of Merrimack Valley, Otto Bourne of Lebanon and Hunter Crea of Hollis-Brookline and forwards Hunter Perry of Oyster River and Nick Brill of Lebanon.

Second Team honors also went to goalie Miles Lanier of John Stark, defenders Maddox Maguire of Milford, Austin Klonel of Con-Val and Andrew Baldwin of Merrimack Valley, midfielders Andres Alcocer of Oyster River, Aden Cremonini of Milford and Lucas Godoi of Merrimack Valley and forwards Brady Kouchoukos of Coe-Brown and Avery Wilson of Milford.

Also earning Honorable Mention were goalies Wyatt Beaulieu of Con-Val and John Sommer of Hollis-Brookline, defenders Chuck Wason of Souhegan, Kaden Dolloff of Laco-

nio Furtado of Pelham, midfielders Colby Pepka Pembroke, Luke Harts-horn of Bow, Joe Bernasconi of Souhegan and Brady Ash of Sanborn and forwards Garrett Rousseau of Con-Val and Nate Shipman of Trinity.

Con-Val's Scott Daniels was named Division II Coach of the Year and Lebanon's Bill McFee was named JV Coach of the Year.

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

TEA

CONTINUED FROM PAGE A1

gy on this special day is electric. I couldn't be prouder of the students and staff who put a great deal of time and effort into supporting our students as they took on this literary adventure."

For more information about Spaulding Academy & Family Services, visit SpauldingServices.org.

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of ed-

ucational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Its scenic hilltop campus is located on over 500 acres in North-

field, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on the Northfield campus, Spaulding Academy & Family Services' community-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit www.SpauldingServices.org.



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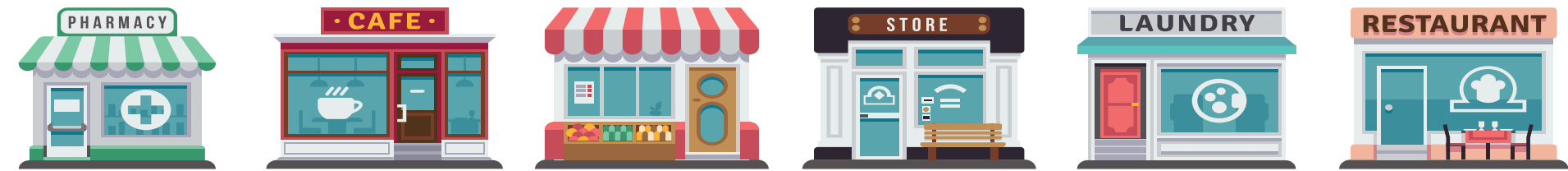
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