

# From ballerina to baller

## Daughter of Belmont resident finds new love for rugby at UNH

BY JOSHUA SPAULDING  
Sports Editor

DURHAM — Those who knew Makena Collie as a kid growing up in Berlin might be a bit surprised at where her college experience took her: The 2020 graduate of Berlin High School (and daughter of Belmont’s Joe Collie) has become a key cog on the women’s rugby team at the University of New Hampshire, a team that advanced to the divisional finals and earned a bid into the regionals, which were held this past weekend in Henniker. Rugby at UNH is played in both the spring and the fall, with 15s (15 players per side) in the fall and sevens (seven players per side) in the spring.

“Last year, 15 of the 20 of us had never heard



The UNH side poses for a photo after an especially muddy game against the University of Vermont. Berlin graduate Makena Collie is in the center of the back row.

COURTESY

of rugby before,” Collie said of her junior year fall campaign. “We didn’t come close to winning any games.”

But, as the team came together and learned the sport, the sevens season last spring went well and the group has continued to grow into a strong program this fall.

“You can see it’s working again, we had 20 returners play this fall and 20 new players as well,” Collie said, noting the team can have full-on games against itself during practice. “It’s paid off, subs are a blessing.”

For Collie, the transition into rugby was a unique one and one that she said honestly started with a little bit of peer

SEE COLLIE, PAGE A12

# Gale School update Nov. 29

BELMONT — Have you been wondering what is going on with the planned redevelopment of the Gale School at its new location on Concord Street?

The Save Our Gale School Committee and Lakes Region Community Developers would like to give you an update as to what is happening and when.

Please join us on Wednesday, Nov. 29 at 5:30 p.m. at the Belmont Mill.

The Gale School was built in 1894, and was used by the Belmont school district until the mid-1980s. The building has been vacant since then, and years of neglect have taken their toll. The redevelopment project will transform the once dilapidated school in Belmont into a vibrant community facility hosting a childcare center operated by the Boys & Girls Club of Central New Hampshire and a program center operated by Lakes Region Community Services (LRCS). The childcare center will add 35 new childcare slots to the Lakes Region. The LRCS Program Center will serve more than 100 families.

The Gale School was named to the New Hampshire State Register of Historic Places in 2018, and was selected as one of New Hampshire’s Seven to Save in 2017.

In July 2020, the building was successfully moved by the local Save Our Gale School Committee (SOGS)

SEE GALE, PAGE A12



COURTESY

Auction volunteer Charlene Moses, left, and Executive Director Jennifer Kelley show off a collection box.

# Greater Lakes Region Children’s Auction item collection sites open

- LACONIA — The Greater Lakes Region Children’s Auction announced recently that many collection sites are now open to drop off items for this year’s event from Dec. 5 to 8, at the Belknap Marketplace.

Jennifer Kelley, the auction’s executive director, said, “We’re looking for new, unused items, big and small. Gifts cards are always a hit with our bidders. Other popular items include electronics, tools, tickets to sporting events, experiences, toys, services. You name it, we need it.”

**Collection boxes are at these locations in the Lakes Region:**

Alton: Irwin Marine, 396 Main St., Meredith Village Savings Bank, 82 Wolfeboro Highway

Ashland: Meredith Village Savings Bank, 5 Riverside Drive

Belmont: Baron’s Major Brands, 225 Daniel Webster Highway, Belmont Fire Dept, 14 Gilmanston Road, and Mattress Firm, Belknap Marketplace, 96 Daniel Webster Highway

Bristol: Tapply Thompson Community Center, 300 N. Main St.

Center Harbor: Meredith Village Savings Bank, 28 State Route 25

Franklin: Grevior Furniture, 440 Central St

Gilford: Franklin Savings Bank, 11 Sawmill Road, Gilford Tennis and Fitness Club, 314 Old Lakeshore Road and Meredith Village Savings Bank, 1383 Lakeshore Road

Laconia: Body Covers, 94 Primrose Drive North, Irwin Automotive Group, 59 Bisson Ave, Irwin Automotive Group, 446 Union Ave., Irwin Marine, 958 Union Ave., Meredith Village Savings Bank, 379 S Main St. (Route 106), The Wellness Complex, 827 N Main St.

Meredith: Edward Jones, 164 NH Route 25 #1A, Fitness Edge, 169 Daniel Webster Highway, Meredith Insurance Agency, 2 Lakes St., Suite 1, Meredith Village Savings Bank, 71 NH Route 104 and 24 NH Route 25

Moultonborough: Meredith Village Savings Bank, 991 State Route 25

Plymouth: Meredith Village Savings Bank, 131 Main St.

Tilton: The Country Store at Tanger Outlets, 120 Laconia Rd., Dox on Winnisquam, 927 Laconia Rd.

SEE AUCTION, PAGE A12

## Early deadlines for Thanksgiving

With Thanksgiving falling on a Thursday, when the Winnisquam Echo would ordinarily be published, that week’s edition will be arriving in subscribers’ mail boxes a day early, on Wednesday, Nov. 22.

In order to accommodate this change in our schedule, the submission deadline for any press releases and letters to the Editor intended for publication that week has also been moved up, to Thursday, Nov. 16 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at [brendan@salmonpress.com](mailto:brendan@salmonpress.com).

The Winnisquam Echo thanks our readers for their co-operation with this temporary change in deadlines, and wishes them a safe and happy Thanksgiving.



# Castle in the Clouds celebrates successful 2023 season

MOULTONBOROUGH — The 2023 season at Castle in the Clouds was an outstanding success, thanks to the support and enthusiasm of the community. Castle in the Clouds extends its heartfelt gratitude to all who joined in making this year extraordinary.

The season kicked off by hosting the first-ever Community Arts Festival, featuring booths with dozens of crafters, artists, and community organizations, various art demonstrations and performances, a scavenger hunt, art activities for kids, and more. Presented in partnership with the Lakes Region Art Association, Castle in the Clouds looks forward to continuing this tradition for years to come.

Following their incredible start, Castle in the Clouds experienced continued success at the Wild West Gala in the Clouds. More than \$98,000 was raised to benefit the interior rehabilitation of Brook Lodge, an original gatehouse on the property.

Nearing the end of their season, the Castle Car Show showcased a stunning array of classic and vintage automobiles. The Castle Car Show is an annual celebration of automotive history and excellence that serves as a crucial fundraiser vital to the ongoing preservation and maintenance of the Castle's historic estate.

"As we celebrate this year's success, we also look ahead to the future of Castle in the Clouds, knowing that the funds raised will play an important role in preserving this historic estate," said Charles Clark, Executive Director of Castle in the Clouds. "Our gratitude goes out to all who joined us this season to provide future generations with the opportunity to enjoy the timeless beauty and charm that Castle in the Clouds offers."

Although the 2023 season has come to a close, Castle in the Clouds invites the community to join them for a magical experience at the upcoming Christmas at the Castle. The Christmas at



the Castle Preview Party is scheduled for Nov. 17, from 4 to 7 p.m. Attendees can enjoy an exclusive first look at the Lucknow Estate dressed in holiday spirit. Christmas at the Castle will continue on Nov. 18 – 19 and 24 – 26, from 10 a.m. to 4 p.m., offering a delightful experience for all ages.

To learn more about Christmas at the Castle, please visit [castleinthecLOUDS.org/event/christmas-at-the-castle-2023](https://castleinthecLOUDS.org/event/christmas-at-the-castle-2023).

## BNH participates in statewide #NHBanksGiveBack effort

LACONIA — Throughout the month of October, Bank of New Hampshire participated in #NHBanksGiveBack, a volunteer celebration organized by the NH Bankers Association. BNH joined the New Hampshire banking industry to support local communities through volunteer efforts and financial support.

#NHBanksGiveBack is a coordinated month of service where NH Bankers Association's member banks are asked to engage in one or more of their regularly scheduled community service efforts during the month of October.

Bank of New Hampshire proudly engaged in a range of charitable activities during the #NHBanksGiveBack campaign, with a total of 24 dedicated volunteers contributing 77

#NHBanksGiveBack2023

Member FDIC

COURTESY Bank of New Hampshire employees performing various volunteer efforts across New Hampshire.

volunteer hours. In addition to contributing valuable time, BNH also donated \$10,450 in financial support to these initiatives. Bank of New Hampshire's commitment to making a positive impact on our communities goes beyond banking. The organizations served across New Hampshire include the following:

- Pope Memorial SP-CA's "Walk for the Animals" in Concord
- Aspire Women's Center's "Fall Fundraising Event" in Laconia
- American Legion Post #59's "1st Annual Fundraising Golf Tournament" in Hillsborough
- Somersworth Festival Association's "Pumpkin Festival" in Somersworth
- Concord Coalition to End Homelessness' "Blues, Brews, and BBQ" in Concord
- Town of Thornton's "Trunk or Treat" in Thornton
- Cleaning buses at the Boys & Girls Club of Manchester in Manchester
- Volunteering with the New Hampshire Food Bank in its statewide Fresh Rescue program
- SCARE NH's costume donation drive and volunteering at the distribution event
- Restoring a playground and teaching classes at the Community Action Partnership of Strafford County in Dover
- Sponsoring Pumpkin Fest, judging the pumpkin display competition, and helping set up for the event with the Lakes Region Chamber in Laconia

Bank of New Hampshire is proud to have been part of this statewide effort, showcasing our dedication to the well-being of the communities we serve.

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Oct. 30 to Nov. 6.

A 20-year-old male from Belmont was issued a summons in lieu of arrest on Nov. 4 for Driving After Revocation or Suspension of License (subsequent offense) and Suspension of Vehicle Registration.

Joshua R. Norton, age 29, of Sanbornton was arrested on Nov. 4 for DUI-Impairment.

Bailey G. Swinton, age 27, of Belmont was arrested on Nov. 5 for Domestic Violence-Simple Assault resulting in Physical Contact, Domestic Violence-Simple Assault resulting in Bodily Injury, and Breach of Bail.



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# Temple B'nai Israel of Laconia remembers Kristallnacht

LACONIA — On Thursday, Nov. 9, the Lakes Region community gathered on the steps outside of Temple B'nai Israel to commemorate Kristallnacht, "The night of Broken Glass." This is the third consecutive year that this event has been held and the first snowfall of the season did not deter people to remember the victims, denounce hatred, and stand in witness to the atrocities of the Nazi regime. NHPR reporter Olivia Richardson referred to the event as "an evening of warmth, support, and remembrance."

TBI member Lois Kessin planned the event inviting local dignitaries and clergy to speak. Most notably, Congressman Chris Pappas and Rabbi Robin Nafshi of Temple Beth Jacob in Concord. Local dignitaries included

Brian Beihl, host and producer of the American Democracy Minute Radio Report, Retired Judge Jim Carroll, Rev. Judith Wright of the Unitarian Universalist Society of Laconia, Pastor Campbell Lovett of the Congregational Church of Laconia, Steve Tucker, Superintendent of the Laconia School District, David Stamps, Chair of the Laconia Human Relations Committee, and Ira Keltz, President of Temple B'nai Israel, standing in for Rabbi Jan Katz who could not be in attendance. TBI Member John McArthur led the attendees in singing traditional Hebrew melodies.

Kristallnacht was described as "Germany's most bloody assault on Jews since the Middle Ages," according to Rabbi Jan Katz. This year marks the 85th anniversary of this



tragedy that was the beginning of the Nazi's all-out persecution and slaughter of the Jews of Europe. The State of Israel was born of the tragedy of the Holocaust. Today we are faced with an unimaginable

attack on Israel by Hamas which has spurred global antisemitism to heights not seen since World War II. It was hard not to connect the two events and the global reaction.

"Jewish communities everywhere are hurting deeply because of the lingering trauma of the Holocaust, because of the rise of antisemitism, because of the unimaginable suffering of our brothers

and sisters in Israel, and because of the suffering of the Palestinian people. Yet, here in Laconia and the Lakes Region, we know we are not alone. You are with us, and you show us the power of empathy," as stated by Rabbi Katz.

Brian Biehl offered his personal recollection of visiting Nuremberg in 2015: "As we walked through the streets, we began to see small brass squares embedded as small cobblestones into the pavement. Each of them is inscribed with, 'Here Lived,' followed by names, the address, and a short phrase in German which described the fate of those people: Internment, suicide, exile or, in most cases, deportation and murder."

He continued, "They're called Stolpersteine, or 'Stumbling Stones,' and are now installed in 1,200 cities and towns across Europe and Russia. This project began in 1992, and as of June 2023, 100,000 Stumbling Stones have been installed. It's the largest decentralized memorial in the world."

Upon conclusion, Biehl offered this important message: "We must shatter silence by speaking out. We must shatter complacency with action. We must shatter authoritarianism by voting. We must shatter violence with peace. We must shatter hate with love."

## Hope Ministries collecting warm clothing for adults

GILFORD — Do you have any gently used warm clothing? Clothing you or your family no longer use? Now you can gift these vital providers of warmth for those in our area. Hope Ministries, at First United Methodist Church, will be collecting warm clothing through November.

We will be collecting men's and women's sizes: thermals, long John's, winter boots, snow pants, jackets, hand-warmers, winter socks, gloves. This is the drive's third year for clothing shared with shelters across the Lakes Region. We thank anyone who is able to help people stay warm.

Please bring any donations to First United Methodist Church office through November (weekdays between 9 a.m. and noon). To drop off donations, ring the doorbell any weekday between 9 a.m. and noon and someone will be there to receive your donations. The church is located at 18 Wesley Way, Gilford, NH 03249,

## Plymouth State softball announces winter softball clinics

PLYMOUTH — The Plymouth State University softball program has announced additional dates in its series of off-season clinics, head coach Mike Bernier announced on Friday.

The program will be running an Advanced Pitching Clinic in January, as well as three Winter Softball Clinics (not position-specific), in February.

Online registration is required for all

Plymouth State Athletics camps and clinics and is available at [athletics.plymouth.edu/camps](https://athletics.plymouth.edu/camps).

### Plymouth State Softball Advanced Pitching Clinic

Hosted at the ALL-Well North building, this one-day advanced pitching clinic will take place on Sunday, Jan. 28 (11 a.m. – 1 p.m.). The clinic is facilitated by former NCAA Division I Merrimack College

pitching coach Harold Sachs, along with members of the PSU softball coaching staff and pitching staff and is open to high school athletes (grades nine-12). The registration fee is \$100 per person. Athletes are asked to bring their own gloves, sneakers, and water, and to provide their own catcher.

### Plymouth State Winter Softball Clinics

Hosted at the ALL-Well North building, this series of clinics run by PSU softball coaches and players will cover throwing, fielding, hitting and baserunning. The clinics are offered on Feb. 4, 10, and 18, from 11 a.m. – 2:30 p.m. each day. The clinics are open to athletes in grades six-12. The cost to attend a single clinic is \$80, with discounted rates for two sessions (\$140), and all three ses-

sions (\$200). Athletes are asked to bring their gloves, bats, sneakers, and water.

## Suncook Valley Sno-Riders to host public ham & bean supper

PITTSFIELD — Saturday, Nov. 18th from 5 to 7 p.m., the Suncook Valley Sno-Riders invite the public to a ham & bean supper.

This dinner is open to the public, and is also a free meal to our landowners as a "Thank

You" for the use of their land for snowmobiling. Adults \$10 each, children six to 12 \$5 each, ages under six free.

The meal consists of ham, a variety of beans made by club members,

mashed potatoes, coleslaw, roll, a drink and an assortment of yummy desserts. This event will be held downstairs at the Pittsfield Community Center. At 7 p.m., we will be giving away three frozen turkeys, so be sure to fill out a "Tur-

key Slip" when you purchase your meal. You may be a lucky winner of a turkey just before Thanksgiving!


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EDITORIAL

Worry less about gifts, more about quality time

As the holiday season approaches, many of us find ourselves caught up in the whirlwind of gift shopping, decorating, and party planning. While these festive traditions bring joy and excitement, it's essential to remember the true meaning of the holidays. This year, let us consider shifting our focus from the materialistic components of the season to something more precious: quality time spent with friends and family.

In recent years, the holiday season has become synonymous with consumerism. We are bombarded with advertisements enticing us to buy the latest gadgets, toys, and luxury items, often causing stress and financial strain. The pressure to find the perfect gift can overshadow the real essence of the holidays – the opportunity to connect with our loved ones on a deeper level.

One of the greatest gifts we can give each other during this season is our time and undivided attention. In our fast-paced lives, it's all too easy to let precious moments slip away. This holiday season, try to slow down, unplug from our screens, and fully engage with our friends and family.

Quality time is at the heart of strong and meaningful relationships. It's a chance to create cherished memories by simply just hanging out.

Instead of stressing over finding the most extravagant gifts, consider alternatives that emphasize experiences over possessions. Plan a family hike, a cozy movie night, or a day of volunteering together.

It is worth noting that this shift doesn't mean abandoning gift-giving altogether. Thoughtful, meaningful gifts can still play a role in the holidays, but they should complement the primary emphasis on quality time spent with loved ones.

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.



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The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.  
POSTMASTER:  
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

THE WINNISQUAM ECHO  
PUBLISHED BY  
SALMON PRESS

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COURTESY

To protect and scare

Not even officers on patrol in Sanbornton could resist joining in the spooky fun as they prepared to make their rounds on Halloween. Photo courtesy of the department's Facebook page.

Positively speaking!

Toby Moore

The Law of Averages

For many of us, a neverending stream of worries dominates our thoughts. These persistent fears disturb our peace of mind and impact our ability to enjoy life.

Will the economy crash? Are we headed for nuclear conflict? Is my partner going to leave me? Will my child be lost to addiction?

It's one worry after another, a never-ending cycle, like a hamster running on a wheel.

Yes, it's normal to worry at times, but there is a point where it can impair your physical health, causing you to be worried sick!

Imagine a universal law that can help manage these fears. If you're constantly burdened with fear and worry, keep reading because this law is so simple and easy to understand that you don't need anyone to teach you how to use it.

When fear overwhelms you, you must ask yourself, "What are the odds?"

Why, you ask? Because the law I'm talking about is called "The Law of Averages."

This principle, described by Dale Carnegie in his book "How to Stop Worrying and Start Living," is a pragmatic approach to tackling the worries that plague our minds.

The Law of Averages teaches us to analyze our fears logically and statistically.

Carnegie once said, "Ninety-nine percent of the things we worry about never occur!"

Imagine Sarah is about to board a flight for a long-awaited vacation. She should be excited, but a nagging worry clouds her: the fear of a plane crash. Each sound during takeoff and bit of turbulence inflates her anxiety.

Now, let's apply the Law of Averages to Sarah's situation. This principle suggests evaluating the likelihood of an event based on statistical probability, rather than subjective fears. So, what do the numbers say?

SEE AVERAGES, PAGE A5

Comfort Keepers

Pneumonia in seniors: Prevention and treatments

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

There are many benefits that come with getting older, and there are also factors to be aware of when it comes to our health and wellness. As we age, our body's natural defenses become less reliable and as a result, seniors are more susceptible to infection - including pneumonia. Pneumonia is an infection that affects one or both lungs and can range from mild to severe.

The additional steps that older adults take to protect their health can have long-lasting physical and mental effects. And staying healthy is the best way for seniors to continue living the highest quality of life.

Why pneumonia is more common in seniors

Changes to the lungs as we age: Because of changes to the respira-

tory system that happen with age, seniors can't always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection. Weakened immune systems: A senior's immune system has a harder time fighting off infection. And, some health issues can have an even greater negative effect on a senior's ability to fight off an infection – issues like an organ or bone marrow transplant, chemotherapy (treatment for cancer), or long-term steroid use. Senior health conditions: Diabetes, Parkinson's disease, chemotherapy, and HIV put seniors at a higher risk for pneumonia, as well as cystic fibrosis, asthma, COPD (chronic obstructive pulmonary disease), and bronchiectasis. Surgery can also expose seniors to infections that can lead to pneumonia.

Signs of pneumonia

Symptoms can include coughing, fever, chills, shortness of breath, chest pain, green or yellow sputum that comes up during coughing, fatigue, and the sudden worsening of a cold or the flu.

Pneumonia treatments

Typically, a physician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. Bacterial pneumonia, it is usually treated with antibiotics. If the infection is viral, an anti-viral medicine may be prescribed. In addition to medication, doctors may give the patient fluids, oxygen, pain relief and medical support.

Reducing the risk of pneumonia in seniors

Seniors should discuss pneumonia prevention with their physician to determine the best plan. Some options to help reduce the risk of pneumonia include:



# Temple B’nai Israel We Care concert raises funds for Interlakes Community Caregivers

LACONIA — On Monday, Nov. 6, representatives of We Care of Temple B'nai Israel presented the Interlakes Communi-

(Right) Pictured are We Care’s Stu Needleman, Committee Chair and Barbara Katz, Marketing Chair. Interlakes Community Caregivers representatives are Pam Joyal, previous Executive Director, Chris Kelly, Board President, Dyan Lowman, Board Secretary, Kathryn Holt, Executive Director, Amy Blongy, Lead Coordinator, and George Jewell, Board Treasurer.



ty Caregivers with the proceeds from their recent sold-out fundraising concert. The event was held on Oct. 28 and featured The Jersey Tenors, in a much anticipated return engagement to the Lakes Region. One enthusiastic audience member remarked, "Such a fun night with great entertainers...from a Jersey girl!" The evening's proceeds of \$23,295 was a result of ticket sales and the support of businesses who sponsored the event including Audi Nashua, Interlakes Family Dental, Miracle Farms Landscaping, Comfort Keepers, Electrical In-

stallations, McCarthy Lawn and Landscape, The Platinum Group at Re/Max Bayside, Ippolito's Furniture, Northway Bank, Taylor Community, The Moultonborough Lions Club, Break Away Rentals, Circle Dental, E.M. Heath Market, Moulton Farm, Overhead Door Options, Re/Max Bayside, and Winsor Homes. The partnership between We Care, Interlakes Community Caregivers, and these outstanding community minded businesses will help to support the ongoing commitment of the Interlakes Community Caregivers to the population they serve.

## AVERAGES

CONTINUED FROM PAGE A4

Plane crashes are rare, with odds of about one in 11 million. To put this into perspective, you're more likely to be struck by lightning or win a major lottery jackpot than experience a plane crash.

Knowing these stats, Sarah can see her fear doesn't match how safe flying is. Like millions before, the Law of Averages tells us that her flight is overwhelmingly likely to be safe and uneventful.

Let's consider John, a dedicated employee at a large corporation. Recently, there have been rumors of layoffs, and John is increasingly unable to focus, plagued by the fear of being laid off.

Every meeting invite or email from his boss heightens his anxiety, and he starts imagining the worst-case scenarios.

Now, let's apply the Law of Averages to John's situation. This principle encourages us to evaluate the likelihood of an event based on statistical data and realistic assessment rather than fears and rumors.

First, John can look into the economy and his industry's stability. Are widespread layoffs

happening in his field, or is it relatively stable? Next, he should consider his position within the company. Has he received positive performance reviews? Does he have unique skills or experiences that are valuable to the team?

Suppose John finds that his industry is stable and his performance has been consistently strong. In that case, the Law of Averages would suggest his chances of being laid off are relatively low. While it's not impossible, the probability doesn't warrant the level of worry he's experiencing.

This approach doesn't dismiss your fear but puts it into a rational framework. The Law of Averages is a powerful tool to counteract our exaggerated anxieties about rare events.

The Law of Averages is beautiful for its simplicity and usefulness.

It doesn't ask you to stop worrying cold turkey, which is nearly impossible. Instead, it offers a pathway to reframe your worries into something manageable. By analyzing the probabilities, we often find that many fears are less likely to materialize than we think. And even if they do, you're mentally prepared to handle them and work towards a better outcome.

"By the law of averages, it won't happen." is the phrase Carnegie said has destroyed ninety percent of his worries and made years of his life beautiful and peaceful beyond his highest expectations.

Next time you find yourself in the grip of fear, pause, breathe, and embrace the Law of

Averages to transform fear into a catalyst for confidence and clarity.

## COMFORT

CONTINUED FROM PAGE A4

Get vaccinated. All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria.

Practice good hygiene: Wash hands regularly or use an alcohol-based hand sanitizer. Don't Smoke or Take Steps to Quit: Smoking negatively impacts just about everything in our bodies, but the lungs obviously receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compromised.

Practice a Healthy Lifestyle: Seniors should follow a physician-approved diet and exercise regimen. This will help bolster their immune

system and reduce the risk of pneumonia.

### Comfort Keepers® can help

Whether senior clients are recovering from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

### 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.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

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**Edward Jones: Financial Focus**

**Do your investments match your goals?**

As you go through life, you'll have various financial goals — and to achieve them, you'll need to invest. But just recognizing the need to invest is not as useful as matching specific types of accounts or investments with specific goals. How can you make these connections?

Let's look at some common goals and how they could possibly be met with appropriate accounts and investments:

- *Saving for a down payment on a house* — When you're saving for a down payment, you want a certain amount of money available at a certain time — so, for this goal, you won't want to take too much risk. Consequently, you might consider investing in certificates of deposit (CDs), which will pay you regular interest payments and return your principal when the CDs mature. CDs

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are issued in a range of maturities, from one month to 10 years. Other vehicles you might consider are money market accounts or other cash equivalents.

- *Saving for a child's education* — If you have children, and you'd like to help them pay for some form of higher education, you may want to consider a 529 education savings plan. Any earnings growth in a 529 plan is federally tax free, provided the withdrawals are used for qualified education expenses, and you may also receive state tax benefits. A 529 plan can be used for college, approved trade school programs, student loan repayments and some K-12 costs. And if the child you've named as a beneficiary chooses not to continue their education, and doesn't need the money in a 529 plan, you can generally switch beneficiaries to

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another immediate family member.

- *Saving for retirement* — This is the one goal that will remain consistent throughout your working years — after all, you could spend two or even three decades in retirement, so you'll need to accumulate as many financial resources as you can to pay for those years. Fortunately, you likely have access to several good retirement-savings vehicles. If you work for a business, you might have a 401(k) plan, which offers you the chance to put away money on a tax-deferred basis. (If you have a Roth option in your 401(k), your withdrawals can be tax free, although, unlike a traditional 401(k), your contributions won't lower your taxable income.) If you work for a public school or a nonprofit organization, you may be able to participate in a

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403(b) plan, which is quite similar to a 401(k), and the same is true if you work for a state or local government, where you might have a 457(b) plan. And even if you invest in any of these plans, you can probably also contribute to an IRA, which gives you another chance to invest on a tax-deferred basis (or tax-free basis, if you're eligible for a Roth IRA). Try to take full advantage of whatever retirement plans are available to you.

Here's one final point to keep in mind: While some investments and accounts are appropriate for certain goals, they may not necessarily be suitable for your individual situation — so keep all your options in mind and take the steps that are right for you.



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# League of NH Craftsmen welcomes new juried member

MEREDITH — The League of NH Craftsmen Meredith Fine Craft Gallery is pleased to announce a newly juried ceramic artist, Grace Kerr. Kerr’s passion for working with clay began in her early childhood on a rice farm in Taiwan which in later life, after a career as a technical designer in the fashion industry, led her to pursue her passion in clay.

Kerr brings a wealth of experience and creativity to her work. Her unique blend of traditional SEE CRAFTSMEN, PAGE A7

# Lakes Region singer-songwriter to perform at the NE Music Awards!

FOXBORO, Mass. — Lakes Region Native and five-time nominee Dakota Smart has been selected to perform at the 2023 New England Music Awards at Six String Grill & Stage, Foxboro, Mass., on Sunday, Nov. 12.

Smart, 23-year-old Singer-Songwriter from Alton, has once again caught the attention of Music enthusiast with his 2023 New England Tour of over 100 performances this year and the release of his newest song, “Greatest Thing You’ve Never Seen.” He was one of the handful of Artists chosen to perform out of hundreds of talented acts from several New England States. For more information and tickets, visit <https://nemusicawards.com>

This is one of many successes for this young



singer-songwriter Dakota Smart. His career writing music and performing at the age of 10, by the time he was 17, he was on tour with an opening band for legendary Three Dog Night. At 18, he was already writing and releasing professional studio recorded songs. And started winning song competitions. He

received multiple New England Music Awards nominations by the time he was 21. He also released his fully produced album “Leap of Faith” and was selected out of more than 1,100 acts to perform in a Nashville Showcase in front of a panel of Music Industry A&R and Labels. Covid downtime inspired him to write dozens of new

songs which have tilted the ear of many music industry professionals encouraging him to continue this journey. He was recently paired with Nominated Producer, Lowell Reynolds to record 10 of his new songs at historic Blackbird Studio, Nashville. He was thrilled to record in the same room as one of the most iconic rock bands, Queen! Today, he’s a sought-after performer throughout New England. Dakota’s very passionate about writing and performing new music that is described by his audiences as “way above his years.” He’s one to watch! You can hear Dakota Smart music on Spotify and all Music streaming platforms. Follow him on social media @Dakota Smart Music and <http://www.dakotasmart.com>.

## Creative Coloring

Celebrate holiday cooking.  
Color in this picture to create your own masterpiece.

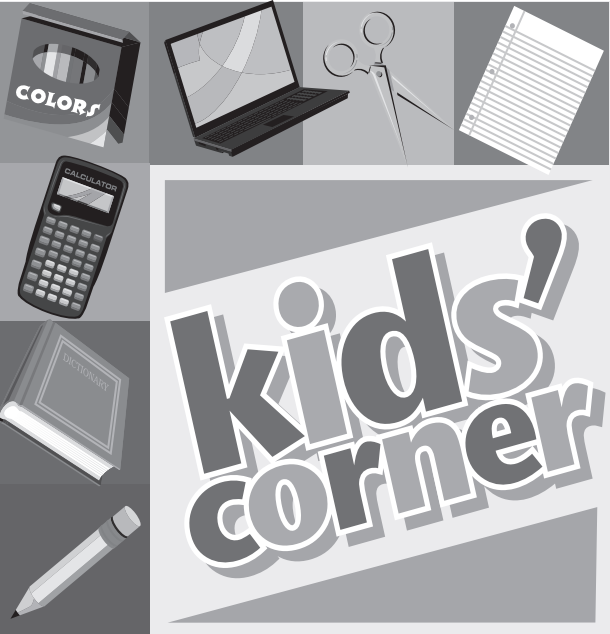


## THIS DAY IN...



## HISTORY

- **1901:** GUGLIELMO MARCONI TRANSMITS THE FIRST TRANSATLANTIC RADIO SIGNAL.
- **1946:** THE UNITED NATIONS EMERGENCY FUND (UNICEF) IS ESTABLISHED.
- **1972:** APOLLO 17 BECOMES THE SIXTH AND FINAL APOLLO MISSION TO LAND ON THE MOON.



THIS FOOD IS OFTEN THE  
MAIN COURSE AT HOLIDAY  
MEALS.

ANSWER: TURKEY

## New Word

### MENU

a list of dishes  
available in  
a restaurant

## How they SAY that in...

**ENGLISH:** Dinner

**SPANISH:** Cena

**ITALIAN:** Cena

**FRENCH:** Dîner

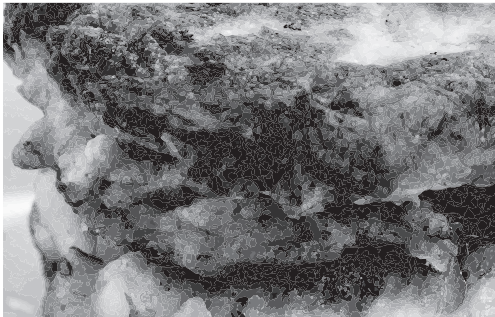
**GERMAN:** Abendessen

## Did you know?

EGGNOG IS A BEVERAGE SERVED DURING THE HOLIDAY SEASON THAT IS MADE FROM EGG YOLKS, MILK AND AROMATIC SPICES.



## GET THE PICTURE?



Can you guess what  
the bigger picture is?

ANSWER: LAKES



# Greater Lakes Region Children's Auction ornaments now available

LACONIA—'Tis the season to support the Greater Lakes Region Children's Auction, and local businesses are now selling decorative ornaments for in-store display or to take home. The ornaments cost \$1, \$5 or \$10 and help raise money for the auction, which will be held this year from Tuesday, Dec. 5 through Friday, Dec. 8, from 9 a.m. to 7 p.m., at the Belknap Marketplace in Belmont.

The ornaments are four-inch-round card-stock ornaments that customers can write their names on for display at a business or to take home. All proceeds benefit the auction.

## Ornaments are available at many community partner locations:

Alton: Foster's Tavern, 403 Main St.

Bristol: Cielito's Mexican Restaurant, 50 South Main St.

Danbury: Danbury Country Store, 705 US-4

Gilford: Bank of NH, One Country Club



COURTESY

Country Cook'n at the Lakeside is selling Children's Auction ornaments to their Gilford customers, along with a chance to win one of five \$25 gift cards. Left to right, owner Tara Scullin, Becky Witham, Grace Sherkanowski, Peggy Simoneau and Amber Fudge.

Road; Bank of NH, 1441 Lakeshore Road Route 11; Gilford Country Store & Nahamsha Gifts, 1934 Lake Shore Road; Gilford Hills Tennis & Fitness Club, 314 Old Lakeshore; Gunstock Mountain Resort, 719 Cherry Valley Road; H. Salon, 28 Weirs Road; Patrick's Pub & Eatery, 18 Weirs Road; The Wine'ing Butcher, 28 Weirs Road; Winnepesaukee Bay Gulls 2, 18 Weirs Rd, Fireside Inn & Suites, 17 Harris Shore Road.

Laconia: Bank of NH, 62 Pleasant St.; Body Covers, 94 Primrose Drive North; Café Déjà Vu, 311 Court St; Case n Keg Laconia, 855 Union Ave #2554; Crazy Gringo, 306 Lakeside Ave.; Defiant Records & Craft Beer, 609 Main St. units; High Octane, 1072 Watson Road; Laconia Village Bakery, 660 Main St.; LACS Snack Shack, Memorial Park, Tower Hill, 264 Lakeside Ave; Water Street Cafe,

141 Water St.

Meredith: Bank of NH, 312 Daniel Webster Highway; Great Northern Trading Company, 312 Daniel Webster Highway at Mill Falls; Fitness Edge, 169 Daniel Webster Highway; Forest view Manor, 153 Parade Road; Giuseppe's Pizzeria & Ristorante, 312 Daniel Webster Highway, Mill Falls; Harley-Davidson Laconia, 239 Daniel Webster Highway; Hermit Woods Winery & Eatery,

72 Main St.; Middleton Building Supply, 157 Main St.; The Wine'ing Butcher, 81 NH Route 25; White Birch Gifts, 63 Main St.

Moultonborough: Bank of NH, 960 Whittier Hwy Route 25, Winnepesaukee Bay Gulls 118 Whittier Highway.

Plymouth: Bank of NH, 6 Riverside Dr.

Gilford Country Store and Nahamsha Gifts will have a raffle at both locations; for every \$1 donated by purchasing an ornament, the customer will receive a raffle ticket to win a \$100 gift basket (at each store).

Winnepesaukee Bay Gulls in Gilford & Moultonborough offer three one-day-old bagels with the purchase of a \$5 ornament and six one-day-old bagels with the purchase of a \$10 ornament.

Country Cook'n At the Lakeside and Great Northern Trading Company: For every \$1 of donation, the customer will receive a raffle ticket to win one of five \$25 gift certificates.

Businesses interested in offering ornaments at their location should call 603-527-0999 or email jenn@childrensauction.org.

**About the Greater Lakes Region Children's Auction**  
Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region Children's Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$8 million to over 80 nonprofits that serve low-income families and children in the Lakes Region, all through volunteer efforts, community donations and corporate sponsorship. The Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports and how you can help, visit Childrensauction.org.

## CRAFTSMEN

CONTINUED FROM PAGE A6

techniques and contemporary aesthetics transforms clay into a pleasurable experience for viewing and daily liv-

ing. Please join us at the Gallery as we welcome Grace Kerr and display her latest ceramic creations of distinct craftsmanship and innovative artistic vision.

The League of NH Craftsmen Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith. For more information, visit our Web site at meredith.nhcrafts.org or call 603-

279-7920.

The League of NH Craftsmen is committed to the education and support of NH's fine craft tradition.

## PETS OF THE WEEK

### Ralph

Meet Ralph! This goofball is such a sweetheart and brings so much joy to the staff and volunteers here at the facility. He loves meeting new people and is always curious of other doggos. Ralph does have an autoimmune disease that requires treatment by daily medication and will require routine veterinary check ups (Check with your vet! You will find the monthly cost is not high!). During his



down time, between eating treats and playing fetch, Ralph loves to cuddle up for nap time and would be a great addition to a home looking for a little extra love.

Recently, members of our Volunteer Program, have been able to give Ralph some extra time out of the shelter! Through these outings we have learned - Ralph loves water and hiking. He enjoys getting to spend time outdoors and making new friends along the way.



### Gismo

Meet Gismo! With the softest coat and cutest face, she wants to be the center of all your attention and will provide adorable meows of approval. Submit an application to learn more about this cutie!



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## LEGAL

### SHAKER REGIONAL SCHOOL DISTRICT REQUEST FOR PROPOSALS - SNOW REMOVAL

Shaker Regional School District is soliciting quotes for snow removal for the 2023-2024 School Year at its three campuses in Belmont, NH. Bid specifications can be found on the district website, www.sau80.org, or by contacting Steve Dazell, Director of Building & Grounds, at 603-267-9223 ext. 5309. Proposals are due by noon on November 16, 2023. The Shaker Regional School Board will award the bid at its meeting on November 28, 2023.

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 **Wallace**

## SHAKER REGIONAL SCHOOL DISTRICT GIRLS BASKETBALL COACH

Shaker Regional School District is seeking coaches for the 2023-2024 season for Girls 7/8 Basketball.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at [cbelyea@sau80.org](mailto:cbelyea@sau80.org). Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

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MLS# 4976896

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MLS# 4976685

2BR/2BA, 1,680 sf. townhouse perfect for an income property, year round residence or just a great getaway retreat in Waukegan Village with many recent updates including the kitchen, fresh paint, new water heater, new ceiling fans, lighting and more. Just a short distance from the town beach.



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**Job Opening**  
**Highway Department**

The town of Plymouth Highway Department is currently accepting applications for the position of Highway worker. If you are hardworking, team player, with a positive attitude and willingness to learn, you may be the person we are looking for. Candidates need no previous experience; however, candidates need a valid driver's license with CDL-B endorsement. This position performs duties in all areas of construction and other assigned projects to include summer and winter maintenance of roadways. Duties include but are not limited to, operating heavy machinery necessary for road maintenance, maintaining municipal equipment and plowing roadways for winter operations, and other road maintenance tasks. Successful candidate will be required to be on-call for a week at a time on a rotating schedule.

If you are looking for a drug free, appreciative working environment that offers a competitive wage and benefit package including: Vacation, Sick Leave, Personnel Days, Educational Training, Health Insurance (Employee pays 15% of premium), Dental Insurance (Employee pays 100% of premium), Group Disability and Life Insurance, and retirement through NH Retirement System, you may be the person we are looking for. The Town of Plymouth is an equal opportunity employer.

Applications are available at the Plymouth Town Hall (603-536-1731), the Towns Website [www.plymouth-nh.org](http://www.plymouth-nh.org) or at the Plymouth Highway Department (603-536-1623) from 8am to 4pm, Monday through Friday. Applications will be accepted until a suitable candidate is appointed.

**Town of Plymouth**  
**Job Opening**  
**Plymouth Recycling Center**

The Town Plymouth is seeking a qualified individual to fill the position of Transfer Station Attendant.

This position is a full-time and year-round position.

Duties include but not limited to:

1. Maintaining the recycling area and insuring the proper disposal and classification of all recycled materials.
2. Assisting residents and commercial users in the appropriate placement of refuse and recyclables.
3. Assist the Recycling Manager in all matters related to the operation of a solid waste/recycling facility.

Additional requirements are a good working ethic, positive attitude, hard worker and a team player. Applicant must be able to obtain a NH Solid Waste Operators License within one year of hire and applicant must have a valid driver's license.

Interested candidates should complete an application and submit to: Plymouth Recycling Manager, James Conn, 6 Post Office Square, Plymouth, NH 03264 or email at [recyclingmanager@plymouth-nh.org](mailto:recyclingmanager@plymouth-nh.org).

An application may be found at [www.plymouth-nh.org](http://www.plymouth-nh.org) or at the Town Office 6 Post Office Square, Plymouth, NH 03264.

The Town of Plymouth is an Equal Opportunity Employer.

For additional information related to the position contact James Conn at 603-348-5247 directly.

Applications will be accepted until position is filled.

**Upper Connecticut Valley Hospital**

**JOB OPPORTUNITIES**

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Endoscopy Technician	Medical Technologist
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# Holiday Gift Guide

## Age-based guidelines for buying toys and gifts



The holiday season involves making holiday gift lists and checking them twice, or even more frequently to ensure that gift-givers find the best fit for recipients. While age may only be a number in certain instances, when it comes to gifting, age should be a consideration — particularly when kids are involved.

The Consumer Product Safety Commission reports that an estimated 86,000 children treated for toy-related injuries each year are younger than five. Toy-related injuries are preventable, and prevention often comes down to choosing age-appropriate toys for kids.

Toys can be choking hazards when small toys or those with small pieces are given to children who are too young to use them safely. Kids are curious and often put items in their mouths. Choking is the fourth-leading cause of unintentional death in children under age five, indicates The Emergency Center. Falls, eye injuries, drowning, and motor accidents are leading causes of gift-related injuries. Here's how to select age-appropriate gifts.

- Read the packaging carefully. Most toys and other children's products will come with an age range recommendation. While some kids may be mature beyond their years, it's best to choose

gifts that fall within the recommended range. This is particularly the case for infants, toddlers and any child under the age of five.

- Avoid fad gifts. Children often want the latest and greatest gadgets and toys for gifts even if they are not the smartest choices for their ages. Resist the urge to buy something just to be the "cool parent or grandparent," especially if it isn't age-appropriate. Mermaid tails became popular in recent years, and likely will see increased presence thanks to the home-viewing release of a popular live-action mermaid movie. However, they limit movement and can make

Happy Holidays!



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★ Great Waters Gala starring Abby Mueller ★



COLLIE

CONTINUED FROM PAGE A1

pressure.

As she tells it, at the beginning of the school year last year, her junior year at UNH, there is a large event where the different sports and clubs (rugby at UNH is a club sport, not an NCAA sport) set up tables and welcome students to learn about their programs. One of her friends asked her to come along and when the friend signed up for rugby, the other players told Collie that she “looked like she played rugby.”

“So, what really inspired it was a little peer pressure,” she said.

But, what about that transition for a young woman who took more than a dozen years of dance to making tackles on a muddy rugby pitch.

“They ease us into it pretty well,” Collie said. “We start with ball skills and touch rugby as we’re learning the roles.”

“They slowly introduce tackling, but everybody is like ‘tackling, it’s so fun,’” she said. “You just kind of adjust.”



COURTESY

The UNH women’s rugby team poses for a photo after beating Maine earlier in the season.

She notes that both her dad and her mom wondered how she was going from dance to the most contact sport ever, but she’s been loving the adrenaline boost the game provides her every time she steps out onto the pitch.

“I feel it at the beginning of the game, you set up against the other

team,” she said. “That’s when I feel the most adrenaline, I kind of just want to throw up.”

“You know what you’re getting yourself into for the next 80 minutes,” Collie added.

She pointed out that the coaches always tell the women that they have to commit to themselves, let their team-

mates know they’re making the tackle and go out and make it.

“And the scrums are really noting at this point, we do them so often,” Collie said.

With the 15s season, the team plays one game a week with three practices as week. After picking up some good wins throughout the season, including a shutout of Tufts and a nice win over Maine, UNH advanced

to the division finals against a very good Coast Guard team, where the Wildcats came up short. However, based on their good season, they earned a spot in the regionals, which took place this past weekend. That involved games on back-to-back days, something the 15s teams aren’t used to. During sevens season, they play shorter games and do play weekend tournaments. The

regional tournament was also including the Coast Guard team that beat UNH in the division finals, plus Roger Williams and Columbia.

Anyone looking for more information about the UNH women’s rugby program can visit the team web site at [unhrugbywomens.wixsite.com](http://unhrugbywomens.wixsite.com).

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

AUCTION

CONTINUED FROM PAGE A1

For more information, to donate or volunteer, visit [childrensauction.org](http://childrensauction.org) or call (603) 527-0999.

**About the Greater Lakes Region Children’s Auction**

Numerous fundraising events in the Lakes Region throughout the year support the Greater

Lakes Region Children’s Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$8 million to over 80 nonprofits that serve low-income families and children in the Lakes Region, all through volunteer efforts, community donations and corporate sponsorship. The

Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports and how you can help, visit [ChildrensAuction.org](http://ChildrensAuction.org).

GALE

CONTINUED FROM PAGE A1

to a new location at 60 Concord St. in Belmont Village. Lakes Region Community Developers (LRCD) agreed to partner with SOGS to rede-

velop the building. Once LRCD assembles all the funding for the renovations, SOGS will donate the land and building to LRCD and the Gale School will become part of our real estate portfolio.

This project will save a beautiful piece of history, while providing affordable space for the Boys & Girls Club and Lakes Region Community Services to expand their programming.



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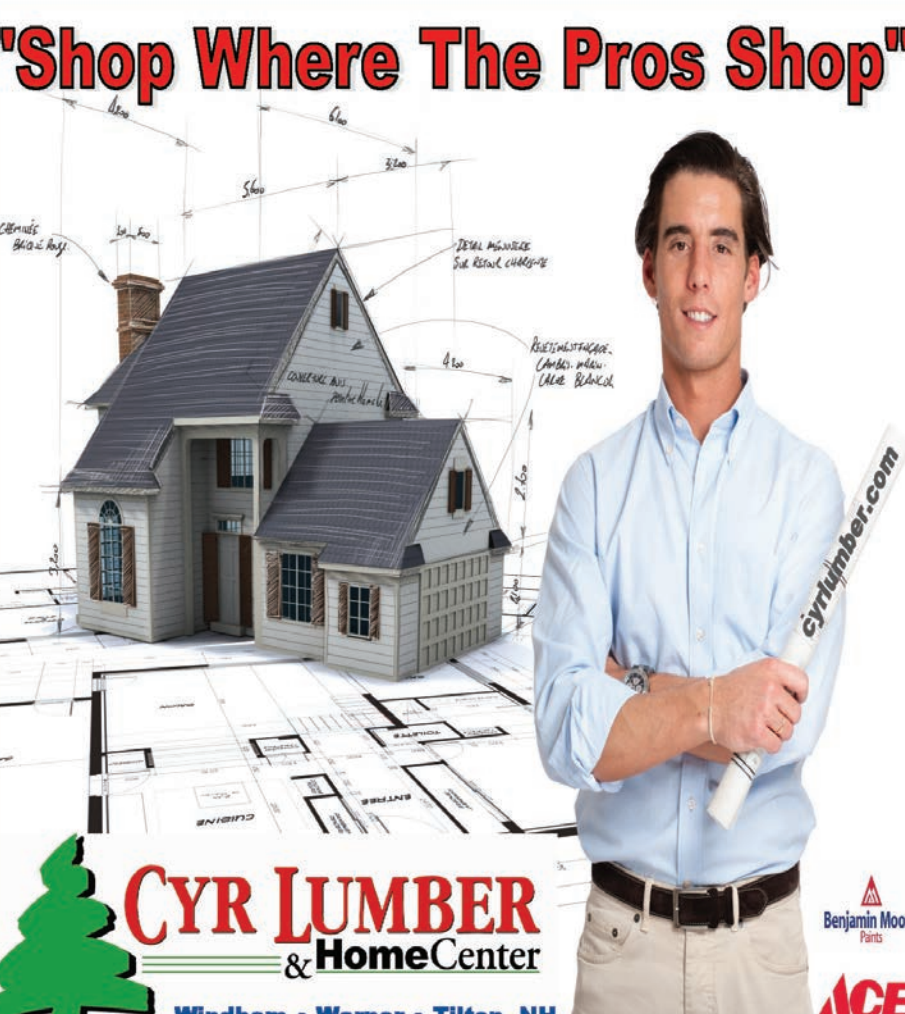


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