

All-State honors for local boys' soccer players



Belmont's Owen Waldron was named Division III All-State Second Team.

BY JOSHUA SPAULDING
Sports Editor

REGION — Boys' soccer players from around the region were named to All-State teams at the conclusion of the fall season.

In Division III, First Team honors went to Gilford defender Tristan Reinhold, midfielder Andrew McDonough and forward Tanner Keenan. Second Team honorees were Berlin goalie Haden Poulin, defenders Keegan Adams of Winnisquam and Brody Ennis of Belmont, midfielders Owen

Waldron of Belmont and Haukur Karlsson of Gilford and forward TJ Locke of Prospect Mountain. Honorable Mention went to goalies Caleb Giovanditto of Gilford, Ben Gagnon of Belmont and Jaxson Embree of Belmont, defenders Ethan Capsalis of Prospect Mountain, Corey Silver of White Mountains and Jason Sweatt of Berlin, midfielder Micah Javalgi of Gilford and forwards Josh Blouin of Newfound and Owen Brown of Inter-Lakes.

Also earning First Team honors were goalie Colby Boissy of Hopkinton, forwards Brett Biron of Campbell, Emmanuel Hodgson of Conant and Mike Pantano of Hopkinton, midfielders Owen Wuelenweber of Hopkinton, Davin Selby of Kearsarge and Luke Belisle of Stevens and forwards Luke Delia of Campbell and Owen Simas of St. Thomas.

Second Team honors also went to defenders Ryan Whiting of St. Thomas and Elliot As-



Jaxson Embree of Belmont was named All-State Second Team.

bury of Kearsarge, midfielders Alex Kirby of Campbell and Benjamin Sawyer of Conant and forwards Tanner Moulton of Mascoma and Avery Condon of Hopkinton.

Honorable Mention was also presented to

goalie Aidan Parrott of Fall Mountain, defenders Graham West of Kearsarge, Evan Doyon of Raymond, Logan Miller of Hillsboro-Deering, John Small of Derryfield, Seamus McIntyre of Bishop Brady and Gavin Lombarda of Mo-

nadnock, midfielders Brayen Pierce of Mascoma, JJ Jordan of Derryfield and Jack LaRose and Nathan Roche of Campbell and forwards Thomas Harvey of Conant and Myles Rozen of Derryfield.

SEE ALL-STATE, PAGE A7

Belmont Public Library decks the halls with seasonal fun

BELMONT — "Snow flurries began to fall and they swirled around people's legs like house cats. It was magical, this snow globe world," wrote Sarah Addison Allen.

Belmont Public Library is decking the halls and the calendar with fun, magical December events! On Saturday, Dec. 2, the library hosts a special guest during Deck the Village, from 2-5 p.m. Deck the Village is a Recreation Department program and there will be activities all over the village center.

There is a limited supply of our make-and-take Christmas Tree kits so dash in now! Once again, we are a host spot for Cards for Warriors, which is a free program that supplies cards to military personnel deployed overseas for the holidays. Swing in to sign a holiday card and return it to the front desk. The library is accepting donations for a mitten tree during the month of December. Bring clean, new winter weather gear to the library to be distributed locally after the holidays.

Belmont Public Library will be closed on Dec. 25 in observance of Christmas. Patrons with questions can call 603-267-8331 or email circulation@belmont-publiclibrary.org

and a staff member will respond when we open on Tuesday, Dec. 26. As a reminder, patrons can access the online catalog to request items to pick up for the holiday vacation or any of our digital services 24/7.

Homeschool Art and STEM groups will run during the first two weeks of December on Tuesdays at 1 p.m. The homeschool LEGO drop-in times are Thursdays at 1pm, and will run through the holiday break. All of the homeschool programs are geared for patrons 6 - 15 years of age and their accompanying parents/guardians.

Miss Rebecca hosts morning activities for the preschool set Monday, Tuesday, and Wednesdays at 10:30am. Tinker Tots meets on Dec. 7 and 28 at 11 a.m. This program is geared for children two to five years old, introducing attendees to different areas of S.T.E.A.M. through fun hands-on play.

Great Stone Face (GSF) Book Club (grades 5-7) meets on Dec. 7 at 3 p.m. to discuss "Planet Earth is Blue" by Nicole Panteleakos. The Isinglass Flume (I.F.) Book Club will meet Dec. 28 at 3 p.m. to review "These Violent Delights" by Chloe Gong.

Flashback Film Fridays continue on Friday, Dec. 1 from 3:30 - 8 p.m. in Downtown Franklin. SEE LIBRARY, PAGE A7

Southwick School Community thanks local fire and police departments

NORTHFIELD — As the Thanksgiving holiday approaches, members of the Southwick School community took

the opportunity to show their appreciation for the local Fire and Police Departments. During their inaugural Friends-

giving Celebration, members of each department were invited to the school for a turkey dinner.

The invited guests spent time with the students as they had their

SEE THANKS, PAGE A7



Representing the Northfield Police Department are Sgt. Holly Harris and Lieutenant Jesse Colby; Tilton Police Department, Chief Abraham Gilman; Tilton Northfield Fire Department, Capt. Matthew Gilman, Firefighter Aiden O'Brien, Firefighter Ryan Pelow and Firefighter Dan Leathers. Students include Madison Hewson, Kylie Adams, Benjamin Walsh, Skyla Collinge, Londynn Belanger, Desmond Zelaya, Finbar Rowan, Piper Jewell, Anastasia Virgo, Arya Rollins-Matti, and Alanna Tupeck

COURTESY

Children's Auction gets underway Dec. 5

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — A week of fun, bidding, and help for families across the region is coming back this week when the Greater Lakes Region Children's Auction kicks off its 42nd year this coming Tuesday.

The 42nd annual Greater Lakes Region Children's Auction is coming up this week and the auction is seeking items and early bidders going into the big week.

Last year's auction raised \$625,724 that was distributed to nonprofit organizations across the Lakes Region.

The auction will kick off on Tuesday, Dec. 5, and run until Friday, Dec. 8, from 9 a.m.-7 p.m. each day. Auction headquarters is at the Belknap Marketplace in Belmont and can be seen on Lakes Region Public Access on Breezeline Channel 25, streaming at [childreensauction.org](https://www.childreensauction.org) and [laconiadailysun.com](https://www.laconiadailysun.com), on the radio at Lakes 101.5 FM, and on social media at [facebook.com/childreensauction](https://www.facebook.com/childreensauction).

Each day of the auction will feature multiple hosts and special appearances along with



FILE PHOTO

The Greater Lakes Region Children's Auction will get underway on Dec. 5 and run until Dec. 8.

the auction action. People can make bids on the auction at [childreensauction.org](https://www.childreensauction.org) or by calling 603-527-0999 during auction hours.

The auction is still seeking items and have multiple collection sites around the Lakes Region until Dec. 1. People can donate new, unwrapped items to the auction. Other donations can include gift certificates, experiences, household items, electronics, tickets, toys, and tools.

"In order to be successful, we need all types of items!" read the Children's Auction Web site. "We're looking for new, unused items, big and small. Gifts cards are always a hit with our bidders. Other popular items include electron-

ics, tools, tickets to sporting events, experiences, toys, services. You name it, we need it."

Belknap Marketplace will have a donation drop-off site on Dec. 2-4 from 10 a.m.-2 p.m.

All branches of Meredith Village Savings Bank are collection locations. Irwin Marine's locations in Laconia and Alton Bay will also be collection sites.

Collection locations in Belmont are Baron's Major Brands, the Belmont Fire Department, and Mattress Firm.

The Tapply Thompson Community Center in Bristol is also a collection location.

In Laconia items will be collected at Body Covers, Irwin Automotive Group's locations

on Bisson Avenue and Union Avenue, The Wellness Complex, and the WORKS.

Donations will be accepted at Grevior Furniture in Franklin.

Collection locations in Gilford are at Gilford Country Store and Gilford Tennis & Fitness Club.

Collection locations in Meredith are at Edward Jones, The Fitness Edge, and Meredith Insurance Agency.

In Tilton, items will be collected at Dox on Winnisquam and The Country Store at the Tanger Outlets.

Pre-bidding for the auction started on Black Friday. Registered bidders can log into the website and start early bidding on the items

valued at \$300 or more, including placing maximum bids. Bidders can also see future boards and bid on future items before they open for bids.

This year also marks the return of Pub Mania at Patrick's Pub and Eatery in Gilford. This year's Pub Mania will be an 11-hour event with teams from across the Lakes Region having one representative at the bar during the whole event. There will also be live music, games, food, and more.

In 2020, at the onset of the pandemic, Pub Mania evolved into the It's for the Kids Community Challenge with teams fundraising all year. Last year the Community Challenge raised \$304,500 for the

Children's Auction. The Community Challenge is still ongoing and the new Pub Mania will be one of its events.

Many more collections have been going on throughout the month including several fire departments holding Fill the Boot drives. Auction bulbs are also being sold at several locations. For a full list of bulb locations visit <https://www.childreensauction.org/post/purchase-childrens-auction-bulbs-at-various-locations-1>.

The auction will come to a close on Friday, Dec. 8, with the final totals announced.

Money made at the auction will be distributed to several different nonprofit organizations across the Lakes Region that support children and families. Organizations apply for funding and the auction's Distribution Committee will distribute the funds based on different categories of need.

For more information on the Children's Auction, visit [childreensauction.org](https://www.childreensauction.org).

Bank of New Hampshire's food drive raises more than \$12,000

LACONIA — From Oct. 10 through Nov. 10, each Bank of New Hampshire location participated in their annual Banking on Kindness Funds for Food Drive, which raised \$12,441.96 for 18 New Hampshire food pantries.

Thanks to generous Bank of New Hampshire customers, the bank collected \$7,861.06 in monetary donations. Bank of New Hampshire committed to match donations up to \$250 per office which resulted in a grand total of \$12,441.96 raised.

Each Bank of New Hampshire office was able to support a local food pantry in their community by delivering the funds raised in their office, along with the Bank's match, to that

local food pantry during the Thanksgiving week. These monetary donations aid local food pantries in purchasing food to stock their shelves during a time when many people are in need.

"We were able to provide a significant level of monetary donations to our local food pantries because, once again, our customers exceeded expectations with their generous contributions to our Funds for Food Drive," said Chris Logan, President and CEO for Bank of New Hampshire. "I have no doubt that those donations will have a real and positive impact on the lives of residents in our state who are experiencing food insecurity during the holidays."

Bank of New Hampshire is proud of the

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

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

COURTESY

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





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Leadership group studies region's history

REGION — The non-profit group, Leadership Lakes Region, recently spent a Program Day learning more about the history and culture of specific Lakes Region locations.

Helping Program Coordinator Jennifer McLean plan the entire day were Jaron Jenkins from the previous leadership class, Jill Desruisseaux from this year's class and Tara Shore, President of the Laconia Historical and Museum Society.

The day began at the Wolfeboro Inn, where the management provided a continental breakfast for the class of 26 professionals. The overall sponsoring organization for the entire day was Make-A-Wish

New Hampshire. Leadership graduate, now board member and CEO of Make-A-Wish NH Julie Baron, then engaged the group in a discussion about the work of her organization granting wishes to seriously ill children throughout New Hampshire.

"Being part of the communities we serve is so important to Make-A-Wish New Hampshire," Baron told the class.

She added, "It's our honor to work with leaders in the Lakes Region as together we strive to make those communities stronger and provide that all-powerful hope for the future through our work."

Dyane Barbour of the Wolfeboro Inn followed Ms. Baron with

the rich history of the Inn through the years. Then it was off to see the nooks and crannies of Wolfeboro itself in a tour led by Kathy Eaton, owner of Molly the Trolley. Ms. Eaton regaled the group with interesting historical anecdotes as they cruised aboard Molly.

The group then boarded their own vehicles for the short trip to the Belknap Mill in Laconia; designated the Official Meeting House of New Hampshire. Associate Director of The Mill Jill Desruisseaux, a member of the Leadership Lakes Class of 2024, provided an official welcome and shared the Mill's historical impact on the region. A catered lunch followed before Tara Shore, Presi-



COURTESY

Julie Baron, CEO of Make-A-Wish NH (third right) chatting with Leadership Class members (l-r) Christy Painchaud, Joe Collie, Michelle Melius and Shelby Swanson.

dent of the Laconia Historical & Museum Society, gave the group their afternoon assignment: a historical scavenger hunt through Laconia and Lakeport. Each of the six teams from the class began their searches which required photographic confirmation via cell phones back to Ms. Shore and her judges; proof that the team had "found" the historical item described in the instructions.

Leadership Lakes' Coordinator, Jennifer McLean, one of the judges, stated that "Tara's

unique idea to combine little known historical facts about the City of Laconia with a fun activity such as the scavenger hunt provided an invaluable bonding experience for the group."

The day was capped off with a visit to the Lakeport Freight Museum where Ms. Shore explained specific artifacts and the history of various items on display. The Class was unanimous in their awe and appreciation for this valuable community resource; the Freight Museum. Don Morrissey, Board

President for Leadership Lakes Region, thanked Make-a-Wish NH for sponsoring the History & Culture Day, the Wolfeboro Inn and Belknap Mill for hosting the visits, Jennifer McLean and her Planning group to ensure a fun-filled, educational day for all. Anyone interested in learning more about Leadership Lakes Region and/or sponsoring a future Program Day is encouraged to visit the Web site: www.leadershiplakesregion.org.

MVSB kicks off annual Mitten Tree Drive



COURTESY

MVSB branch office locations are collecting donations of new mittens, hats, gloves and scarves for their annual Mitten Tree drive through New Year's Eve.

MEREDITH — MVSB (Meredith Village Savings Bank) continues its more than four-decade tradition of collecting donations of new mittens, hats, gloves and scarves for their annual Mitten Tree drive through New Year's Eve. All donated items will be distributed to local schools and nonprofits. MVSB will also match each item donation with \$2 to local organizations addressing childhood food insufficiency.

New handmade or store-bought cold-weather accessories can be donated at any MVSB branch location. A complete list of offices and hours are available at mvsb.com/locations.

"The annual Mitten Tree drive is a simple yet impactful way com-

munity members can help give back to those in need throughout the winter season," said Stacy Trites, Senior Vice President, Senior Retail Banking Officer. "We are truly grateful to everyone for stepping up each year to warm hands and hearts with their donations – and to the MVSB employees who ensure the items end up where they are needed most in their communities."

The Bank's matching donations will benefit the following organizations addressing food insufficiency issues for local children:

End 68 Hours of Hun-

ger Alton

Got Lunch! Ashland & Gilderness

Gilford Got Lunch

Got Lunch! Laconia

End 68 Hours of Hunger Wolfeboro Area

Got Lunch! Inter-Lakes

Lakes Region Food Pantry

Got Lunch! Plymouth

End 68 Hours of Hunger Portsmouth

End 68 Hours of Hunger Rochester

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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The power of small changes

In a world that often celebrates instant results and quick fixes, the true path to personal growth and self-improvement lies in the steady accumulation of small changes. We live in an age where we're bombarded with information about radical transformations and overnight success stories. However, it's essential to remember that lasting change often comes from the consistent practice of good habits, one small step at a time.

The journey of self-improvement can be daunting. Whether it's striving for better health, financial stability, or personal development, the thought of making significant changes can be overwhelming. But here's the secret: progress is not about massive, dramatic actions. Instead, it's about the cumulative effect of tiny, daily efforts.

Developing good habits requires patience, persistence, and an understanding that meaningful change doesn't happen overnight. Instead, it unfolds gradually.

Small changes are sustainable because they don't disrupt your life drastically. When you start with tiny steps, you're less likely to feel overwhelmed and give up. These changes become integrated into your daily routine, making them easier to maintain over the long term.

Consistency is the backbone of habit formation. By taking small actions every day, you reinforce positive behaviors and build momentum. Over time, these behaviors become second nature, and you don't have to rely on willpower alone.

Large changes can trigger resistance and anxiety. Our brains are wired to resist big, sudden shifts. In contrast, small changes are less threatening, making it easier to overcome the resistance that often accompanies change.

Celebrating small victories along the way boosts motivation and confidence. Each small change achieved is a step forward, reinforcing your commitment to your goals.

Life is unpredictable, and sudden disruptions can derail even the best-laid plans. When your habits are built on small, manageable changes, you can adapt more easily to unexpected challenges without losing sight of your goals.

Identify one habit you want to cultivate and break it down into the smallest possible steps. For example, if you want to exercise regularly, start with just five minutes of activity each day.

Set specific goals: Make your goals clear and measurable. Instead of saying, "I want to get in shape," say, "I will walk for 10 minutes every morning."

Establish a daily routine that includes your new habit. Consistency is easier to maintain when your habit becomes part of your daily life.

Track your progress: Keep a journal or use habit-tracking apps to monitor your daily efforts. Seeing your progress can be motivating and help you stay on track.

Stay accountable: Share your goals with a friend or family member who can offer support and encouragement. Having someone to hold you accountable can be a powerful motivator.

Remember, the journey of self-improvement is not a sprint but a marathon. Embrace the process of making small changes every day, and in time, you'll look back and be amazed at the significant transformation that these incremental efforts have brought to your life. By cultivating good habits one step at a time, you'll not only achieve your goals but also develop the resilience and discipline necessary for a lifetime of positive change.

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.

Santa Lucia Tea to be held in Franklin Dec. 9

COURTESY

The Santa Lucia Tea has been celebrated at the Unitarian Universalist Congregation of Franklin for more than 25 years. The tradition originated in Sweden to welcome light into the cold, dark Scandinavian winter. Following the tradition, Santa Lucia wears a candle-lit wreath and leads a procession of children dressed as star boys and angel girls who bear trays of saffron Lucia buns. In addition to these sweet rolls, guests enjoy homemade cookies and tea. After Santa Lucia's entrance, the entertainment continues with music and readings, followed by a carol sing-along. The Unitarian Universalist Congregation of Franklin's Santa Lucia Tea will be held on Saturday, Dec. 9 at 4 p.m., 206 Central St. Admission is Free. All are welcome! For more information, call 603-934-2141 or email administrator@uucfranklin.org.



Comfort Keepers

Having the conversation about Alzheimer's

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Needing to have a talk about Alzheimer's disease or memory loss with a parent can be a daunting task for many adult children. For seniors, the idea of being diagnosed with Alzheimer's disease can trigger fear, anxiety, or even grief. It's no wonder some adult children put the conversation off, once they see the initial signs in their loved one. What's more, if the afflicted senior already has impaired judgment or memory loss from the disease, it may already be too late for a rational, cohesive conversation about it. In any case, it's wise to approach the topic - and your loved one - with great sensitivity and care.

Taking your loved one to see the doctor

Symptoms related to the early signs of Alzheimer's disease, such as memory loss, confusion, mood swings, changes in personality, difficulty completing certain tasks or finding the correct word could also be caused by a number of other medical or psychiatric problems. Mentioning that your loved one's symptoms could be the result of another underlying issue may make him or her more willing to visit the doctor for a full examination and a proper diagnosis.

You may also want to consider offering to go to the doctor with your loved one as part of a morning or afternoon outing, such as going to lunch, shopping, or some other activity. An enjoyable event could take the sting out of having to visit the doctor for a firm diagnosis.

Once Alzheimer's has been diagnosed

How you approach

your loved one to talk about an Alzheimer's diagnosis can depend on your relationship with him or her. Are you close enough to have a frank conversation, and will the senior readily welcome your suggestions and help? Or does your loved one tend to keep things private, and could become embarrassed or self-conscious? Will he or she feel insulted? However you approach your parent, it is imperative for him or her to feel supported and encouraged during this difficult time.

Researchers have found that families who don't discuss the disease with their loved one may witness increased fear and paranoia. Instead, it is better to be open about it, while reassuring your loved one that it is a fairly common brain illness. Tell him or her that there is nothing that could have been done to prevent it, but there are things that can help slow the disease and you will do your best to help. Also, allay any fear of abandonment. While it's scary to think of losing memory and forgetting the family, it is even more frightening to think that the family will forget them. Ease your loved one's anxiety by telling him or her that no matter what happens, you will get through it together.

Discussing the diagnosis

Hearing about an Alzheimer's diagnosis from one's child can be hard to take, but chances are your loved one already knows that something is going on long before a doctor reaches a diagnosis - and he or she has the right to know what is happening. Here are some suggestions on how to discuss the disease:

Informing your par-

ent may enable him or her to participate in making important medical, legal, financial, long-term care, and end-of-life decisions. How involved he or she is will depend on the current state of the disease symptoms.

He or she may not be able to totally understand the diagnosis or may deny what you say. If so, accept this reaction for now, and avoid further detailed explanations of the disease until later.

You may choose to disclose the diagnosis at a family meeting attended by your loved one, other family members, a trusted friend, or even a member of the clergy or a social worker. You also may want to invite a healthcare professional who works with those who are cognitively impaired.

Write up some simple answers to a loved one's questions, or encourage them to speak with his or her doctor about concerns.

Reassure your loved one. Let them know that you will provide ongoing help and support, and do whatever is possible to improve their quality of life.

Treat the person as an adult, and don't downplay the disease. As dementia progresses, remain open to the person's need to talk about their illness and its implications - such as their ability to work, drive, and manage finances.

Allow your loved one to express his or her feelings, which may include anger, frustration, and disappointment. Be aware of non-verbal signs of sadness, anger or anxiety, and respond with love and reassurance.

Watch for signs of clinical depression, which could result from being told that Alzhei-

mer's is a terminal illness, and consult with a physician if needed.

Find community support services. Support groups for those in the early stages of the disease can be helpful in expressing emotions and concerns.

Comfort Keepers® can help. We have compassionate in-home caregivers who are specially trained to work with a family member who has been diagnosed with Alzheimer's and other dementias. Call your local Comfort Keepers® office to discover all the services we can provide for your loved one.

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 for more information.

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The strength to overcome obstacles lies within you

We sometimes find ourselves standing at the feet of towering giants and facing impossible battles. The types of battles that make you question everything you thought you knew, making you feel as if you don't have what it takes and that you should give up and die.

What if I told you that this perception, this daunting outlook, is often a mere illusion?

There is a truth that many of us find hard to believe: that deep within you lies everything you need to triumph over your giants.

At an early age, Stephen Wiltshire received an autism diagnosis, a condition that faced significant stigma during his childhood. He was non-verbal until the age of five; few could have imagined his disability would eventually become one of his greatest strengths.

Stephen had a love for drawing; he was passionate about it. It was his way of connecting and communicating. Being autistic, I'm sure nobody thought Stephen had any chance in art.

Soon enough, Stephen had the attention of a teacher who noticed his remarkable talent. His drawings, characterized by their stunning detail and complexity, were entered into competitions and started winning awards.

As fate would have it, Stephen discovered that he had an eidetic memory that allowed him to draw complex landscapes and cityscapes even after just a glance.

Against all odds, Stephen's perceived disadvantage also came with an advantage that gave him everything he needed to become a world-

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class artist. Ludwig van Beethoven, a renowned musical genius, faced an unimaginable challenge as he began to lose his hearing. Many might have thought this marked the end of his illustrious career. Yet, in an astonishing turn of events, this loss became a transformational force in his musical journey.

His compositions got better as he lost his hearing; they soared in depth and expression. Astonishingly, Beethoven's most celebrated works emerged when he was entirely deaf.

This profound loss forced him to listen in a new way, feeling the vibrations of each note. He began to perceive and compose music in a way he never had before.

This unforeseen challenge became the catalyst that propelled his

artistry to unprecedented heights.

What seems like a crippling setback can be precisely what's needed to bring you toward your destiny.

Aron Ralston, an adventurer and mountaineer, lived for the thrill of conquering the great outdoors. His passion for exploring remote canyons and scaling rugged peaks was not just a hobby but a profound expression of his connection with nature. Ralston's adventures showed his profound love for the wilderness, a love that would be tested in ways he probably never imagined.

In April 2003, a routine solo canyoneering trip in Utah became a life-or-death struggle. While navigating a narrow canyon, a dislodged boulder trapped his right arm against the canyon wall. For five agonizing days, Ralston

battled the elements, his physical limits, and mounting despair.

With dwindling supplies and no hope of rescue, he faced an unimaginable decision: amputate his trapped arm with a dull pocket-knife to escape. This harrowing choice marked a turning point not only in his ordeal but in his entire life.

Ralston was undoubtedly forced to alter his relationship with the outdoors dramatically. What had once been a playground became the scene of his most profound challenge.

Yet, it deepened his respect and appreciation for the wild and led him down a new path.

He penned his memoir, "Between a Rock and a Hard Place," recounting his extraordinary survival and the lessons learned in the canyon.

His story inspired millions, leading to speaking engagements and even a film adaptation, "127 Hours," that brought his tale to a global audience.

In losing a part of himself, Ralston found a deeper purpose and discovered that even with losing his arm, he still had everything he needed to get to the next level of his life.

Each of us has an untapped well of inner strength. More often than not, we possess the tools necessary to navigate life's biggest challenges. Sometimes, the presence of a daunting obstacle reveals the actual depth of our ability. Next time you feel overwhelmed or insufficient, hold onto this truth: within you lies everything you need to overcome and succeed

MVSB complimentary 2024 community calendars now available

MEREDITH — The 2024 MVSB (Meredith Village Savings Bank) annual complimentary community calendars are now available at the Bank's branch offices while supplies last. The calendar features a dozen beautiful photos representing the Lakes Region, White Mountains and Seacoast areas.

MVSB opens its annual community calendar photo contest to local amateur and professional photographers each spring and selects the winning calendar photos through a blind review process by MVSB employees. This year's contest saw more than 500 photo entries.

"Because the judging is blind, it is always exciting to discover who the photographers are after the selections are made," said Cindy Hemeon-Plessner, Senior Vice President and Chief Marketing & Experience Officer. "There were a few names that were familiar to us because they

send us their gorgeous work each year, but it's also exciting that we received a large number of new submitters this year. Every so often we will have an employee-submitted photo get selected, and we are thrilled that it happened this round."

Kendra Eldridge, MVSB Universal Banker in Alton, was selected to have her winning photo, titled "Flynn Admiring the Beauty of Lake Winni," featured for the month of April on the calendar.

"We live in such a beautiful area in the Lakes Region and it was fun to share that for the contest," said Eldridge. "The spot I took that photo with my dog is just a short walk from where I live, but offers spectacular views on Lake Winnepesaukee. I hope everyone gets a chance to stop in and grab a 2024 calendar before the end of the year."

"Highlighting professional and amateur artists who celebrate the

people, environment and general beauty of New Hampshire is one way we can help support our local communities," said Hemeon-Plessner. "The winning photos include spectacular landscapes, precisely-detailed wildlife, delightful domesticated animals, children enjoying the beauty of New Hampshire, interesting interiors and a uniquely beautiful and joyful Christmas tree. We are so grateful to everyone who participated in this year's contest."

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, nonprofits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excel-



COURTESY

Kendra Eldridge, MVSB Universal Banker, and her dog Flynn stand at the spot in Alton where she took her winning photo titled "Flynn Admiring the Beauty of Lake Winni." The photo will be featured for the month of April on the 2024 MVSB community calendar.

lence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.



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THE WINNISQUAM ECHO
PUBLISHED BY
SALMON PRESS

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USPS 024-975
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.

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 dogs. 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



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!



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.



NH Humane Society
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Patrick's Pub Mania 2023 prepares to rock the pub again



COURTESY
Performers featured at Pub Mania include Paul Costley, Jodie Cunningham and Eric Grant.

GILFORD — Patrick's Pub Mania, the self-proclaimed World's Greatest Barstool Challenge, will return once again on Thursday Dec. 7, to support the teams of the 2023 Challenge in their fundraising efforts on behalf of the Greater Lakes Region Children's Auction.

After 11 years and

more than \$2.3 million raised, Pub Mania went on hiatus in 2020 during the pandemic. Thirty teams of 12, totaling 360 participants, will return this year for a full day of food, fun and fancy.

Brenda Martel of Team Café Déjà vu, a Pub Mania Hall of Fame team, said, "We're so thrilled Pub Mania is back because it provides



an opportunity to celebrate our teams' efforts and accomplishments over the past year of fundraising."

One key highlight

of the event will be six hours of live music, beginning at 5 p.m. with Mojo Rhythm, a long-time popular trio from the area. Two great local



bands will follow, with The Jodie Cunningham Band performing at 7 p.m. and The Eric Grant Band at 9 p.m.

Patrick's has shortened Pub Mania to 12 hours as opposed to the original 24-hour event, with Opening Ceremonies kicking off at 11 a.m. and wrapping up at 11 p.m.

All funds raised by each team will pass directly to the Children's Auction for distribution to the community. Pro-

ceeds from the auction are used for children's basic needs, including food, clothing and shelter as well as for programs and organizations that work to improve the lives of children.

For more information, visit www.patrickspub.com/pubmania or, for the Children's Auction, visit www.childrensauction.org.

Kick off the holiday season at NHMS Gift of Lights

LOUDON — The family tradition of driving through 2.5 miles of dazzling Christmas light displays at New Hampshire Motor Speedway (NHMS) continues this year with Gift of Lights presented by Ambetter and Wellcare. The 13th annual event will spread 39 nights of holiday cheer while fundraising for the local community now through New Year's Eve, Sunday, Dec. 31.

This year, the drive-thru light show will feature 3.5 million lights, a 150-foot RGB Tunnel of Lights, arches, toys, numerous scenes including the popular 12 Days of Christmas and much more. Crews will spend more than 650 work hours to set up more than 520 displays and 80 different scenes. Featured attractions will also include the fan-favorite 130-foot-long

infield entrance and exit tunnels with more than 25,000 lights and the opportunity to roast marshmallows and toast s'mores over open fire pits. On Sunday, Dec. 10, fans can get some exercise while enjoying the light show by foot with the Yule Light Up The Night 2.1-mile fun run or walk starting at 4:30 p.m.

"We love to witness the speedway transforming into a magical winter wonderland for families to enjoy," said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. "Everyone is in the holiday spirit of giving, and we're thrilled that once again, Gift of Lights presented by Ambetter and Wellcare will provide many opportunities for attendees to give back to their community."

Helping the com-

munity is a major part of what makes Gift of Lights presented by Ambetter and Wellcare so special, as the event benefits the New Hampshire Chapter of Speedway Children's Charities (SCCNH) to support children in need throughout New England. A portion of proceeds from event admissions, s'mores kit purchases and fun run/walk race registrations will benefit SCCNH. As the official charity of the speedway, SCCNH has raised \$411,392 from Gift of Lights since 2011. The chapter has donated \$2.1 million to deserving regional charities supporting more than 957,000 children throughout New England since 2009.

Attendees who bring three or more non-perishable food items for the Loudon Food Pantry on any weeknight that Gift of Lights presented

by Ambetter and Wellcare is open will receive \$5 off single-vehicle admission purchased at the Main Entrance. Over the past decade, food and monetary donations at Gift of Lights have generated more than 102,000 pounds of food totaling nearly 96,000 meals for families in need during the holiday and winter months.

New this year, Winterland, the company that operates Gift of Lights, will provide \$5 discount

coupons to local schools and then donate \$1 per car that redeems their school's code. The school with the most cars attended once the event ends, will win an additional \$1,000.

Fans in the holiday spirit can also save on admission at the Main Entrance by participating in theme nights. Attendees can save \$5 per car at the gate on Christmas Sweater Night (Dec. 6). Discounts are available only for drive-up ad-

missions and not on advance online purchases.

Gift of Lights presented by Ambetter and Wellcare opens at 4:30 p.m. nightly, depending on the weather. All traffic must enter through NHMS's South Entrance. Admission is available for purchase online at NHMS.com or at NHMS for \$35 per car or \$60 per bus, limousine or RV (add \$2 per person for vehicles containing more than 15 guests).

RE/MAX Innovative Bayside donates to St. Vincent De Paul

REGION — In keeping with their long standing tradition, the owners, staff and agents of RE/MAX Innovative Bayside and the Granite Group recently delivered 69 turkeys, more than 1,000 pounds, plus additional donations to the Society of St. Vincent de Paul Food Pantry in Laconia.

Each year, this worthy organization provides approximately 800 Lakes Region families Thanksgiving dinners that include all the fixings from turkey to dessert.

"We believe in the power of community and the impact that collective acts of kindness can have on the lives of others", said Travis P. Cole, the company's



COURTESY
RE/MAX Innovative Bayside Turkey Donations featuring Emily Mulcahy and Kelsy Gagnon, Managing Broker. "We extend our heartfelt gratitude to every agent and staff member who played a role in making

this initiative a success once again."

To donate to St. Vincent de Paul call 603-524-5470.

Dust off your instruments and join the New Horizons Band

BELMONT — New Horizons Music Organization of the Lakes Region invites you to dust off your instrument and join us. The band is for adults aged 30 and older who have always wanted to play an instrument in a band but never had the time nor opportunity to do so. Players who have played in their past are welcome.

Rehearsals are held Tuesday evenings from 7-9 p.m. at the Music Clinic, located at 197 Daniel Webster Highway (Route 3, across from the China Garden Restaurant), in Belmont.



COURTESY
Gilman-ton-based artist Stephanie McQuade is pleased to announce the winner of the Giclée Print, "Snowman with Lantern," was Dorrie Raymond of Derry, NH. Stephanie McQuade was happy to present this print to Dorrie recently in Derry. The raffle was held at the Lions Club Art & Craft Fair in Goffstown. Thanks to all those who entered. Visit McQuade's Web site and follow her on social media or view her work at the Lakes Region Art Gallery, Tanger Outlets, Tilton.

ALL-STATE

Continued from page A1
Newfound coach Jason Hill was named the Division III Coach of the Year and Gilford's Hermann Defregger was named the JV Coach of the Year.
In Division IV, First Team honors went to defenders Kaden Brantley of Profile and Connor Houston of Woodsville, midfielders JP Perez of Littleton and Ben Taylor of Woodsville and forward Coby Youngman of Woodsville, while Second Team honors went to defenders Bryce Williams of Woodsville and Michael Cote of Gorham, midfielders Riley Plante of Profile, Grady Hadlock of Littleton and Isaac Langlois of Gorham and forwards Brendan Saladino and

Jack Saladino of Gorham while Honorable Mention was presented to goalie Ethan Kimball of Woodsville, defenders Cam Cook of Littleton, Cam Pake of Gorham and Max Ringlestein of Moultonborough, midfielders Abraham Backler of Gorham, Ryan Walker of Woodsville, Kaden Cloutier of Groveton and Wyatt Weeden of Lin-Wood and forwards Nick Sturgeon of Moultonborough and Alex Wilcox of Lisbon.
Also earning First Team honors were goalie Patrick Thompson of Epping, defenders Dylan Dulong of Epping and Mike Seymour of Sunapee, midfielders Rolan Sanderson and Zachary Syvertson of Concord Christian and forwards Jacob Twombly of Epping and Sam Kress of

Sunapee.
Second Team honors were presented to goalie Jayden Young of Concord Christian, defenders Lucas Leroux of Mascenic and Jackie Prompardit of Newmarket, midfielder Isaac Kohl of Portsmouth Christian and forward Kolten Dowse of Colebrook.
Also earning Honorable Mention were goalie Ben Jacob of Wilton-Lyndeborough, defenders Patrick Gillis of Holly Family and Elijah Barthelmess of Mascenic, midfielders Matt Napoletano of Newmarket and Brayden Pelletier of Pittsfield and forwards Hunter Thompson of Mascenic, Harry Krug of Wilton-Lyndeborough and Alex Brown of Somersworth.
Kerry McDermott of

Epping was named Division IV Coach of the Year, while Woodsville's Paige Lloyd was named JV Coach of the Year.
In Division II, First Team honors went to Kingswood forward Dom Alberto, while midfielder Noah Silva of Kingswood earned Second Team. Honorable Mention went to defenders Lukas Legacy of Plymouth, Brady Moulton of Kingswood and Robbie Murphy of Kennett.
Joining Alberto in earning First Team honors were goalie Zach Aldrich of Lebanon, defenders Brodie O'Neil of Bow, Bennett Hewett of Lebanon, Corey Handwork of Oyster River and Owen Piper of Merrimack Valley, midfielders Connor Chin and Otto Bourne of Lebanon, John Vitorioso of Oyster

River and Colby Pepka of Pembroke and forwards Luke Hartshorn of Bow and Nick Brill of Lebanon.
Second Team honors also went to goalie Evan Wheylan of Oyster River, forwards Carson Tucker of Laconia, Abdalla Faiad of Pembroke, Dominic Calandrella of Lebanon and Wes Michaelis of Bow, midfielders Colby Smith of Bow, Colin Magnuszewski of Hollis-Brookline and Benjamin Limeric of Oyster River and forwards Camden Tucker of Oyster River, Avery Wilson of Milford and Garret Rousseau of ConVal.
Also earning Honorable Mention were goalies Aaron Barrieau of Bow and Trevor Simonds of Merrimack Valley, defenders James

McKane of Coe-Brown, Aiden McClusky of ConVal, JohnPaul Torgerson of Hollis-Brookline, Jason Mahoney of Sanborn and Adyn Davis of Souhegan, midfielders Evan Pearson of Trinity, Elias Berrigan of Bow, Ethan Sinclair of John Stark, John Constantine and Parker Cheyne of Hollis-Brookline, Mason Dutile of Laconia and Sotir Agalli of Manchester West and forwards Ben Dufoe of Hollis-Brookline and Jack Drouin of Pelham.
Josh Smith of Bow was named the Division II Coach of the Year and Zach Stephenson of Merrimack Valley was named JV Coach of the Year.
Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

STROLL

Continued from page A1
fire truck.
4:30 – 6 p.m. Christmas Carols, Episcopal Mission Church of Franklin. Join in or just enjoy traditional Christmas Carols. At 6:00pm the group will stroll to Marceau Park and sing carols while waiting for Santa to arrive.

4 – 7 p.m. Horse drawn Wagon Rides, Trestle View Park. Heisler Hay & Horse will offer horse drawn wagon rides, come and meet Bud and Sonny Boy, Suffolk Punch Draft Horses who will take you for a wagon ride through downtown Franklin. Meet the Wagon and the horses at Marceau Park. Sponsored by Franklin Falls Business Group businesses.

6:30 p.m. Christmas Tree Lighting, Marceau Park. Sponsored by the City of Franklin. Greet Santa Claus as he arrives in a Franklin Fire Truck, sing carols, enjoy the wonder of the tree lighting. Refreshments by Partners in Prevention and ONE Church.

5 – 8 p.m. Festival of Trees hosted by Franklin Opera House, Unitarian Universalist Church, 206 Central St., Franklin. Wander through the Festival of Trees and enjoy the variety of trees decorated by business and

community members. Refreshments will be offered by Zekes Sweets.

Asian Delight, Downtown Crepes, Franklin's Hidden Treasures, Franklin Savings Bank, Kettlehead Brewing, Outdoor New England, The Franklin Café, Thrift Clothes Closet, Vulgar Brewing Company and Waterhorse Irish Pub will be open and offering special holiday treats.

Additional Holiday Events the First Weekend in December
Lights of Memory, Dec. 3rd at 4:00pm, Peabody Place, 24 Peabody Place, Franklin.
Place a snowflake on the Christmas Tree in memory of a loved one. For more information email

Christine Dzujna at dzujna@metrocast.net
Franklin Opera House Festival of Trees December 1nd, 2nd, 3rd 2023, www.Franklinoperahouse.org
Franklin Parks and Rec Letters from Santa – _register online https://www.franklin.org/parks-recreation/pages/letters-santa-registration
Choose Franklin Christmas Tree Sales Special Event December 2nd – _Enjoy hot cocoa sponsored by Partners in Prevention, meet the Grinch. Christmas Tree Sales begin November 24th

LIBRARY

Continued from page A1
days throughout December at 3 p.m. Our middle/high school patrons will screen iconic age-appropriate holiday films from the 1990s. For questions about any youth services offerings, feel free to contact Rebecca at 603-267-8331 or youthservices@belmontpubliclibrary.org.

Belmont Public Library's two adult book

groups will be wrapping up the year with holiday cheer on Friday, Dec. 15. Friday Fiction will discuss Patrick Taylor's "An Irish Country Yuletide" at 10:30 a.m. Tea & Tales will have a little potluck celebration of snacks while sharing their favorite reads from 2023 at 11:30am. Copies of the book can be found on the main level of the library or through the library's digital services. Can't make the meeting in person, but want to

participate remotely? Contact Rebecca or Eileen at circulation@belmontpubliclibrary.org.

Watercolor Workshops are held on Mondays at 2 p.m. Participants are preparing for a one year retrospective show at the library in January. Bring in a knitting, crochet, or needlework project on Wednesdays at 10am, moving to Mondays in the new year. Both adult groups are self-guided with ex-

perienced advisors on hand.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. It's our 95th year in the building, and our 130th serving the Belmont community.

THANKS

Continued from page A1
lunch. The students created special placemats depicting what they are most thankful for in their lives or placemats

filled with notes from their classmates who shared what they appreciate most about them. The firemen and police officers were quite interested to learn more about what the place-

mats said.
Southwick Principal, Stephanie Parzick said, "It was wonderful to see the students interacting with our guests. Everyone was so excited about this special day and it

was a very successful event. We are so appreciative of our local police and fire departments and am so glad that we were able to show them how much they mean to our school community."



COURTESY

Petal Pushers Farm Garden Center open for holiday season

Petal Pushers Farm Garden Center, located at 2635 Parade Rd. (Route 106) between Laconia and Meredith, re-opened for the holiday season on Friday, Nov. 24. Co-owner Patty Gianunzio explains, "It's been many years since we have opened at this time of the year, but with many customers requesting that we do, it simply made sense." Store hours are Monday through Saturday, 10 a.m. to 6 p.m.; Sundays from 10 a.m. to 4 p.m. The store will close on Dec. 23 for a long winter's nap, and to prepare for its opening in spring, 2024. For more information, info@petalpushersfarm.com.

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Edward Jones: Financial Focus

Can you make charitable giving less 'taxing'?

on the well-regarded Charity Navigator website (charitynavigator.org).

Once you've established a gift budget and are comfortable with the groups you choose to support, you might turn your thoughts to another key issue connected with charitable giving: tax benefits. A few years ago, changes in the tax laws resulted in a large increase in the standard deduction, which meant that many taxpayers found it more favorable not to itemize — and lost the ability to take charitable deductions. But if you still do itemize, your charitable gifts or contributions to tax-exempt groups — those that qualify as 501(c)(3) organizations — can generally be deducted, up to 60% of your adjusted gross income, although lower limits may apply, depending on the nature of your gift and the organization to which you're contributing.

Other, more long-term avenues also exist that combine charitable giving

with potential tax benefits. One such possibility is a donor-advised fund, which allows you to make an irrevocable charitable contribution and receive an immediate tax deduction. You can give cash, but if you donate appreciated assets, such as stocks, your tax deduction would be the fair market value of the assets, up to 30% of your adjusted gross income. Plus, you would not incur the capital gains tax that would otherwise be due upon the sale of these assets. Once you establish a donor-advised fund, you have the flexibility to make charitable gifts over time, and you can contribute to the fund as often as you like.

Another possible tax benefit from making charitable contributions could arrive when you start taking required minimum distributions, or RMDs, from some of your retirement accounts, such as your traditional IRA and 401(k). These RMDs

could be sizable — and distributions are counted as taxable income. But by taking what's called a qualified charitable distribution (QCD), you can move money from a traditional or Roth IRA to a qualified charitable organization, possibly satisfying your RMD, which then may be excluded from your taxable income. You must start taking RMDs at 73 but you can begin making QCDs of up to \$100,000 per year as early as age 70½. (This amount will be indexed for inflation after 2023.)

Establishing a donor-advised fund and making qualified charitable distributions are significant moves, so you'll need to consult with your tax advisor first. But if they're appropriate for your situation, they may help you expand your ability to support the charitable groups whose work you admire.



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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.

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RE/MAX Innovative Bayside to collect toys at holiday open house

MEREDITH — RE/MAX Innovative Bayside is proud to once again be deeply involved in the Toys for Tots program and wishes to invite one and all to join them at their Meredith location on Thursday, Nov. 30 from 4 – 6 p.m. for their annual Christmas Open House. Join in the celebration of the season and bring a new, unwrapped toy to donate to Toys for Tots. Your contribution will help brighten the holidays for children in need throughout our community.

RE/MAX Innovative Bayside offices are some of the some of the region's busiest drop off locations. Donations may be dropped off at the Meredith Office (208



Daniel Webster Highway at the junction of Rts. 3 & 104), or at the Laconia Office (604 Main Street, across from the Colonial Theatre on Rt. 106 in downtown Laconia). For contactless donations, collections boxes will be outside each office during business hours. Or if you call the office number below upon arrival, we are happy to offer curbside pick-up. Together we can make this holiday season one to remember!

For more information about the Toys for Tots program call RE/MAX Innovative Bayside, Meredith at (603) 279-0079, the Laconia office at (603) 527-8200, or e-mail info@baysidenh.net.



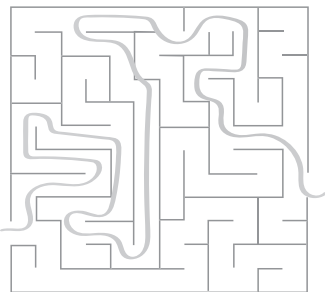
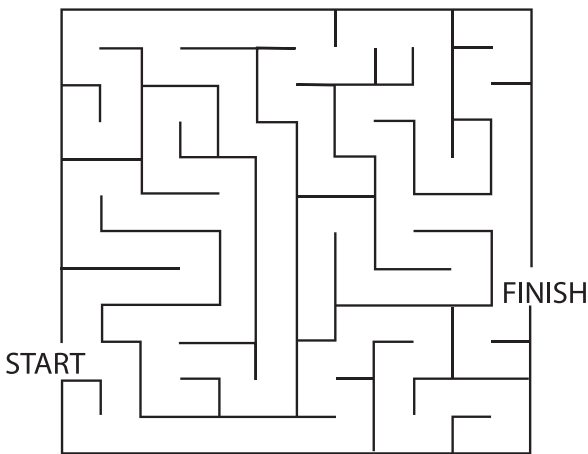
PEOPLE FACT:

EVEN THOUGH "BLACK FRIDAY" TENDS TO BE THE BUSIEST SHOPPING DAY OF THE HOLIDAY SEASON, THIS DAY ALSO ATTRACTS CROWDS OF SHOPPERS.

ANSWER: THE LAST SATURDAY BEFORE CHRISTMAS

Maze Craze

Can you find your way through the maze?



THIS DAY IN...



HISTORY

- 1814: "THE TIMES" OF LONDON BECOMES THE FIRST NEWSPAPER TO BE PRINTED ON A STEAM-POWERED PRINTING PRESS.
- 1919: LADY ASTOR BECOMES THE FIRST WOMAN TO SIT IN THE HOUSE OF COMMONS.
- 1991: SOUTH OSETIA DECLARES INDEPENDENCE FROM GEORGIA.



DEBIT

amount owed or removed from an account

Greater Lakes Region Children's Auction announces boot drives

LACONIA—The Greater Lakes Region Children's Auction has announced its boot drive collections, sponsored by local fire departments. All proceeds support the Children's Auction and thus, local children and families in need.

Collections will take place as follows:

Friday, Nov. 24, in Belmont, at Belknap Marketplace, 96 Daniel Webster Highway, from 9 a.m. to 1 p.m., and in Laconia at the intersection of Main and Pleasant streets, from 9 a.m. to noon.

Saturday, Nov. 25, in Bristol, at the intersection of Lake and Pleasant streets, from 8:30 a.m. to 1 p.m., and in Gilford, at Hannaford, Walmart, Lowes and Shaw's, from 9 a.m. to 1 p.m.

Sunday, Nov. 26, in Tilton, at the Tanger Outlets at 120 Laconia Road, from 10 a.m. to 2 p.m.

This year's auction will be held from Dec. 5-8, and early access bidding starts Nov. 24. The event will be live streamed daily from 9 a.m. to 7 p.m. on LRPA TV Channel 25, laconiadailysun.com, and childrensauction.org.

For more information, to donate or volunteer, visit 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.

How they SAY that in...

ENGLISH: Purchase

SPANISH: Comprar

ITALIAN: Comprare

FRENCH: Acheter

GERMAN: Etwas kaufen

Did You Know?

CUSTOMERS WHO WANT TO AVOID THE CROWDS ON BLACK FRIDAY CAN SHOP LOCALLY ON SMALL BUSINESS SATURDAY.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: SALE SIGN

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to technology. Each number corresponds to a letter. (Hint: 25 = C)

A. 25 14 15 4 26 7 17 2
Clue: Machine that performs operations

B. 16 17 1 24 25 17
Clue: Gadget

C. 7 17 25 5
Clue: Abbreviation for electronic devices

D. 25 14 15 15 26 22 24 25 12 7 17
Clue: Exchange information or ideas

Answers: A. computer B. device C. tech D. communicate

SUDOKU

6	2	4						
		7			9	4	2	8
			3	8				5
					5	7		8
				1				
	1	2	5				6	
8	7		4			2	9	

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	6	2	9	8	7	4	5	3
4	8	3	8	7	5	2	6	9
7	9	2	1	1	6	9	8	4
9	8	1	7	9	3	6	4	2
2	8	7	4	6	9	1	8	5
5	4	6	1	2	8	3	9	7
8	2	4	2	6	9	1	7	3
6	1	9	8	8	7	4	2	9
3	7	5	6	4	5	8	6	1

ANSWER:

Wrong-way driver arrested in Canterbury

CANTERBURY — On Nov. 24 at approximately 11:51 p.m., State Police received multiple reports of a wrong-way driver traveling southbound in the northbound lanes on I-93 between mile markers 53-49 in the towns of Northfield and Canterbury.

At 11:57 p.m., Trooper McGrath of the New Hampshire State Police Troop D Barracks located the vehicle on I-93 at mile marker 46.8 in the town of Canterbury as it was approaching Trooper McGrath head-on around a bend in the roadway. The trooper was able to successfully stop the motor vehicle in the left lane and made contact with the lone operator.

After a roadside investigation, the operator who was identified as Zachary William Bunker, age 40, of Gilford. Bunker was arrested for reckless conduct with a deadly weapon, driving while intoxicated, and reckless driving.

Bunker was bailed and released and is due to appear at the Merrimack Superior Court on Dec. 28 at 1 p.m.

37th annual Mix Cash and Cans drive schedule set

REGION — ‘Making a difference one donation at a time,’ Mix 94.1 FM’s 37th annual Cash and Cans Money and Food Drive for the holidays is set for Dec. 9-15. All monies and food raised stays local, benefiting several area organizations, including the Franklin Police Toys for Tots Program; the Belmont Police Santa Helpers program; Twin Rivers Food Pantry; Bread & Roses Soup Kitchen; Tilton/Northfield/Sanbornton Christmas Fund; Every Child Is Ours; Greater Lakes Region Santa

Fund, Meredith Emergency Food Pantry, the Northfield-Tilton Congregational Church Food Pantry, St. Joseph’s Belmont Food Pantry and others. Last year was another record year for donations, with more than \$67,000 in cash and more than 30,000 non-perishable food items raised. Mix 94.1 FM’s Fred Caruso, who started the program in 1987, looks forward to this week every year. “It’s our most wonderful time of the year. We meet so many generous people during Cash and

Cans week, from kids giving their piggy bank money to the business community donating; all we ask is people give what they can. And the best part...it all stays right here in our central New Hampshire Community,” Caruso said. Caruso and morning co-host Amy Bates will broadcast live from more than 20 different locations, accepting your Cash and Cans donations. Here where they’ll be, and when they’ll be there: Saturday, Dec. 9: Funspot, Route 3 Weirs

Beach. It’s the annual token gift card fundraiser. For three hours only, purchase gift cards from the Mix Morning Team and all proceeds will benefit Cash and Cans, a win-win for everyone. Monday, Dec. 11: 6-9:30 a.m., George’s Diner, Meredith; 10 a.m.-noon, Verizon Wireless, Union Avenue Laconia; 1-4 p.m., Vista Foods, Laconia. Tuesday, Dec. 12: 6-8 a.m., Willow Hill Food and Beverage, Franklin; 9-11 a.m., Stafford Oil Laconia; 11 a.m.-1 p.m., HK Powersports, Laconia; 2-5 p.m., Belknap Suba-

ru, Tilton. Wednesday, Dec. 13: 6-10 a.m. Dunkin’ Donuts, West Main Street, Tilton. 11 a.m.-1 p.m., Prescott’s Florist, Laconia; 1-3 p.m., Irwin Motors, Laconia; 5-7 p.m., McDonald’s Tilton. Thursday, Dec. 14: 6-10 a.m., Park-N-Go Market, Northfield; 11 a.m.-1 p.m., T-Bones Laconia; 2-4 p.m., Franklin Savings Bank Upper Central Street, Franklin; 4:30-7 p.m., Planet Honda, Tilton. Friday, Dec. 15: 6-10 a.m., McDonald’s Franklin; 11 a.m.-2 p.m., Ben-

son Auto, Franklin; 2:30-5:30 p.m., Grevior Furniture, Franklin. Donations may also be made by mail. Please make checks payable to Mix Cash and Cans and mail to Mix 94.1 FM, PO Box 99, Franklin, NH 03235 or Venmo @mix-cashandcans. For more information about the Mix Cash and Cans program, visit www.mix-941fm.com or contact Caruso at fred@mix-941fm.com.

New Horizons Band to perform free holiday concert

LACONIA — The New Horizons Band of the Lakes Region will perform its season opening Holiday Concert on Tuesday, Dec. 12 at 7 p.m. at the Laconia Middle School. The Band is grateful for the sponsorship of the Laconia Putnam Fund. As with all Putnam performances, there is no admission charge, and all are welcome.

The Band is under the direction of Debbi Gibson, former Music Director in the Laconia School system. Mrs Gibson is known in the Lakes Region for both her musical performances with many local groups as well as directing both instrumental as well as vocal artists. The Band was recently featured on WMUR TV’s “Chronicle,” as they performed along with the three other New Horizons bands in the State of New Hampshire. The concert will consist of familiar (and



not so familiar) holiday themed selections. There will be opportunity to sing along with the Band and to join in the festive atmosphere. Mrs. Gibson has often stated that

“Music is medicine.” It is medicinal for the performers, the listeners, and those just singing along. The New Horizons Band members are made

up of a cross section of local and regional musicians, many of whom have re-discovered their love of performing after years of working and raising families. Many

of the members played in their high school bands and have returned to play again, often after decades away from their instruments. The band does rehearse on

Tuesday evenings at the Music Clinic, we encourage anyone with a desire to play to come and join in. Contact us at 603-528-6672.

“Too Hot for Santa” takes the stage at the Belknap Mill Dec. 2 & 3!



Heather Hunt Bullimore, pictured here in the original production at age 10, will reprise her role in Powerhouse Theatre Collaborative’s revival of “Too Hot For Santa” this weekend at the Belknap Mill.

LACONIA — Powerhouse Theatre Collaborative finishes its 2023 Mill Series with a concert staging of the musical “Too Hot for Santa” by Bryan Halperin and David Polansky. Billed as the original climate change musical for kids, “Too Hot for Santa” is

designed to introduce children to this important global issue in a fun way that empowers them to get involved in the solutions. The North Pole is melting! Hopey, a little elf child who isn’t a very good toymaker but is a

whiz at science, mobilizes the North Pole and the kids of the world to do their part to help save the Earth and Christmas! With appearances by Rudolph, Frosty, Santa and more holiday favorites, the cast will have your family thinking green this holiday season. “Too Hot for Santa” was originally produced by the Winnepesaukee Playhouse Youth Division. In 2007, with a cast of 20 kids from eight to 12 and two adults. It was later remounted with Inter-Lakes Middle School in 2014. Halperin originally wrote the book to teach his own kids about climate change and motivate them to help make a better world. He enlisted longtime collaborator Polansky to write the catchy songs. Both productions were big hits with families. What’s new about this production is that it will be performed by adults for the first time, with Halperin enlisting talented Powerhouse performers to bring the characters to life. Halperin himself will be par-

ticipating “on stage” in his first Powerhouse role as the Narrator. According to Halperin, “What makes this production special is that there are four members of the original 2007 cast reprising their original roles, and several other now adults who we used to direct when they were children in the Lakes Region. Seeing them grow up and become wonderful adults, and getting to continue to produce theatre with them is one of the best parts of Powerhouse.” The cast will be led by Heather Hunt Bullimore as Hopey, a role she originated as a 10 year old. Says Bullimore, who is expecting twin girls of her own in February, “‘Too Hot For Santa’ was the show that gave me the ‘theatre bug’. Sharing a message of climate action with young people, in a format that they can not only understand but enjoy and embrace, is important work. But Too Hot For Santa is more than an educational tool - it’s a fun and cheer-filled holiday show for all ages! I can’t

wait to share this gem of a show with a new generation.”

Other original cast members include Sharleigh Thomson as Elvira, Megan Reid as General Dasher, and Kayla Ryan as Lulu. They will be joined by Nikolai Fernandez, Ro Gavin, John Masse, Jillian Spring, Jake Stone, Olivia Martinson, Jordan Formicelli, Prezley Adair, Kate Flower, Katie Duncan, Tess Hodges, Lauren Shelby Douglas, Nora McBurnett, Hannah McCauley, Emily Aber, Meg King, and Kelly Bennett. Admission is free for the performances, but donations will be gratefully accepted. Audience members can also take home a children’s book version of the story, written by Halperin and illustrated by Emily Marsh.

Performances will be Saturday, Sept. 2 at 7 p.m. and Sunday, Dec. 3 at 2 p.m. on the Third Floor of the Belknap Mill. Reservations are recommended and can be completed at <https://www.powerhousenh.org/toohotforsanta>. The show is part of Powerhouse’s 2023 Mill Series which is sponsored by the Taylor Community. Too Hot for Santa is sponsored by Boothby Therapy Services and Rogue Space Systems. Powerhouse Theatre Collaborative is the resident theatre company of the Colonial Theatre. Its 2023 season is sponsored by The Home Beautiful and Lavalley/Middleton Building Supply. For more information on all the Powerhouse programs, check out powerhousenh.org.

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Belmont's Papadopoulos earns All-State honors

BY JOSHUA SPAULDING
Sports Editor

REGION — With the end of the fall soccer season, local soccer girls were included in the list of players earning All-State honors from the state's soccer coaches.

In Division III, First Team honors went to Gilford defender Gracey LeBlanc, midfielders Anna Coapland and Milie Caldon and forward Elizabeth Albert and Honorable Mention went to Prospect Mountain goalie Eve Roberge and defender Lani Demers, Inter-Lakes defender Riley Ferrante and forward Elizabeth Downing-Hall, Belmont midfielder Helena Papadopoulos, Berlin midfielder Ava Bartoli and Newfound forward Rylee Barney.

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Team honors were goalie Genna Bolduc of St. Thomas, forwards Ally Duval of Hopkinton, Juliana Grella of St. Thomas and Ava Houde of Trinity, midfielders Elizabeth Holmes of Hopkinton and Kate Burrus of St. Thomas and forwards Keegan St. Cyr of Hopkinton and Maddie Karsonovich of St. Thomas.

Second Team recognition also went to goalie Kayla Sission of Trinity, defenders Bella Skoglund of Trinity, Maddie Lavarnway of Stevens, Oceanna Palmer of Raymond and Lili Wilson of Campbell, midfielders Elizabeth Flynn of St. Thomas, Carly Grant of Kearsarge, Andrea Fernandez of Mascoma and Mariella Tsitsonis of Fall Mountain and forwards Katherine Brown of Hopkinton and Maddy Minckler and Payton Ferland of Stevens.

Honorable Mention also went to goalie Gracie Dean of Monadnock, defenders Katie Nguyen of Derryfield, Reese Lacombe of Kearsarge, Navah LeBlanc of Stevens and Skylar Blanchard of Fall Mountain, midfielders Addie Bosworth of Trinity, Addison Derosier of Stevens, Abby Stewart and Chloe Larson of Derryfield, Abby Guerrette of Campbell and Caitlyne Bobsein of Sanborn and forwards Emily Seiler of Mascoma, MacKenzie Goldstein of Trinity, Aubrey Thomas and Selah Fredrick of Fall Mountain, Lydia Tremblay of Bishop Brady, Riley Vitello of Conant and Amelia



Belmont's Helena Papadopolous was named Division III All-State Honorable Mention.

LaPlante of Campbell.

George Tsitsonis of Fall Mountain was named Division III Coach of the Year while Peighton Ahlberg, also of Fall Mountain, was named JV Coach of the Year.

In Division IV, First Team was presented to Littleton defender Kaitlyn Ilacqua, Profile defender Maddie Koehler and forward Ella McPhaul and Lin-Wood midfielder Abishai Corey. Second Team honors went to Lin-Wood goalie Destiny Ciarleglio, defenders Natalie Therrien of Woodsville, Taylor Weir of Profile, Avah Lucas of Littleton and Asha Ivestor of Lin-Wood and midfielders Lauryn Corrigan of Littleton and Makayla Walker of Woodsville, while Honorable Mention went to

goalie Taytum Adams of Littleton, defenders Mylee Kenison of Groveton, Meredith Barnes of Lisbon and Sadey Sherkanowski of Moultonborough, midfielders Dory Roy of Woodsville and Makalyn Kenison of Groveton and forwards Juju Bromley of Littleton, Evie Burger of Profile and Kate Vasconcelos of Woodsville.

Also earning First Team honors were goalie Adeline Nardolillo of Hinsdale, defenders Emma Walcowiak and Morgan Boucher of Newmarket, midfielders Makayla Baglio of Concord Christian, AJ Mulligan of Newmarket and Tatiana Stockbower of Portsmouth Christian and forwards Oliva Blackadar of Newmarket and Clare Tuohy of Sunapee.

Second Team honors were also presented to midfielders Lilli Carlile of Concord Christian and Brookelyn Pagach of Hinsdale and forwards Jaela Stockbower of Portsmouth Christian, Jillian Long of Newmarket and Ella Baker of Concord Christian.

Also earning Honorable Mention were goalie Ella Walsh of Portsmouth Christian, defenders Addie Clark of Pittsfield, Annabelle Shumway of Epping and Shakella Miller of Somersworth, midfielders Mairead Moore of Newmarket, Lexi Santamaria of Colebrook and Mable Johnson of Pittsfield and forwards Tatum Smith of Portsmouth Christian, Sophie Bourque of Sunapee and Arlyn Dorman of Pittsburg-Canaan.

Littleton's Joe Hertel was named the Division IV Coach of the Year, while Alyssa Krause of Sunapee was named the JV Coach of the Year.

In Division II, Second Team honors went to Kingswood forward Kylie Rapoza, while Honorable Mention went to Kingswood defenders Norah Pelletier and Rowan Donovan-Laviolette and goaltender Heidi Roiter and Kennett midfielder Lydia Wiggins and forward Aida Wheat.

First Team honors went to goalie Lexi Boudreau of John Stark, defenders Alyvia Blad of Coe-Brown, Tasha MacNeil of Con-Val, Cali Gray of Merrimack Valley and Keely Giordano of Milford, mid-

fielders Sidney Roberge of Bow, Lauren Holt of Hollis-Brookline, Juliana Palhof of Merrimack Valley and Alina St. George of Milford and forwards Ashley Walsh of Pelham, Bailey Gatchell of Pembroke and McKenna Maguire of Hollis-Brookline.

Joining Rapoza in earning Second Team honors was goalie Laila Al Shawafi of Pembroke, defenders Ellie Snoke of Hollis-Brookline, Makenzie LaFlamme of Laconia, Abbey Foote of Bow and Mackenzie Hawkins of Pembroke, midfielders Lindsey Jones of Pembroke, Sydney Deshane of Lebanon, Marleigh Kreick of Hollis-Brookline and Lexi Insana of Bow and forwards Somer Loto of Coe-Brown and Cara VanDyke of Bow.

Also earning Honorable Mention were goalie Hannah Verville of Merrimack Valley, defenders Makayla Pellerin of John Stark and Lyla Kimball of Souhegan, midfielders Maggie Escabi and Abbey Franke of Coe-Brown, Melody Couturier of John Stark, Hailey Lloyd and Lulu Maguire of Milford and Greta Zeng of Oyster River and forwards Bella Lapierre of Coe-Brown, Reagan Lamothe of John Stark, Sierra Mercier of Merrimack Valley and Jocelyn Downing of Keene.

Josh Hills of Coe-Brown was named the Division III Coach of the Year and Zoe Page of Con-Val was named JV Coach of the Year.

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Applications are available at the Plymouth Town Hall (603-536-1731), the Towns Website 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.

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An application may be found at www.plymouth-nh.org or at the Town Office 6 Post Office Square, Plymouth, NH 03264.

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Sanbornton Historical Society offers holiday wreaths for sale



Pictured: Lynn Chong, Nina Gardner, and Barbara Barnes.

SANBORNTON — The Sanbornton Historical Society announces that holiday wreaths are in! A small crew of four attached bows to the wreaths on Sunday the 19th. Thanks to Bill Koenig for getting them to us with truck and trailer. Much appreciated!

Wreath pickup is from 9 a.m. - noon on Saturday the 2nd of December, fair day. We also are doing calls now to our faithful cookie bakers! Some are receiving calls or emails. Others - you know who you are! If we miss reaching you, please know we love your holiday cookies (no cakes, no pies). If you haven't received an "ask" it's likely we don't have a good email or phone number for you. Please know we appreciate and need your baking. Cookies! Bring them to the holiday fair on Saturday the 2nd of December, from 8 - 9 a.m. Lane Tavern at 530 Sanborn Rd. is the place. If pressed for time, bring them Friday in the late morning.

We happily announce

we have many crafters and other sellers with their wares. Come for your maple syrup, honey and jam, your knit hats and mittens, your ornaments, jewelry, vintage finds, your children's and other gifts, items from our regular gift shop, and a real highlight with thanks to our bakers -- our renowned Cookie Walk! This year Nina Gardner will be joined by Julie Loneragan, as you choose your cookies, 13 for \$5.

Returning this year, a lunch-time treat of sandwiches and homemade soup. Hot cider and coffee / tea are available for our crafters and any shoppers with us through the morning and at lunchtime. The Dec. 2 hours are 9 a.m. to

2 p.m. Get a kissing ball from Steve! Get original photo cards from Jackie! We have vendors too numerous to mention. Returning this year, raffle jars with prizes from our crafters, overseen by John Olmstead. Our spaces are full, for your pleasure.

To our community and supporters, we do this fair for you, and enjoy the time together. It's good to be out of the grip of the pandemic. We like this return to normalcy. Please come and join us, support Lane Tavern and Currier Building, in their needs. Enjoy being part of local history. Call V.P. Linda Salatiello with any questions: 603-286-4526.

WORK Lakes Region now open!

LACONIA — Jodie Gallant, Founder of WORK Lakes Region, and Owner and Business Strategist/Coach of JMG Business Strategies is proud to announce WORK Lakes Region is now open at 51 Elm St., in the Lakeport region of Laconia. While memberships and space reservations have been available for booking since early October, WORK officially opened its doors Monday, Oct. 23.

WORK Lakes Region is located in Lakeport at 51 Elm St. on the Railroad Ave side, in the newest Paugus Properties Development to enhance Lakeport and the Greater Laconia – Lakes Region community. Gallant comments, "It's been a long road to get here, but we are thrilled to have finally opened our doors to business owners, leaders, remote professionals, and more who are looking for

a great spot to focus on their work and find community connection." With the modern professional in mind, WORK has been carefully designed to work when you need it, providing ultimate flexibility to how and when you want to work. While there will be the friendly faces of WORK Lakes Region staff on site, the system is completely On Demand. This means that as soon as you select your membership option or specific day(s) you want to work, you'll receive an email conveniently providing access details, wi-fi passwords and more. With no guesswork and no strict schedule, you get to choose when it's time to go to WORK.

Gallant is proud to bring the most advanced coworking solution to the Lakes Region. With a love of leadership, small business, and collaboration, Gallant wanted to be sure to remove any roadblocks and create a solid pathway to a high vibe work environment for the community and its visitors.

WORK Lakes Region is a membership based coworking space offering full and part time memberships with opportunities for 1-3 per-

son private, longer use offices, hot/flex desks and offices, dedicated desks, and several meeting and event spaces to choose from for groups of three to 100. WORK Lakes Region is a community-based solution with exclusive amenities for members like unlimited high-speed internet, mail solutions, Google My Business - Official Address allocations, community connection events and more.

Additional programming for leadership, business and personal development will also be added by Business Coach and Brand Strategist Jodie Gallant and her team at JMG Business Strategies.

All are invited to experience a taste of what WORK Lakes Region has to offer at WORK Free Fridays, now available every Friday through the end of the year. Visit WORKLakesRegion.com or download the WORK Lakes Region



WORK Lakes Region Founder, Jodie Gallant inside main area of WORK Lakes Region located at 51 Elm St. (Railroad Ave. side) in Laconia's Lakeport area. App (App Store (iOS) and Play Store (Android)) for more information.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 13-20.

James Christopher Rivers, age 31, of Freedom was arrested on Nov. 17 for Conduct After an Accident.

Cirsten D. McKim, age 48, of Belmont was arrested on Nov. 18 for operating a motor vehicle with an Unofficial Inspection or Registration Decal.

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December 1-31
*Excludes sale and consignment items

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Purchase gift cards in-store from **November 24 - December 31** and receive 20% of your total purchase back on a Common Man Bonus Card! *Available at Common Man locations. **Purchase online starting **Cyber Monday, November 27** at theCman.com.

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