



Weare in the World

Volume 6, Issue 3 February 9, 2022

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For Weare Residents, by Weare Residents



Voting Day:
TUESDAY, MARCH 8

Inside the issue:

Meet the Candidates

This week, meet the candidates for the Weare Board of Selectmen and Weare Town Clerk. See pages 2-4. *(Check out our next issue on Feb. 26 to meet the candidates for the Weare School Board and the John Stark Regional School Board.)*

Get informed

For information on upcoming public meetings and Zoom sessions covering the town of Weare and local school districts, see page 4 or get everything at a glance on our calendar on page 12 .

Voting

A guide on when and how you can register, absentee guidelines and where to direct questions. See page 5. In Weare, polls will be open at Weare Middle School on Tuesday, March 8 from 7 a.m. to 7 p.m.

Results

Weare in the World will publish all the local results in the issue coming out Wednesday, March 9. To subscribe and receive two issues a month to your inbox, go to www.weareintheworldnews.com.



Full-Day Kindergarten Proposed for Weare School District

By Tom Clow

The Weare School Board hopes to join the vast majority of school districts in the state that offer full-day kindergarten through an article on the 2022 school district warrant, which proposes transitioning to a full-day program in the fall of this year.

A list on the N.H. Department of Education website shows that 144 public school districts and public charter school districts offered full-day kindergarten programs in the 2018-2019 school year. Weare is not on that list. If the list were updated to include the present school year, there would no doubt be many more districts on the list, but Weare would still not be included.

A proposal that was on the warrant in 2019 was not approved by voters, but a lot has changed since then. At a public hearing on the school district budget and warrant on January 12 and again at a Weare Finance Committee meeting on January 19, Assistant Superintendent Natasha Kolehmainen explained how savings in transportation costs and increased revenue from state adequacy funds would result in a savings to the town by moving to a full day program. In her presentation Kolehmainen showed that due to one time expenses associated with setting up three new classrooms, the first-year savings would be \$12,361, but after that the annual savings are estimated to be \$57,361.

What makes this possible? In 2019 the State of NH began requiring that school districts provide transportation for students in half day kindergarten programs. For the 2021-22 school year the Weare School District is paying \$70,830 for mid-day bus runs. Students attending a full day program would be absorbed into the regular morning and afternoon bus runs, so that extra expense would go away.

See KINDERGARTEN, page 2



KINDERGARTEN, continued from page 1

The new revenue from adequacy funds comes about because full aid is now available in the first year of a full-day program. Full aid means that the school district will receive \$3786 per child rather than the \$1893 per child for the half day program.

Addressing the issue of space, Kolehmainen said that because of changes in student population at Center Woods Elementary School, the full-day kindergarten could be contained within the building without moving other programs out. This is a change from 2019 when there was discussion of moving the preschool to another location. That move will not be necessary in this plan. In addition, the art and music rooms at Center Woods will stay as is.

The Weare Finance Committee is recommending the approval of the full day kindergarten proposal which appears as Article 6 on the Weare School District Warrant. A breakdown of that committee's vote and the rationale for its decision will appear in a mailer sent out by the town prior to the voting on March 8. The Weare School District Deliberative Session will be held on February 8, when the public will have the opportunity to offer further input on the kindergarten proposal as well as other school warrant articles.

Meet the Candidates

This week, meet the candidates for Weare Board of Selectmen and Weare Town Clerk. There is one three-year open seat for Selectmen and one three-year town clerk position.

The *Weare in the World* staff developed the following surveys and sent them to all candidates. They were given a word limit and surveys were lightly edited only for style and mechanics.

Weare Board of Selectmen



Name: Kevin J. Cahill

Contact: jilcokvll@aol.com

1. Tell us about your background: your education, line of work, how long you have lived in Weare and your involvement in the community (appointments to boards, volunteer work, etc.) I

was introduced to the Weare Community in 1978 and have resided here all of my adult life. My education and work experience are as follows: B.S. Degree, Keene

State College, University of New Hampshire System; B.F.A. Degree, Portland School of Art, Portland, Maine; owner/ operator of North Branch Construction Inc. Concord, N.H., 1982-2006; owner/operator of Colburn Farm, Weare, N.H., 2006-present.

2. What specific skills do you bring to the position? I would define myself as a problem solver with vast experience in budgetary management.

3. What would be your top priority if elected? My mission as a selectperson is to provide administrative oversight in a collective, cooperative and constructive manner, with every citizen's interest in mind.

4. What else would you like to add to convince Weare voters that you are the best candidate for the select board? I have always maintained an open door to my town, my community and friends to assist them in problem resolution. Every vote counts and I would like yours.



Name: Kyle Parker

Contact:

kyleparker100@comcast.net

1. Tell us about your background: your education, line of work, how long you have lived in Weare and your involvement in the community (appointments to boards, volunteer work, etc.)

Twenty-six year resident of New Hampshire; 19 years in Henniker and the last seven as a resident of Weare. Associate in Arts degree in Humanities plus two more years in business administration studies. Married; two adult children who attended John Stark Regional High School. Thirty years' experience as a residential building contractor. Nineteen years' experience as a part-time building inspector for the New Hampshire towns of Dunbarton, Pittsfield, Henniker and most recently Weare. Seventeen years as a children's Sunday school teacher and Christian youth group leader.

2. What specific skills do you bring to the position? Skills I would bring to the board would include 19 years' experience working in town hall settings, including yearly budget prep for building/planning departments. Thirty years' experience managing budget and daily operations for general contracting business. Experience with planning/zoning in the above listed towns.

3. What would be your top priority if elected? Top priority would be given to outreach to the community
See PARKER, page 3

PARKER, continued from page 2

regarding processes in which decisions are reached with the budget, zoning etc., for a better understanding of what the residents want and expect.

4. What else would you like to add to convince Weare voters that you are the best candidate for the select board? I will bring a renewed understanding of the obligation the position holds in serving the needs of the taxpayers first. Remaining accessible, transparent and a voice for residents' concerns.

Weare Town Clerk



Name: Maureen Billodeau

Contact: billodeau1@juno.com

1. Tell us about your background: your education, line of work, how long you have lived in Weare and your involvement in the community (appointments to boards, volunteer work, etc.) I have

lived in Weare for 40 years. I attended Notre Dame College and worked for Home Insurance Company for 15 years. I have worked in the Town Clerk's office for the last 26 years. In 2011, I was appointed Town Clerk when Evelyn Connor retired and was elected in 2012. I became a certified Town Clerk in 2013 after completing the N.H. Town Clerk Certification Program. Recertification is every five years, which I accomplished again in 2018. I have attended many training programs with the N.H. DMV, Vital Records and the Secretary of State's office. I attend the Town Clerk's conferences every year to stay knowledgeable and up to date in all areas of my job. I also take advantage of the webinar election training offered since COVID-19.

2. What specific skills do you bring to the position? The skills that I bring to this position are the years of training in the Town Clerk's office, the knowledge I have received in all classes attended and a high degree of customer service.

3. Are you an incumbent? If so, what do you feel are your greatest accomplishments while in office? If not, what do you wish to accomplish if elected? I am an incumbent. While in office, I have worked to provide the best services available. I have implemented taking credit cards, added more online services, became a notary and I have taken advantage of the many training opportunities offered by the State of New Hampshire. If

re-elected, I will continue to serve each and every Weare resident respectfully and efficiently, and I will take advantage of every opportunity to improve the services this office provides.

4. What changes do you anticipate in the role of town clerk over the next few years? How would you prepare for those changes? State election and vehicle registration laws are constantly changing, and so is the Town Clerk's role in implementing those laws. I believe education – attending seminars and training sessions – is the best way to keep up with those changes.

5. What else would you like to add to convince Weare voters that you are the best candidate for Town Clerk?

I am the best candidate for Town Clerk because of my many years of experience and knowledge. As an elected official, it is my responsibility to be honest, fair, accessible and respectful. I enjoy working with the people of Weare and always try to be helpful.



Name: John J. "Jack" Meaney

Contact: jmer282@mygsc.com or call 603-848-8836.

1. Tell us about your background: your education, line of work, how long you have lived in Weare and your involvement in the community (appointments to boards, volunteer work, etc.)

Resident of Weare since 2012 and previously a resident in the 1970's and 1990's when it was a part of my N.H. State Police Patrol area. Elected Selectman in 2016 for a three-year term and re-elected in 2019; also served as representative to the Weare Planning Board. Previous member of Bradford Board of Selectmen. Twenty-seven year career at State of N.H. Department of Safety, Division of State Police. Member of the N.H. State Police Explosives Unit. Training officer for the Office of Permits and Licensing and the Motor Carrier Unit. Retired in 1999. Licensed Explosives Technician in New Hampshire and Vermont. Small business owner since 1991, responsible for all aspects of management, including compliance with state and federal licensing and regulations. Instructor at Merrimack County Adult Diversion Program since 2016, teaching life skills and specific legal, financial and motor vehicle-related skills to court-mandated individuals. Employed part-time as a certified Lift Bridge Operator with the NHDOT since 2013. Employed as a Sheriff in Hillsborough County.

See MEANEY, page 4

MEANEY, continued from page 3

Attended Northeastern University, St. Anselm College and NHTI; completed the UNH LTAP program. Member of N.H. Municipal Association.

2. What specific skills do you bring to the position? My past work history, specifically in public service, has provided me with vast experience in asset management, state and federal regulatory licensing and record keeping, employee training and certification, as well as continuous system improvement processes. I know and understand government operations on the local, state and federal level and have been able to establish solid working relationships that provide a network of technical assistance that support and promote best practices that can be useful for town operations.

3. Are you an incumbent? If so, what do you feel are your greatest accomplishments while in office? If not, what do you wish to accomplish if elected? I am not an incumbent for this position.

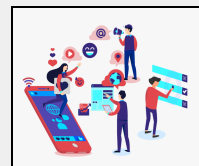
4. What changes do you anticipate in the role of town clerk over the next few years? How would you prepare for those changes? Anticipating needs and changes in the office of Town Clerk is one of the reasons that I have decided to run for this office. I am a firm believer that all town operations should be regularly reviewed to ensure that we are meeting or exceeding the needs of taxpayers and residents. An area of focus for the Office of Town Clerk is succession planning. Current operations do not suggest either a short- or long-term strategy is in place. Vacancies in this office could create a lack of resident service. Town offices should have a solid, continuous operation plan to address staff training and retention to ensure an office can continue to fulfill its mission if there is a staff outage. In my review of the Town Clerk's office, I have noted some potential efficiencies that could create additional positions. For example, if elected, I would not require the town budget to fund my benefits or retirement contributions. This would result in an annual town budgetary savings of approximately \$36,000. This savings could be used to fund a position in this office, expanding current hours to two nights per week and Saturday morning. To my knowledge, the Office of Town Clerk has never formally surveyed residents to determine if they are providing satisfactory services or meeting residents' needs for access and accommodation.

5. What else would you like to add to convince Weare voters that you are the best candidate for Town Clerk? I believe that my record speaks for itself. I have

dedicated my time and skill set over the past six years to support improvement and efficiency in town operations. I thank the voters for their trust in me these past years, as well as for their continued support and look forward to more discussion about my candidacy.

Get Informed!

Below are some opportunities to discuss issues of interest with school district leaders ahead of voting on the budget and warrant articles March 8.



DELIBERATIVE SESSION

Wednesday, Feb. 9, 7 p.m.

The Weare School Board will hold a Deliberative Session at Weare Middle School. The regular Board meeting will begin at 6 p.m. and recess for the session.

DELIBERATIVE SESSION

Friday, Feb. 11, 7 p.m.

The John Stark School Board will hold a Deliberative Session at JSRHS. The regular Board meeting will begin at 6:30 p.m. and recess for the session.

SUPERINTENDENT ZOOM MEETING

Thursday, Feb. 17, 6 p.m.

Discuss full-day kindergarten in Weare with Assistant Superintendent Natasha Kolehmainen, joined by Weare School Board member Sarah Button.

How to connect:

<https://bit.ly/2Yx51YJOfficeHours> Meeting ID: 821 4229 1994 Passcode: 225191 or Join by phone @ (US) +1 240-623-0475 PIN: 538 949 965#.

"ASK A SCHOOL BOARD MEMBER" ZOOM MEETING

Monday, March 7 at 12 p.m.

School Board Members from Henniker, Weare and John Stark Districts will be available for questions via Zoom. If you have a question about budgets, contracts, or anything board-related, join in or just drop in to listen.

How to connect:

<https://sau24-org.zoom.us/j/82361441890?pwd=WitqTFN1b21jV0t6MVYwMHk3MW01dz09> Meeting ID: 823 6144 1890 Passcode: 292666.

Voting Guide

By Maureen Billodeau

To register to vote in the Town of Weare, you must be at least 18 years of age, be a Weare resident and a United States citizen. You may register at the Town Clerk's office during normal business hours up to 10 days prior to an election. Once the deadline to register at the Town Clerk's office has passed, you may register at the polls on Election Day.

To register, you will need to show proof of identity and domicile. Many types of documents fill this requirement. The following documents are examples of acceptable proof: a driver's license or non-driver ID from any state satisfies proof of identity and age. A rental agreement, lease or similar document that shows your name and the address of your domicile proves residency. You can view the complete list of acceptable documents on the N.H. Secretary of State's website: sos.nh.gov/elections. If you do not have these documents, you can prove your identity, age, and/or citizenship, by signing a Qualified Voter Affidavit, under oath, in front of an election official.

Absentee ballots may be obtained for specific reasons. The reasons include being absent from the voter's town, a religious observance, disability (including concern for COVID-19) or illness, and employment commitments (including caregiving) during the entire time the polls are open. Absentee ballots may also be available when a weather emergency impacts an election. To obtain an absentee ballot, you can visit the Town Clerk's office or download the form on the Town of Weare website: weare.nh.gov, Town Clerk, Elections.

You may call 603-529-7527 or visit the Town Clerk's office with any questions.

Weare Public Library News

Get Outta the House with Events at the Weare Public Library

By Clay Kriese, Director

Afterschool Gaming: Tuesdays, 2:30 to 4:30 p.m. Challenge your friends on our Nintendo Switch with games like *Super Smash Bros. Ultimate* and *Mario Kart 8*, or play one of our board or card games. For children and teens. It's held in the Sawyer Room.

Also on Tuesdays, our **Pinochle & Cribbage** group meets in the Paige Room at 3 p.m.

Want more gaming? Our **Game Nights** are every second (Feb. 10) and fourth (Feb. 24) Thursday of the month from 5:30 to 8 p.m. All ages and skill levels are welcome.

Read with the Ruff Readers: Kids read with friendly dogs! Every Wednesday at 5 p.m. Call Ms. Karen at 603-529-2044 to sign-up.

Free Tax Help: From the AARP on Feb. 15 and 16. Schedule your appointment by calling Jim Luckern at 603-765-0558.

Knit & Craft Group: Sat, Feb. 19 at 12:30 p.m. Bring your knitting and crafts - whatever you're working on - and meet with other community crafters. All ages welcome.

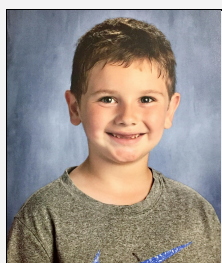
Book Group: The Midnight Library: Wednesday, Feb. 23 at 7 p.m. Call 603-529-2044 to reserve your copy of Matt Haig's enchanting blockbuster novel. Read it to learn what is truly fulfilling in life, and what would make it worth living in the first place.

Book-opoly continues: It's a fun winter reading challenge for kids and families – like Monopoly, but rather than extracting money from your friends, you'll win gift card prizes by reading books. The challenge concludes on March 9. Pick up a reading log at the library or download a copy from wearepubliclibrary.com/childrens.

Get involved! The next Friends of the Weare Library meet-up is Tuesday, Feb. 22 at 6 p.m. It's the non-profit organization that supports the library in ways not otherwise funded by the town. You too can volunteer and help us raise funds for programs and events. Learn more at: wearepubliclibrary.com/friends.



School News



The winner of the Center Woods Elementary School spelling bee is first grade student Joel Miller. His winning word was "detect." Joel now moves to the state bee at the Capitol Center for the Arts on Feb. 26. Runner up at the CWES bee was Fallon Brunini (third grade), followed by Connor Monnelly (second grade). Due to COVID-19 precautions, there could be no live audience for the bee, so it was held at school live stream so other classmates and parents could watch the event (courtesy photo).



Pinewood Derby cars (courtesy photo).

Cub Scout Pack 24 News

By Bailey Theriault

On Jan. 15, the Cub Scouts of Pack 24 held their annual Pinewood Derby. The Scouts worked hard in the weeks leading up to the event to craft their unique race cars, focusing on speed and creativity. The winner of the day was James Erickson (fourth grade), followed by Alaric McKahan (second grade) and Aidan Erickson (second grade). Best of luck to James, Alaric and Aidan, as they move on to race their cars against other New Hampshire Cub Scouts in the division race.

Later in January, the Scouts gathered at Horace Lake for an ice fishing adventure! Kids and parents alike enjoyed learning about ice fishing while having some fun in the snow and warming up around a winter campfire on the beach of Chase Park. A big thank you to Sergeant Bronson (of "North Woods Law" fame) from N.H. Fish and Game. Sgt. Bronson talked to the Scouts about ice safety and conservation.

The Cub Scout program is open to all boys and girls in grades K-5 and the Pack welcomes new members year-round. If anyone is interested in joining, learning more about the program or checking out an upcoming event, you can find more information at www.beascout.org or reach out directly to Bill Theriault, Pack 24 Cubmaster usaairforceeod@yahoo.com.



Cub Scout Pack 24 shown during an ice fishing trip at Horace Lake (courtesy photo).

Lookin' For Love

By Cathy Bailey

If you'd like to adopt any of the pets pictured here, please complete an adoption application at <https://www.heartsandtails.org/adoption-application>



Meet Hogan! Bulldog/ Mastiff mix; male; friendly, affectionate, loyal, gentle, playful and smart; short coat; house trained; vaccinations up to date; neutered; microchipped; two years old; weighs 45 pounds; good with other dogs and children. Adoption fee: \$550.



Meet Petey! Terrier mix; male; friendly, affectionate, loyal, playful, smart and athletic; short coat; house trained; vaccinations up to date; neutered; microchipped; three years old; weighs 48 pounds; good with other dogs and children. Adoption fee: \$550.

For more information on these and other dogs visit the adoption website at: <https://www.heartsandtails.org/petfinder-list/>



POSTPONED

Wine & Beer Tasting at Country 3

We certainly do miss you all – and the beverages. 😊
As soon as it seems a bit safer for everyone, we will start up again. Keep checking the paper for information or check <https://www.facebook.com/Country3Corners>

Read all about it!

We are in the World currently has 540 email subscribers who receive each issue right in their inbox. Why not join them? Get your local news twice a month! Email Sharon Czarnecki at czar5@comcast.net with the word SUBSCRIBE in the subject. That's it!





Weare Historical Society
P. O. Box 33
Weare, NH 03281

Tidbits of Weare History

An occasional feature by the Weare Historical Society

This week by Jan Snyder, director.

The town of Weare is the second largest town in New Hampshire with respect to land area. Pittsburg has the largest area of land. During the development of Weare, small villages developed: Riverdale, East Weare, Weare Center, Clinton Grove, Slab City, Chase Village, South Weare, Tavern Village and North Weare Village. Over the years, each village acquired its own history and architectural character. All of the original villages and areas are mostly intact, except for East Weare Village, which ceased to exist in 1960 because of the Everett Flood Control Project.

Here's some more information about North Weare Village. It has the largest concentration of old homes in Weare and has been a thriving community. During the 1800s, its residents did not have to travel far for employment. Farming was number one then, while manufacturing was gaining momentum with shoe, toy and woolen factories that were powered by the Piscataquog River. Other means of employment included blacksmithing, saw milling, grist milling, wheelwrighting, lumbering, etc. At its height, four trains ran daily from the North Weare Station. The Manchester and North Weare Railroad transported milk, lumber, cordwood by the thousands of cords, apples in barrels, other farm products and passengers from Weare to Manchester.

The Weare Historical Society has pamphlets, booklets and books with more information about Weare.

Go to wearehistoricalsociety.org to learn more about our town's history and or to join the society. Annual membership dues are as follows: \$5/senior citizen or student; \$7.50/ individual; \$15/family; \$25/business; \$250/lifetime membership. General donations or monetary support for building fund also accepted. The Weare Historical Society is a nonprofit organization. Annual dues and donations are tax deductible.

Contact the Society for more details.

Celebrate the 250th Anniversary of the Pine Tree Riot

Relive history! Be part of history! Come celebrate and commemorate the 250th anniversary of the Pine Tree Riot, which took place in April 1772. There will be:

- VIP descendants of the Pine Tree Riot participants – Any descendant who is interested is welcome to contact us.
- A state proclamation reading
- A live theatrical dramatization
- Local author readings on the subject
- An aerial drone photo of participants
- Kids' crafts and souvenirs
- Lively and intimate retelling of the Pine Tree Riot tale by Sue Edge
- T-Shirts/Sweatshirts. They will be available for advance purchase online this month. Some will be on hand at the event as well. Don't miss this collector's item!
- Food - Food trucks and the American Legion Post 65 will be serving up something delicious.

These events will be held Saturday, April 9 beginning at 10 a.m. in Weare Center. Check out the Historical Society web page for updates about this event: www.wearehistoricalsociety.org or search "Pine Tree Riot 250th Anniversary Celebration" on Facebook.

College Graduates and Honorees

Dean's List, Keene State College, Spencer Grant and Madison McDonald

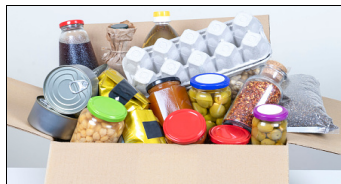
Super Spring Sports Swap

This month, bring unwanted, good-condition spring sports gear to WeAre Upcyclers during open hours. For every donated item, earn admission tickets to the "Super Spring Sports Swap" at Weare Middle School on Feb. 20, 11 a.m. - 2 p.m. Trade in for "new to you" items! Monetary donations accepted to benefit Weare Athletic Club. WeAre Upcyclers is located at 464 S. Stark Hwy. Open Wednesday - Friday 9 a.m. - 3 p.m. and Saturday-Sunday 10 a.m. - 3 p.m. For more details: <https://facebook.com/events/s/super-spring-sports-swap/596990448044537/>





Goffstown Rotary Food Drive



The Goffstown Rotary Club is holding its annual "Love Thy Neighbor" food drive on Feb. 12, 9:30 a.m. - noon at Goffstown Hannaford! This will benefit ALL the towns they

serve including Weare and its food pantry.

There are TWO ways people can help, starting today!

First: a cash donation. Goffstown Hannaford currently has its cash donation kiosk dedicated to this upcoming food drive and it will continue to collect for the cause for the entire month of February. **Thank you so much, Hannaford!** Cash donations can also be made via PayPal through the Rotary website. Simply click on the donate button and follow the prompts to make your donation. <https://goftstownrotary.org>

Second: donate in person. Rotary members will be on site at Goffstown Hannaford, on Feb. 12. That will be an opportunity to donate food items. The Rotary will have lists of the current pantries' needs. Just stop by the table and ask! The lists will be posted on our Facebook page leading up to the event for those who wish to shop ahead. Visit for more information on the food drive or for other questions concerning the club and community service activities.

The Goffstown Rotary Club services the communities of Goffstown, Weare, New Boston and Dunbarton. Meetings are most Tuesday mornings, with one evening meeting per month.

Grant Opportunities

Last year, we moved the grant application window from February-March to June-July in order to include money acquired as a result of our annual car show fundraiser. We have recently decided to make this a permanent change.

Therefore, the new grant application date going forward, will be July 15 - Aug. 31 each year. For an updated application, or any questions you may have, please use the "contact us" portion of our website.

<https://goftstownrotary.org>

Speech Contest

Application deadline is March 1.

The Goffstown Rotary Club is seeking contestants for its annual 4-Way speech contest!

All high school students from Goffstown, Weare, New Boston and Dunbarton (home schooled students included) are eligible to compete. The date is Thursday, March 10 at 6:30 p.m., most likely via Zoom.

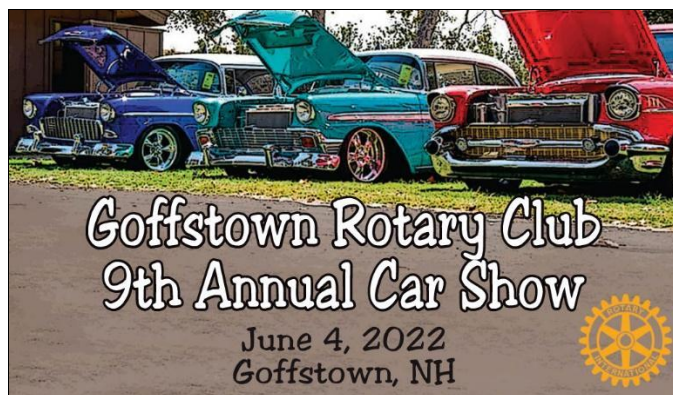
Rotarians around the world use the 4-Way test to help make good decisions and we want to hear how the test might impact your life. Here's the test:

- * Is it the truth?
- * Is it fair to all concerned?
- * Will it build goodwill and better friendships?
- * Will it be beneficial to all concerned?

The first place winner will receive \$300 and will continue on to the semi-finals, being held April 3, also most likely via Zoom. The runner up will receive \$200 and will continue on to the semi-finals if the first place winner cannot compete.

Contest applications can be found under the discussion tab on our Facebook event page or by emailing goftstownrotary@gmail.com. They can be mailed or submitted electronically.

Please help us spread the word, and encourage anyone you think might be interested to compete!



Want to be part of something GREAT?

Goffstown Rotary's

9th Annual Car Show

Saturday, June 4th ~ 9 a.m. - 2 p.m.

Corner of Parsons Drive and N. Mast (Route 114)

\$100 Trophy - Sponsor one class (1st, 2nd & 3rd)

\$150 Bronze - Your Banner at show

\$250 Silver - Booth space at show

\$500 Gold - Your name and logo on all print and digital materials, banner placement, booth space, selection of Best of Show for Sponsors' Choice award trophy

In-kind donations and goodie bag fillers are also welcome! All proceeds benefit our local community.

For more information on any of the listed activities, call 603-606-8758 (Robin Morrell), visit Facebook <https://www.facebook.com/Goffstown-Rotary-Club-Goffstown-NH-107329806001024> or email info@goftstownrotary.org.

-Submitted by Robin Morrell

SENIOR NEWS

Senior Center Menu

Feb. 9: Kielbasa stew

Feb. 16: Tuna and egg cheese melts with roasted red pepper and tomato soup

Feb. 23: Stuffed shells

Dessert, coffee, tea and hot chocolate included. Fruit may be added. FREE for any local area senior (60+). Donations accepted.

Time: 11 a.m. to 1 p.m. every Wednesday

There is room for 35 guests. Take out or free delivery available for any Senior who has no transportation.

Call ahead to 603-529-4263. Leave your name, telephone number and how many plates. It is first come first serve. When it is all gone, we are finished serving.



What I've Learned About Nutrition For Seniors

By Diane T. Padilla

There's a lot of discussion everywhere these days about eating right to be fit and healthy. While a lot of this information is more focused on eating more of the healthier foods and less on processed foods, these discussions seem to omit a key group: seniors! As a senior myself, I've been feeling left out of this discussion. So, over the last few years, I've been working with my doctor, and doing my own research, to see what works best for me. Here is what I've found.

Let me be clear, I am no credentialed expert on nutrition or aging. I've just experimented in my kitchen, drawing on my family heritage and my mom's recipes, along with respected websites from the government and higher education institutions.

It seems to me that very little has been discussed lately about seniors, malnutrition and our dietary needs. Seniors, such as myself, are likely to eat less as we age for a variety of reasons, like medical illness, sensory changes, financial problems and medications to name a few. Emotional and mental health issues can also factor into malnutrition.

The foundation of basic nutrition remains the same: I get plenty of sleep, drink lots of water and take supplements, if needed. I've learned that fiber is needed for fullness and regularity. Calcium and Vitamin D are suggested to help with strong bones and teeth. Potassium, and vitamin B-12 are recommended for energy. Healthy fats, like those found in nuts, seeds and fatty fish also help with energy. I have learned it's less about the calories I take in and more about eating nutrient-dense foods.

But as we age, our bodies change, and that means
See HEALTH, page 10



Ya Never Know Thrift Shoppe

By Melody Beauregard

The shoppe is holding a two-week Valentine's sale from Feb. 15 - 28. There is a \$1 sale on all clothing and winter coats are even 50% off! We also have some locally made beautifully scented candles for \$4 - \$6.

Thanks to the community for all its generous donations! That's what keeps us going.

Don't forget: If you are driving by during the hours we are closed, you can use the orange bin on the porch to leave your unwanted, gently used items or bring them in during business hours.

Volunteers are still needed for the shop. It's a great place to help out our community and all volunteers get 30% off all purchases!

The Shoppe is now open Tuesday - Saturday 10 a.m. to 3 p.m. On Wednesdays, we stay open until 5:30 p.m.

Thrift Shoppe proceeds benefit the Breaking Bread Senior Café/Center, Senior Food Bank and any overhead for Hand In Hand Ministries, Inc.

For more information, find us on Facebook at <https://www.facebook.com/ThriftyShopper03281>.

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our dietary needs also change. Our eating patterns can be affected by medications, illness or injury. Our sense of taste dulls, leading to a loss of appetite. Stress, in many forms, saps our energy and interest in activities of daily living. Dental and mouth issues, like soreness, gum disease, or ill fitting dentures also affect eating habits for seniors. However, there are ways to address our changing nutritional needs, starting with a visit to the doctor, to determine what may be the cause(s). Once a determination is made, a plan for healthier eating can be implemented.

Here are some suggestions I have found helpful for better senior nutrition. Eat more plants and plant-based foods. Plants include fruits, vegetables, nuts, seeds, legumes and whole grains. I find that the fiber in plant-based foods is filling, and I am not hungry as much of the time. It also lowers cholesterol, and keeps the weight level healthy.

Some of the websites I have visited mention consuming more protein. In addition to meat, fish, and dairy products, protein can be found in beans, lentils, soy products and legumes. I also stay away from processed foods whenever I can. When I'm pressed for time, it's easier and quicker to grab something off the shelf while shopping, but some of those foods contain artificial ingredients and preservatives, including chemical additives and artificial food coloring.

I do what I can to cut down on sodium, added sugars, and saturated fats (found primarily in animal products). According to the U.S. government's Dietary Guidelines for Americans, the average American consumes over 3,400 milligrams of sodium daily, whereas the target for healthy use of sodium is less than 2,300 milligrams per day. That is 1/3 less than we are getting now.

To make meals more appealing and tasty, I have started adding spices and citrus flavors. You might also try a splash of salsa or barbecue sauce. Bold flavors help to wake up the taste buds, and using foods that are brightly colored brings more appeal at mealtimes.

There are barriers that can hinder access to eating better. Those living on a fixed income, who are living alone, with little or no interaction with family or community, are extremely vulnerable to malnourishment.

If you live near seniors, and you're able to do so, stop by and see how they're doing. Ask them if they need any assistance with chores or offer to pick up anything for them while you do your own shopping. Perhaps dropping by with a bag of groceries or home cooked

healthy meals. They'd most likely appreciate that, as well as your company. It is good for everyone's well-being, and we'd enjoy your company. Did I mention we would like to have visitors?! 😊

Below, I listed two of the sites I have looked at over the years; there are countless others. I will continue doing this for myself, as it's critical to my overall health and well-being. I stress that you consult with your doctor before beginning anything related to your personal health needs. My wellness journey continues, and I wish you the best on yours. To our health!

(Sources: www.nutrition.gov, www.health.harvard.edu. For Harvard Medical School, the article is, "Living Better, Living Longer.")



Asked and Answered: Valentines



Valentine's Day 1990

By Marge Burke

Valentine's Day 1990 found me at a board meeting in Burlingame, CA, far from home and my beloved husband, where we might have celebrated with a fancy dinner out. The meeting was not going very well with backstabbing going on, largely directed toward me. I chose to stay as much above the fray as possible and kept turning the other cheek, so to speak. During an hour-long break in the meeting, I sought my own refuge where I could be alone, to pray and recoup my sense of self; I escaped to the roof of the conference center. Indeed, no one sought me out either to console or continue the fight I wouldn't fight.

When I returned to the conference room, there at my seat was a large bouquet of deep, red, long-stemmed American Beauty roses sent from my beloved, Donald. The flowers brought me much joy and pleasure along with jealous remarks from some members of the board. Of the 18 women present at that meeting, I was the only one who received such a romantic gift. Upon our departure home, I caused quite a stir as I walked through the San Francisco airport in my skirt and sweater of the same color as the roses that I was carrying.

Valentine's Day

By Terri Trier

Valentine's Day never held any special memories for me growing up, aside from some great sugary treats and an occasional card. For the most part, it was just another day in February. However, for the past 14 years, Valentine's Day has become something I look forward to each year.



Gordy arrived in our home in April of 2008, but he was born in February – Valentine's Day to be exact. This little guy was the cutest puppy I had ever seen, and wouldn't ya know, there was a little white heart-shaped patch of fur on his forehead just above his eyes. It was adorable. When we were looking for a puppy, we searched for one that was small and would primarily be a house dog. We also wanted one that didn't shed.

What we got... was a dog that grew to medium sized, loved running, played outside for hours and shed at an astonishing rate. A single trip around the house would pack the vacuum cleaner full and we would have to empty the bag each time. Gordy may not have been the dog we *thought* we wanted, but he was the dog we fell in love with.

He was absolutely perfect for us. He and I were the best of buddies. He followed me around all day long like a little shadow, and made coming home from work the best moment of my day.

Valentine's Day was no longer the day that I frantically shopped for little treats to give the kids and a nice card for my husband. It was Gordy's birthday! When he was about three years old, we started taking him out on his special day to McDonald's for a burger. We would put him in the car and order a plain hamburger, which we fed to him in the back seat. We added a few fries to his meal and joked that we were taking Gordy out for burgers and fries. He loved it so much, but I think we loved it even more. We carried on that tradition for 13 happy years.

Sadly, Gordy died a few weeks after Valentine's Day on March 1, 2021. Recently, our son Miles, who thrives on traditions, reminded us that we still need to go to McDonald's on Valentine's Day. Miles said, "We should remember Gordy each year on his birthday and do what he loved most: go out for burgers and fries." I think that's an excellent idea, Miles!



Love's Promises

If I could turn your eyes toward me,
if you would take my hand,
I would offer gold.
I would offer mist rising over the mountain;
it would be so clear you could see Kansas.
I would offer rainbows
and more ordinary fare:
water for your thirst;
food when you hunger.
I would offer the vernal equinox
when the sun crosses the equator
and day and night are everywhere
of equal length.
I would always be with you.
I would never leave.

- Sylvia Beaupré



Invitation to Love

By Sylvia Beaupré

Come with me then
We will ride the wind
Circle that large silver disk
On the darkest of nights
All things will be with us
We will be all things
Grass for instance
Stars and birds for instance
We will feel the spinning
Of Earth
The pulse of the great symphonic sea
We will be leaves
We will taste colors

- Sylvia Beaupré

Valentine Cards

Get out the paper, the lace, and the glue
 And cut pictures from magazines. We'll do that too.
 I work with my sister, much younger than me
 She follows my lead and giggles with glee.
 She is artistic in ways I am not
 So, getting this done may indeed take some thought.
 This one's for Mom so we'll put extra lace
 And my sister glues flowers all over the place.
 Dad's card is next, it's harder to make
 He has lots of hobbies, what will it take?
 We have pictures of straw hats and hoes
 But sis does not like *any* of those.
 After debate that takes a long time
 She glues little seeds in pretty curved lines
 Grandma is next and glued sprinkles will do
 Because she makes cookies, and they use them too.
 Grandpa goes fishing, a worm on a hook?
 My goodness no! He also reads books.
 Here is a pic of him reading to you.
 I'm pretty sure that this one will do.
 The table is covered with a real pretty mess,
 But look at the cards and I have to confess.
 Each one was unique and so well received
 And look at the memories the two of us weaved!
-Sharon Czarnecki

Blaze of Glory

Day dawned
 brilliant color bursts
 fiery flames
 splashed across
 the eastern sky
 awesome awakening.

-Marge Burke

The Cardinal

Blazing flash
 brilliance
 beyond belief
 background of snow
 magnified the
 male cardinal
 that flew through
 my yard
 Donald's spirit
 sending me strength.

-Marge Burke

Mark Your Calendar

Wednesday, Feb. 9

4:15 p.m. – Trustees of the Trust Fund meeting
 6 p.m. – Weare School District Board meeting
 7 p.m. – Weare School District Deliberative Session
 7 p.m. – Conservation Commission meeting
 7 p.m. – Weare Democrats meeting

Thursday, Feb. 10

7 p.m. – Planning Board meeting

Friday, Feb. 11

6:30 p.m. - John Stark School District Board Meeting
 7 p.m. - John Stark School District Deliberative Session

Saturday, Feb. 12

9 a.m. – Deliberative Session – Weare Middle School Cafetorium

Monday, Feb. 14

6 p.m. – Board of Firewards meeting

Tuesday, Feb. 15

7 p.m. – Cable Committee meeting

Friday, Feb 18

10:30 a.m. – Weare Area Writers Guild meeting

Contact Us

weareintheworldnews@gmail.com

Editor – Karen Lovett
 Assistant Editor – Alyssa Small
 Town News – Tom Clow
 School News – Marge Burke
 Community Outreach – Sharon Czarnecki