

Sanbornton selectmen endorse police station/town office project



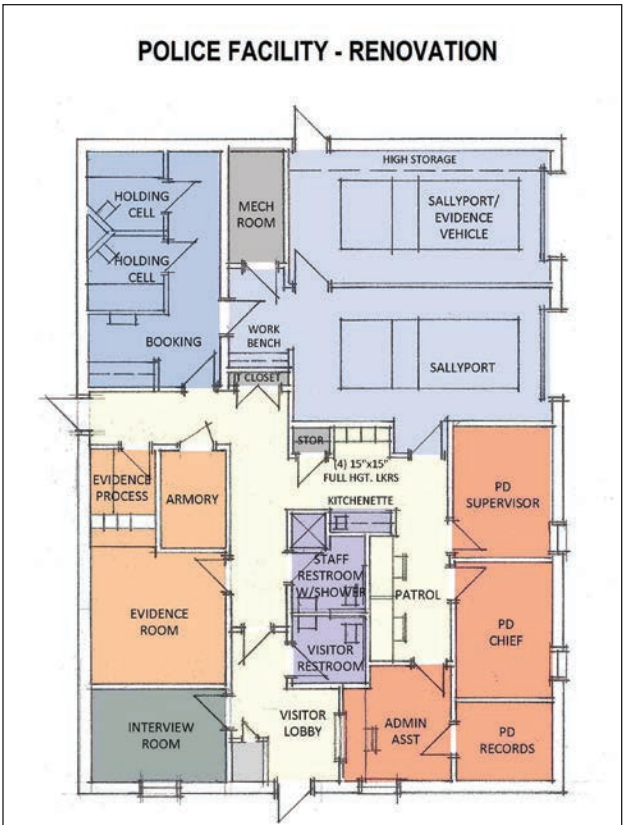
SANBORNTON — At the recent Board of Selectmen’s meeting, the Building Construction Committee presented its final recommendation after 14 months of review and more than 50

meetings. During this period, the Committee had evaluated the needs of both the Police Department building and the Town Office building. In August, the Committee recommended pursuing



two options in greater detail: an addition/renovation to the current Town Office building, and a standalone Police

building on the Town owned land behind the Old Town Hall with
SEE **PROJECT**, PAGE A7



COVID-19 case reported at Union Sanborn School

BY BRENDAN BERUBE
EDITOR

NORTHFIELD — A letter was sent to parents last week reporting a confirmed case of COVID-19 at Northfield’s Union Sanborn School. Principal Jessica Welch reported in the letter, dated Jan. 7, that an adult who had been in the building early last week began experiencing symptoms two
SEE **COVID**, PAGE A7

Virtual groundbreaking held for new senior living facility



COURTESY
Peabody Home Executive Director Meg Miller at the groundbreaking for the comprehensive new senior living facility.

FRANKLIN — The team at the Peabody Home in downtown Franklin put shovels in the ground at a recent virtual groundbreaking ceremony to formally kick off the construction process that will result in a significant expansion of facilities and services. The ceremony, captured on video, includes remarks from staff, board members and the mayor, all highlighting the long history of the Peabody Home and the strong interest in creating a “new Pea-

body.” The larger, brand-new facility will provide more capacity for assisted living and memory care and add in new high quality independent living options for a full continuum of care.

“Peabody Home has given back to this community for almost 100 years. This Board of Directors felt that we needed something to push the Peabody Home forward into the next century. The best option the
SEE **GROUNDBREAKING**, PAGE A7

Tilton Historical Society presents Historic House plaques to 2020 recipients



TILTON — Three new recipients will be selected in historic downtown Tilton each year. The plaques show a particular building’s date of construction or business, and its historic name. The three chosen for 2020 are Bryant & Lawrence Hardware, Ideal Manufacturing/Achber’s Department Store and the Loverin Block.

Downtown Tilton is already on the National Register of Historic Places, but the Society wanted to visually mark buildings so that people walking by, could get an idea of when they were



COURTESY
Three new recipients will be selected in historic downtown Tilton each year. The plaques show a particular building’s date of construction or business, and its historic name. The three chosen for 2020 are Bryant & Lawrence Hardware, Ideal Manufacturing/Achber’s Department Store and the Loverin Block.

originally built and what they were used for.

“It give’s our downtown an identity,” says John Ciriello, Chairman for the Tilton Historical Society. “We hope to lead historic tours downtown once things with the pandemic lessen. There’s a lot of history in Tilton and it is very unique.”

The first plaque recipient, Bryant & Lawrence Hardware, is a building that seems frozen in time. Anyone who’s ever entered the store, is instantly transported back 100 years with the tin ceilings and old worn wood floors found inside. The owner, Bill Lawrence, was very happy to accept the plaque for his store and boasts a wonderful display of old photos and

The second recipient is Ideal Manufacturing/Achber’s Department Store. The owner, Ken Barrett, has operated an auction house there until just recently. Although the build date for the mill is unknown, there was a very successful business that operated there for about 25 years called Ideal Manufacturing in 1899. They made ladies “wrappers”

SEE **PLAQUES**, PAGE A6

Nature - with a side dish of happiness - being served at Prescott Farm

LACONIA — The science is in. Spending time in nature benefits the physical, emotional and mental health of people of all ages. But just because the studies have proved it, doesn't mean it's easy to follow through.

If you and the young ones in your life are finding that this long season of online learning and early sunsets has made getting outside into nature seem like an insurmountable task, Prescott Farm is here to help!

School and Community Programs Director, Andie Hession, explains it this way: "Newton's Law of Inertia, an object at rest tends to stay at rest, is true for people, too! It's always easy to get stuck in the habit of staying put, and in the winter, hunkering down is even more tempting than ever."

Hession and her team of Environmental Educators have designed programs to meet participants wherever they are on their nature journey, and help them explore even further. The mood boosting just comes along for the ride.

"We don't require smiles and laughter at our programs," Hession says, "but you can bet we have them in abundance!"



Courtesy

Fastest. Furthest... Happiest? What does it take to make a sled go-go-go in the snow? Prescott Farm's "Sledding Strategies" session during Family & Friends Fun Days on Jan. 23 aims to find out. (The joy is just a wonderful side effect!)

Two series offered this winter are specifically designed to help younger explorers connect with their favorite adults – and with nature – all while having winter fun.

Family & Friends Fun Days at Prescott Farm are brand new in 2021. The two-part winter program will take place on Saturday, Jan. 23. Animal Tracking (10 a.m. – noon) will help participants become true detectives as they learn the

places, prints, and patterns animals mark in the snow and search for clues that will tell you who is calling Prescott Farm home this winter. Sledding Strategies (1-3 p.m.) invites participants to take their usual sledding fun to the next level. How can you get the most distance? The most speed? Different sled materials and adjustments to the track will help kids of all ages walk away ready to wow friends with new sledding skills.

Family & Friends Fun Days at Prescott Farm are available at no cost to participants thanks to the generous support of NHEC Foundation. Details on spring, summer and fall sessions are available on the Prescott Farm website calendar.

Winter Polliwogs offers the chance for the littlest explorers – and their favorite grown-ups – to have fun in nature. Polliwogs will meet on four Wednesday mornings (11 a.m. – noon) beginning Jan. 29. Each

week Polliwogs will dig into age-appropriate nature activities like animal prints, sledding, snowshoes, and maple sugaring.

A full calendar of programs, descriptions, age level recommendations, fees, and registration information is available at prescottfarm.org.

In addition to educator-led programs, visitors can enjoy the trails, sledding hill, and natural playscape on the 160-acre property as a free

community resource from dawn-to-dusk every day. Visitors who wish to rent snowshoes (\$5) may do so while the program building is open (Monday – Saturday, 9 a.m. – 4 p.m.). For program details, a list of health and safety requirements, and to register, please visit prescottfarm.org.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Online grief support groups starting January 2021

LACONIA — After the death of a loved one, each of us has our own path with grief, our own

tumultuous blend of feelings and questions. And this year we may be enduring extra layers of grief and challenge.

For so many, the pandemic has affected whether and how we were able to see or care for our loved ones at the end of life. It may continue to impact whether and how we are able to connect with the people and activities that help us cope. Or it may have forced our grief to take a backseat to so many other pressing issues as we navigate a new landscape of school, work and family life.

Online grief support groups with Central New Hampshire VNA

& Hospice (CNHVNAH) starting in January 2021 offer one place of caring and connection in this new landscape.

"Living with Grief" groups will meet six consecutive weeks and are open to adults who have suffered the death of a loved one at any age to any circumstance. Two groups are available. An evening group will meet on Wednesdays at 6 – 7:15 p.m. from Jan. 20 – Feb. 24. A daytime group will meet on Thursdays 2 – 3 p.m. from Jan. 21 – Feb. 25.

A "Parent Circle" will meet monthly and is open to anyone who has suffered the death of a child at any age to any

circumstance. Parents are welcome to participate individually or with a partner. The group will gather on second Tuesdays 6 – 7:15 p.m. on Feb. 9, March 9, and April 13 and continuing as determined by participants.

"It has surprised us – how intimate these online grief circles have been," notes Dan Kusch, one of the co-facilitators. "Participants tell us that even through our little video squares on the screen, they have been able to feel one other's compassion and have felt safe to share and listen deeply – and to feel their way forward together."

All groups will use the video meeting app Zoom available on laptop and desktop computers, tablets, and smart phones. For those unfamiliar or rusty with Zoom, technical support is gladly available.

To register or for more information, call Dan Kusch, Bereavement Care Coordinator at 524-8444, ext. 2390 or dkusch@centralvna.org.



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Registration open for Prescott Farm WildQuest Camps

LACONIA — Families looking for outdoor and nature-based activities that kids will love and that grownups can feel good about can look no further than WildQuest Camps at Prescott Farm. Registration opens Jan. 11.

These nature-based day camps coincide with local school April vacation week and run nine weeks in the summer. With a focus on the natural world – and plenty of outdoor fun – WildQuest Camps are the perfect match for inquisitive young explorers.

All camps are weekdays from 9 am to 4 pm with extended care hours available (8 a.m. – 5:30 p.m.). Spring Camp (Monday, April 26 – Friday, April 30) is open to children age six to 12, while Summer Camp ages are four to 14.

WildQuest Summer Camp features nine weeks of unique nature-based themes. Campers age 13 and 14 participate in the Leader in Training program which emphasizes hands-on team building and explores various leadership styles. An Early Bird discount is available for campers registered by March 1.

Camp Director Jake Newcomb and the WildQuest staff are eager to create a memorable experience for campers.

“With so many children learning online, the importance of outdoor, nature-based experiences has never been greater,” Newcomb said. “We are confident that our COVID-19 guide-

lines and experience running other in-person programs prepares us to lead campers in dynamic, informative and fun adventures that they can carry with them for a long time to come!”

For details about WildQuest pricing, Early Bird and Prescott Farm member discounts, and scholarship opportunities, visit prescottfarm.org or call 366-5695.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation.

For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Prescott Farm – exploring and preserving the natural world, one adventure at a time.

HIGH SCHOOL SLATE

Thursday, Jan. 14	
GILFORD	Boys’ Hoops vs. Prospect Mountain; 6
GILFORD	Girls’ Hoops at Prospect Mountain; 6
Friday, Jan. 15	
BELMONT	Alpine Skiing at Gunstock; 10
GILFORD	Alpine Skiing at Gunstock; 10
GILFORD	Nordic Skiing at Gunstock; 2:30
Saturday, Jan. 16	
WINNISQUAM	Hockey at Berlin; 6
Monday, Jan. 18	
BELMONT	Unified Hoops at Newfound; TBD
WINNISQUAM	Unified Hoops vs. White Mountains; TBD
Tuesday, Jan. 19	
BELMONT	Boys’ Hoops vs. Laconia; 6
BELMONT	Girls’ Hoops at Laconia; 6
Wednesday, Jan. 20	
BELMONT-GILFORD	Hockey vs. Kingswood; 4:30
WINNISQUAM	Girls’ Hoops at Inter-Lakes; 6
WINNISQUAM	Wrestling vs. Campbell; 6
Thursday, Jan. 21	
BELMONT	Boys’ Hoops at Laconia; 6
BELMONT	Girls’ Hoops vs. Laconia; 6
GILFORD	Boys’ Hoops at Prospect Mountain; 6
GILFORD	Girls’ Hoops vs. Prospect Mountain; 6
All schedules are subject to change.	

Schedule changes for season’s first week

BY JOSHUA SPAULDING
Sports Editor

REGION — Every schedule for this winter season has had the addendum “subject to change,” It’s a sign of the times that the COVID-19 pandemic has made it so teams have to adjust on the fly.

The first week of the season has already brought some changes, as Belmont High School went remote for the week, forcing their teams off of the courts and ice and cancelling some of the scheduled games in the first week.

Belmont was supposed to play Gilford twice in basketball, once after deadline on Monday and again today, Jan. 14. Those games were cancelled. Gilford called an audible and moved the games scheduled with Prospect Mountain on Tuesday, Jan. 19, to today, Jan. 14, with the boys at home and the girls on the road, both with 6 p.m. start times.

Additionally, the Belmont-Gilford hockey team had to cancel its two scheduled games against Division III defending co-champion Kennett, one which was scheduled after deadline Wednesday and the other scheduled for this Saturday.

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

Area residents named to Dean’s List at University of New England

BIDDEFORD/PORTLAND, Maine — Emma D’Abbraccio of Tilton has been named to the Dean’s List for the 2020 fall semester at the University of New England. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine’s largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine’s only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts.

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STRATEGIES FOR LIVING

The musings of a troubled man

By Larry Scott

The new year has arrived ... but few of us are celebrating. A pandemic that doesn't want to quit, a riot and tragic death in Washington, D.C., a Congress set to change the way we live, and a disturbing moral breakdown across American society, leave me troubled and disoriented. Travel is on hold, Church is online, eating out a thing of the past. And there is no end in sight!

The year promises to be a productive one for me, only because I have the chance of writing to people like you. "The Model of a Model," my first book, will be on the market, I hope by mid-year, and I will continue to share my thoughts each week in this forum. But that, frankly, is what troubles me.

Strategies for Living has been in production for a little over three years. I have been open about my struggles with life, I have challenged the social issues that are destroying our society, and I have often pointed to Jesus Christ as the only One Who can bring a song in the night, or perhaps I should say, peace of mind to our Pandemic.

But many of the people I care about have concluded my faith is bogus, or at least, of no interest. The Bible is a book they never read, Jesus Christ a historical figure they know little about, and my faith confusing and unwelcome. They are good people, friends that have earned my respect. But I agonize over their eternal future ... and there seems to be no way I can reach them.

And that is my dilemma. What do I do? I can attempt to get their attention with pious platitudes and real-life stories, but to what end? Eternity looms; none of us will be here by 2060. And although this discussion will be remembered, it will by then be purely academic.

For those who haven't welcomed Jesus as the Lord of their lives, eternity will be a nightmare. Contrary to the Bible's picture of hell as a lake of fire, which I take to be a metaphor, I think of hell as a cold, dark, and silent room. There is nothing to see or do, no one to talk to, you're just there. Alone with your thoughts, you exist day after day, year after year, into the ages, with nothing but the memory of what could have been. And as it goes on ... and on ... and on ... it will, indeed, constitute suffering beyond anything one can imagine.

And that is my dilemma. How do I remain silent? I am excited about life, and I would like to write about positive thinking, careful planning, overcoming a troubled past, achieving your dreams, and making these the best days of your life. But to what end? "If in this life only we have hope," wrote the Apostle Paul, "we are of all men most miserable." Wow! He had that right!

But it need not be. You can join me as we reframe our past, energize our activities, and achieve our potential. That is a dream that excites and I believe possible because, to quote the Apostle Paul again, "I can do all things through him who gives me strength." For a great 2021, I invite you to begin it with Jesus Christ.

For more thoughts like these, follow me at indenseoftruth.net.

Comfort Keepers

Keeping seniors safe in the bathroom

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Every 11 seconds, an older adult is treated in the emergency room for injuries resulting from a fall. And, it's estimated that 80 percent of these falls happen in the bathroom. Fall-related injuries can range from minor cuts, scrapes, and bruises to more severe injuries, including broken bones, hip fractures, head contusions, and even spinal cord injury.

It's easy to understand why bathrooms are particularly hazardous for seniors. Bathrooms tend to have slippery surfaces and nothing to grasp in order to prevent falls.

As we age, reduced muscle strength and balance can make falls more common, and those with a history of falls have an even greater risk of falling again. In the bathroom, this can occur when stepping into and exiting the tub or shower; when reaching for a towel bar, sink top, or other objects for balance when walking; and when sitting down and getting up from the toilet.

Installing safety features in the bathroom can reduce the risk, and there are many options available:

For the shower and

tub:

Install grab bars or a tension pole. Towel bars are great for holding towels but aren't built to support weight. Installing slip-resistant grab bars to help support balance when entering and exiting the shower or tub can help. Seniors should choose bars that are color contrasted from the wall for visibility, and ensure they are securely fixed to the studs of the wall for adequate support.

Using a shower chair. A shower chair can provide stability for balance and be a resting place for those who can't stand for long periods of time. A good shower chair has rubber tips on the legs to prevent sliding. Also, installing a hand-held showerhead allows those with balance issues to shower while seated.

Using a bath transfer bench. A bath transfer bench eliminates the problem of stepping in and out of the tub. Users can sit on the bench outside of the tub then slide into the tub, eliminating the need to step over a bathtub wall.

For slippery surfaces:

Add non-slip mats. Having a non-slip rubber mat (or decals) on the floor of the show-

er or tub as well as a non-slip rug on the floor can help prevent slips. A non-slip rug should be placed in front of the toilet, by the sink, or in any place that there is a risk of water making the floor slick.

Add non-slip adhesive strips. These can be placed on the top of sink edges to guard against hand slippage if these surfaces are used for balance support.

For the toilet:

Use a raised toilet seat. For seniors that have difficulty lowering themselves down to sit on a low toilet seat and rising to a standing position, a raised toilet seat adds 3-4 inches of height, which reduces squatting.

Install grab bars for standing and sitting. Grab bars can be installed to help with lowering and raising. And, there are some raised toilet seats with built-in grab bars to provide extra assistance.

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engaging clients in activities that improve quality of life. They can also provide support for physician-approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety issues and reducing fall hazards. For more information on how we can help, contact your nearest Comfort Keepers® office today.

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 536-6060 or visit

our Web site at nhcomfortkeepers.com for more information.

LETTERS TO THE EDITOR

Now is not the time for a tax increase

To the Editor:

Just received our Sanbornton Tax bill due Jan. 5, and noticed that our annual tax bill has increased by roughly \$250 a year. Based on assessed value, that's a rate increase of about 96 cents per thousand of assessed value. Interesting that the only tax that decreased was the county tax, but of course, the school tax increased the most!

What concerns me is the possibility of any additional building projects which would increase our taxes further in the near future. As you may know, Sanbornton town management is developing a proposal for a building project with an estimated cost of \$2.5 million to be voted on at the next town meeting. Also, the School Board is talking about serious new expenses and perhaps closing one of the schools! Right now we don't know how much funding their

plans may require in tax money if approved.

Sanbornton had a Fund Balance of \$2,087,281, prior to developing the new budget, of which the BOS voted to use \$350,000 from the fund balance to offset the tax rate and put \$50,000 toward the overlay. That left about \$1.7 million still available in the fund. That process resulted in the 96 cent increase in the new tax rate on our tax bill just received.

Considering the current economic situation and with the increase in unemployment due to the virus, many will be impacted by any additional tax increase to pay for these projects, so perhaps it would be wise to place these town and school building projects on the back burner for now.

Just something to think about!

BILL WHALEN
SANBORNTON

A legislative report

To the Editor:

Happy 2021. The first session of the House sort of met yesterday. I say "sort of" because all 352 members present were required to conduct business from within our cars on 5-10 acres of parking lots at UNH. Previous Speaker Shurtleff had capitulated to the UNH students to any meeting inside UNH buildings. Why? The students evidently think we are a gun toting, beer drinking bunch of miscreants. You and I paid for the buildings at UNH. Instead of spending your taxpayer dollars at UNH, we should

be meeting in Representatives Hall at the State House in Concord.

But we finally started but poor planning for the traffic jam at the screening point caused the meeting to begin one hour and 18 minutes late. As usual when we did begin we start with a prayer; the Pledge of Allegiance, and National Anthem. The prayer was delivered by the UNH Rabbi, who lectured us on a left-wing agenda. The Pledge and National Anthem were also desecrated by most of the Democrats, who remained seated in their cars on their cell

phones. This is not an unusual display of disrespect. Sherm Packard was elected as Speaker to replace Dick Hinch who tragically died shortly after his election in December.

This primary purpose of this session was to adopt a set of rules for House procedures. That is administrative and technical procedures like changing deadlines, etc. In the past, Democrats passed rules to ban Constitutional Carry of firearms in the State House and to mandate sexual harassment training.

A series of Demo-

crat motions that would require members to disarm or learn about our "unconscious bias" failed to pass. One rule that failed, but I supported, required Committees to give priority to public testimony over lobbyists. It is wrong for you to take time from work or your day to appear only to wait to testify while the paid lobbyists give their speeches. In the Criminal Law Committee where I serve, I will support priority for public testimony.

There were several attempts to convert House Sessions and Committees meetings to virtual

sessions. Among the reasons I oppose this form of meeting is that there is no real way to verify voting integrity. How will I know if the person casting the vote in their pajamas is really the elected representative? Until we resolve that we must meet in person (but you still can't wear PJ's to the State House). Virtual technology does allow the public to observe Committee hearings online (something Criminal Law was testing last year). To accommodate social distancing Committee hearings can be held by joining two

rooms but this doesn't work for Sessions. Regardless, the solution must follow the Constitution unlike the law last year change to allow absent voting based on fear or inconvenience. I stand unwavering stand against laws that enable voting or Emergency Orders that alter the Constitution without due process.

Give me a call at 320-9524 or mail me at dave@sanbornhall.net if you want to have a coffee or just talk.

Cheers!

REP DAVE TESTERMAN
FRANKLIN

North Country Notebook

It wasn't called "sledding," but down the hill we went



By JOHN HARRIGAN
COLUMNIST

Adults were always talking about four seasons, which to us sounded a lot like salad dressing. To a kid, the seasons seemed interchangeable. The only thing that changed was the substance you were dealing with. If we weren't trying to wear out the dirt, we were trying to wear out the snow, and not just by sliding on it. We swept it, pushed it, shoveled it, dug holes in it, rode on it, and for sure, played in it.

Exactly the same as with dirt.

And maybe this is one of those cultural things, but we never used the term "sledding." We went sliding. There was a song, popular in its day, "Let's Go A-Sledding Tonight," which made me picture a couple, out on the town in a one-horse sleigh. This somehow did not fit in with the reality of a day's sliding on Hill Sixty, our favorite hill to trudge up and slide down.

Given the wind blowing a steady gale and the boot-pounding that Hill Sixty got, I was always amazed at how much snow still stuck there. This was in spite of our best efforts to wear it out



The passengers seem ready for a good ride, and judging from the slopes in the distance, they'll get one. (Courtesy shutter-stock)

and call for a fresh batch, which upon receipt we proceeded to pulverize and hurry on its way to Long Island Sound.

Hill Sixty, I learned the moment I could swing a golf club, meant "Sixth Tee," which is precisely what our sliding hill was, and still is. "Colebrook Country Club" is the old name for the course and the current one too, but of course the course is open to all.

It is an amazing course, geologically and in other ways, all (to me) positive. The sixth tee is perched on a peninsula formed by the stupendous water thundering along under-the-ice outwash that formed Colebrook, at least the lower parts of town. Like many if not most golf courses in northern New England, it once was a dairy farm.

I have mentioned several unusual things about the course before, but to me the most fascinating is the three connected glacial pot-holes dominating portions of the seventh and ninth fairways. One pot-hole is so deep that if your ball happens to land in the

middle, your entire view is grass and sky, unless you are particularly tall.

This of course prompts the persnickety question, "Okay, mister smarty-pants amateur geologist trying to ruin someone's golf game, if you duff your drive, a real stinkaroo, and your ball happens to land in the bottom of the deepest pot-hole, how do you know where to hit your next shot if you can't see anywhere?"

I have a ready answer to that one, from experience, which is, "You run up to the lip (or ask someone already up there to do it for you), and you place a small but discernable object--a piece of scaffolding, a pink lawn flamingo, a can of beer--on a line of sight between you (or your stand-in), the flag, and your ball, way down there in the hole. On second thought, if you go up there onto the lip for a good survey of the scene, you might want to bring binoculars, so you can see your ball. From back down there where your ball is, where you can't see anything, a 5-wood with plenty of loft is just about right, unless there's a lot of



COURTESY

The information for this photograph said simply "toboggan ride," and left everything else to guess-work, which would indicate at its most basic, "Fell off." (Courtesy Pixabay)

tail-wind or you've been hitting the ball right on the sweet-spot, in which case you might want to drop to, oh, a 5-iron."

When I was taught the rudiments of golf by some of the old-timers, like Trenholme Dickson and Hap Colby, particularly how to grasp the club, you could take a "preferred lie" anywhere on the course, which meant you could move your ball half a foot. I think that originally this rule was on

account of cow-flaps, and areas previously ploughed for corn.

Also, your ball was always in play, which meant that if it went into the church parking lot or somebody's back yard, you could hit it. Of course, you would go and ask. In this vein, I remember hitting a drive off the heel of my club, which sent the ball into Steve and Thelma Daley's back yard. This was on the fifth hole, 612 yards, a par 6, one

of only two or three in the state, I think. Steve was out there puttering around, and I asked him if I could hit my ball and he said "Sure," and came over to watch, and I caught that one pretty well, over the brook, even, which is a pretty good golf shot.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

MARK ON THE MARKETS

Risky investments



BY MARK PATTERSON

When you hear the phrase "risky investments", things like penny stocks, futures contracts, option contracts or junk bonds likely come to mind. But those investments or whatever you want to call them are typically used for speculation or as it used to be called "taking a flier" or chance, knowing your odds of success are not great. Futures and options are not risky per say, just leveraged so that they move faster in or away from profit. They can be used for risk mitigation in some circumstances.

The risk that I wanted to address though was the risk in owning things in your investment portfolio that you may believe are safe income producing vehicles like dividend paying stocks, preferred stocks,

MLP's or bond funds. When a stock or bond is purchased for income or the dividend it becomes that much more sensitive to interest rate fluctuations. As an example, because yields on CD, s, bonds, and fixed income in general are so low, investment money has sought out any vehicle that pays a good dividend or yield. That in turn drives the price up and yield down, so when you have a lot of money chasing this yield you get inflated prices of the stock or bond.

Now I am not convinced that rates will go up significantly all that soon, in fact I believe that we have a lot of issues to get through before we worry about real inflation. Just realize that abrupt currency value change or a host of external global factors can change the interest rate picture very quickly creating a real jolt to those interest rate sensitive vehicles.

Know that I am not against bonds, just bond funds. Bond funds are typically perpetual in nature, in other words, the bonds are bought and sold by the fund manager with no maturity date as far as you are concerned. Inflows and outflows make holding a bond till maturity a challenge for funds. Typically, if rates go up you lose value if they go down you gain value. If you want exposure to bonds you might consider individual treasuries, corporate or municipal bonds with varied maturity dates, referred to as laddering. Laddering is just a method of staggering maturity dates from short term to long, with a strategy that the near-term maturities may be reinvested into a potential rising rate market. This is referred to as "immunizing" the portfolio. If you buy individual bonds you will at least know what you paid, what your yield,

maturity date will be and have more control over the investment. If you do not feel that you have enough assets to justify individual bonds, I would just take a pass on the bond fund at this stage of the game and find something else for income. Low-cost bond ETF's can be a good non correlated asset to an eq-

uity portfolio; however, I do not believe it is the best means for current income. The exception to owning a bond fund would be a specialty fund, such as a municipal bond fund that is specific to that state making it triple tax free.

Of course, all these strategies can be debated, I just want you to be

active and aware of what is going on with your money whether you manage it yourself or have someone managing for you.

Mark Patterson is an Investment Advisor with MHP Asset Management LLC and can be reached at 447-1979 or Mark@MHP-Asset.com.

Shaker Regional School District
PUBLIC NOTICE

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 20, 2021.

The election will occur during the annual voting on Tuesday, March 9, 2021 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

- Belmont – one member to serve for three years (2024)
- Canterbury – one member to serve for three years (2024)

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, January 29, 2021 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 267-9223, or by calling Stacy Kruger, Clerk, at 267-7552 evenings.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Stacy Kruger, Clerk
Shaker Regional School District

PUBLIC HEARING NOTICE

The Public Hearing for the 2021-2022 Shaker Regional School District proposed budget will be held Monday, January 11, 2021 at Canterbury Elementary School and Tuesday, January 12, 2021 at Belmont Middle School. The public hearing starts at 6 pm.

the heat and it's roof caught fire. The city of Franklin's "steamer" named "Daniel Webster" arrived and was able to shoot water from the river, up to town hall's roof and thus saved the building. The following year, a brick structure was built on the site with apartments above and store fronts below and named the Loverin Block. Owners Melanie Muehlen Paskavitch with daughter Sophie, and Donna Vacca Muehlen did a wonderful job restoring the interior apartments and exterior facade this summer. They were careful to keep as much of the original features as possible and the building has great historic character due to their efforts.

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This Week's Answers

A horizontal row of six colorful, stylized building icons representing different businesses. From left to right: 1. Pharmacy: A small building with a green and white striped awning, a sign that says 'PHARMACY' in a green box, and a large white cross on the window. 2. Cafe: A building with a red sign that says 'CAFE' in white, a large window showing a coffee cup icon, and a brown door. 3. Flower Shop: A building with a red and white striped awning, a window showing a bouquet of flowers, and a brown door. 4. Store: A building with a brown sign that says 'STORE' in white, a window showing a shopping cart icon, and a brown bench in front. 5. Laundry: A building with a grey sign that says 'LAUNDRY' in white, a window showing a washing machine icon, and a red door. 6. Restaurant: A building with a brown sign that says 'RESTAURANT' in white, a window showing a chef's hat icon, and a red table with chairs in front.

PROJECT

CONTINUED FROM PAGE A1
some renovations to the current Town Offices.

Subsequently, the Committee contracted architectural drawings of the two options, held eight public meetings to collect feedback, questions and concerns, and engaged Bonnette, Page & Stone (BPS), Corp to develop costs estimates based on those designs. After receiving the public input, the Committee reconsidered its position on another option from the original August, 2020 report – a standalone Town Office building of approximately 2,660 square feet, behind the

Old Town Hall, and renovation of the current building for the Police Department. The land behind Old Town Hall was purchased after approval at the 2006 Town Meeting, and one of the specific purposes was as the site for a future Town Office building. Based upon cost, parking considerations, and future flexibility, the Committee recommended this project as the one that best meets the Town’s needs at the best price. The Committee recommended pursuing a 10-yr bond to take advantage of historically low interest rates, reduce the total cost of the project,

and maintain financial flexibility for the Town.

The Board of Selectmen’s vote was unanimous to proceed with the Building Construction Committee’s recommendation. The Board also set a date of February 11 for a Bond Hearing in preparation for a bond article on the 2021 Town Warrant.

In discussing the proposal, Select board Chairman John Olmstead said, “This proposal is well thought out and will greatly benefit the Town. The Building Committee has come up with a very affordable proposal that meets the Town’s needs - especial-

ly the safety and security needs for the Police Department - with a minimal impact on the tax rate. Their proposal takes advantage of historically low interest rates, other funding sources, and other expiring bond payments to keep the tax impact very low.”

The total amount of the planned bond would be approximately \$2.3 million, which reflects some design choices, cost savings measures, and application of some financing options. This is less than half the amount of the project proposed in 2019. Because of some other

long-term debt that is retiring, the actual tax rate increase from the bond will only be about \$0.12 per one thousand dollars of assessed value. As an example, taxes on a property that is valued at \$300,000 would go up \$36 per year, or \$18 on each semi-annual tax bill.

The proposal was also briefed to the Town’s Budget Committee, which unanimously endorsed the concept based on the finances, impact on the tax rate, and its ability to meet the Town’s needs.

The Building Construction Committee remains open to feedback

and input from taxpayers concerning the project. Information on the proposal is posted on the Town website, <https://www.sanborntonnh.org/building-construction-committee> and on the Building Committee’s Facebook page (Sanbornton Building Construction Committee). Comments or suggestions can be sent to Committee members through the links on the Town Web site or by sending an email to SanborntonBuildingCommittee@gmail.com.

GROUNDBREAKING

CONTINUED FROM PAGE A1
board found is to put in a brand-new facility that will serve this community for another 100 years,” said Chris Seufert, chair of the Peabody Home Board of Trustees, during the virtual groundbreaking.

Funding totaling \$26 million was approved through the United States Department of Agriculture’s (USDA) Rural Development’s Community Facilities Direct Loan & Grant Program in November. On Dec. 22, all loan paperwork was finalized, allowing construction to start.

“Three years ago, we (the board) thought about expanding and meeting the expectations of what we know is coming in this industry. We looked at our 80-year-old building and thought, ‘it’s time to think of something different.’ What we have come up with is a set of plans that will accommodate two times the census and three times the square footage,” said John Benham, who also serves on the board and chairs the Building Committee.

Construction of the new 63,632 square foot facility will be done in two primary phases. The first phase will be the construction of the assisted living and memory care facility. Upon completion, residents and staff from the current facility, which dates back to 1942, will be moved to the new building. Phase one is expected to be completed in late 2021.

Franklin Mayor Tony Guinta participated in the virtual groundbreaking and read a proclamation.

“The Peabody Home

is now poised to begin an incredible expansion that will not only complement Franklin’s downtown rebirth, but most importantly will provide a special place for more than 70 seniors to enjoy their golden years in a warm, safe and well-appointed environment,” he said.

After phase one is completed, the original building will then be torn down and phase two will include constructing the new independent living facility on that location. Both phases will be integrated into a single three-story building that features a granite and brick façade and large manor windows and will include a 24-hour emergency response system, personal transportation services, a beauty and barber shop, an exercise and wellness room and easy access to downtown Franklin. Phase two is expected to be completed in late 2022.

Once completed, the “new Peabody Home” will more than double capacity from the current 37 residents and will include 13 memory care apartments, 45 assisted living apartments and 16 independent living apartments. It will feature more common space and take advantage of its unique views of the Winnepesaukee River, which bends around a point where the facility is located.

“The Peabody Home has been an integral and beloved part of Franklin’s downtown since the early 1940’s. Residents near and far have come to trust the facility for its high quality of care. The expanded capacity will be critical as the Peabody Home continues to serve the growing senior population of this great community,” US Sen. Jeanne Shaheen said

in a letter submitted as part of the ceremony.

U.S. Sen. Maggie Hassan and U.S. Representative Annie Kuster provided video commentary for the ceremony.

“This modernization and expansion of the Peabody Home will serve more seniors in our state, keeping them safe and healthy, and improving their lives,” Sen. Hassan said in her video.

“I’m just thrilled that the Peabody Home has received this significant funding from the U.S. Department of Agriculture. This direct loan represents an important investment in the City of Franklin, its residents and surrounding communities,” Rep. Kuster added in her video.

Meg Miller, who has been at the Peabody Home for 22 years and currently serves as director, thanked her volunteer board for all of their work and support and Rural Development for providing the funding to make this project a reality. She encour-

aged those interested in learning more about the expansion to visit a new Web site that has information on the project.

Peabody Home, which is an independent non-profit organization, will continue its unique benefits that help make it an affordable, high-quality option for senior living. While many facilities that offer independent living often require a significant down payment, Peabody plans on requiring a small, fully refundable deposit. The facility will also continue to offer its Yankee Plan, where residents pay for basic services and can then add in additional services a la carte, so they are not charged for services they don’t use.

Schematics and additional information on the building can be found online. Space in the new facility can be reserved now. Anyone who moves into the Peabody Home prior to the opening of the expanded facility will have a space held for them in the “new Peabody.” The building was designed by EGA P.C. Engelberth

Construction is building the facility and the engineering work is being conducted by Nobis Engineering. Advisory work is being provided by RS Consulting and North Country and the-

Northern Community Investment Corporation. For more information, contact Marylee Gorham at 934-3718 ormgorham@peabodyhome.org.

COVID

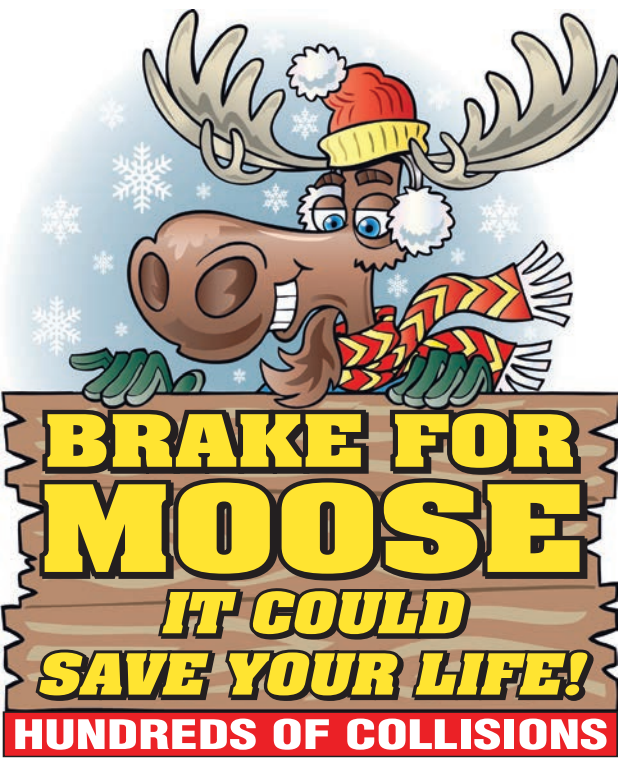
CONTINUED FROM PAGE A1

days later, and tested positive for the virus.

Upon learning of the positive test, school officials began working with the state’s Department of Health and Human Services (DHHS) to notify any staff that had been in close contact with the infected individual. Affected staff are currently quarantining for 14 days, along with a cohort of students from one classroom who were also identified as having been in close physical contact. Any parents or children who experience symptoms such as fever, chills, difficulty breathing, aches or loss of taste and/or smell are advised to get tested themselves and isolate at home.

“The safety of our children, employees and visitors is our top priority,” Welch wrote, adding that school staff have been following CDC guidelines for cleaning and disinfecting high-traffic areas and frequently touched surfaces throughout the building.

Welch also asked parents and students to continue doing their part at home to prevent the spread of the virus by washing your hands often with either soap and water or hand sanitizer containing at least 60 percent alcohol; avoiding close contact with anyone outside your own home whenever possible, and maintaining a distance of at least six feet from others and wearing a cloth face covering over both your nose and mouth when in public; covering your nose and mouth when coughing or sneezing; avoiding touching your eyes, nose, or mouth with unwashed hands; and staying at home if you feel ill, particularly if you experience any of the symptoms noted above.



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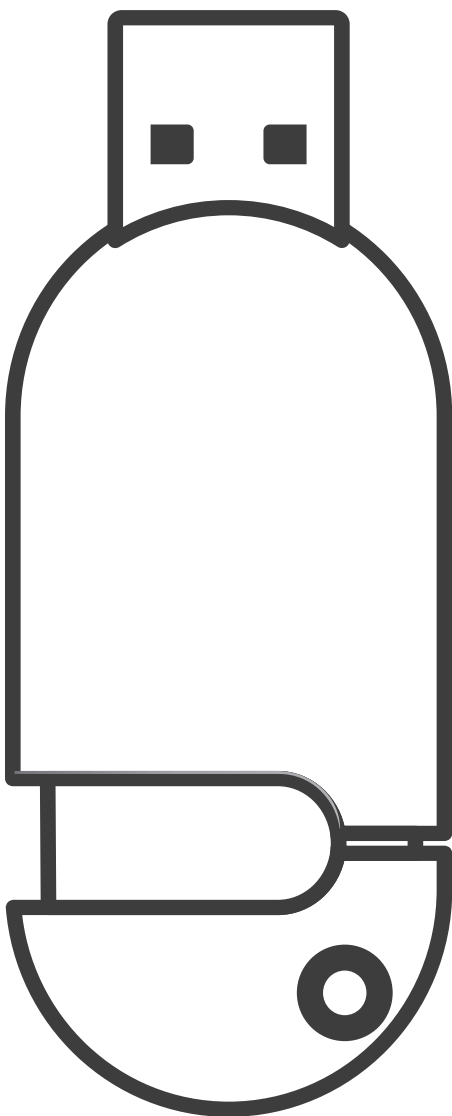




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ANSWER: RAM (RANDOM-ACCESS MEMORY)

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THIS DAY IN...

HISTORY

- **1776:** THOMAS PAINE'S "COMMON SENSE," A PAMPHLET, WHICH PUSHED FOR AMERICAN INDEPENDENCE, IS PUBLISHED.
- **1901:** THE FIRST GREAT TEXAS OIL GUSHER IS DISCOVERED IN BEAUMONT, TEXAS.
- **1982:** DWIGHT CLARK MAKES A FINGERTIP TOUCHDOWN CATCH ON 3RD AND 3 TO SEND THE SAN FRANCISCO 49ERS TO THE SUPER BOWL.

DATA
characters or symbols involved in operations performed by a computer

How they SAY that in...

ENGLISH: Keyboard

SPANISH: Teclado

ITALIAN: Tastiera

FRENCH: Clavier

GERMAN: Tastatur

Did You Know?

A GAMING COMPUTER, ALSO KNOWN AS A GAMING PC, IS A COMPUTER DESIGNED FOR PLAYING VIDEO GAMES. IT REQUIRES A LOT OF COMPUTING POWER.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: HEADPHONES

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to gifting. Each number corresponds to a letter. (Hint: 16 = E)

A. 23 9 16 13 16 8 25
Clue: A gift

B. 6 9 11 23 23 16 10
Clue: Covered in paper

C. 16 2 16 8 25
Clue: An occurrence

D. 25 22 24 14 5 22 25 20 14 4
Clue: Showing consideration

Answers: A. present B. wrapped C. event D. thoughtful

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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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!

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

ANSWER:

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GENERAL SERVICES

NOTICE FOR FILING FOR PEMI-BAKER REGIONAL SCHOOL DISTRICT OFFICE

All persons interested in filing for Pemi-Baker Regional School Board Member may do so with Lynn Davis, Pemi-Baker Regional School District Clerk. Interested candidates please come to the Office of the Superintendent of Schools during the hours of 8:00 a.m. – 4:00 p.m. from Wednesday, January 20, 2021 through Friday, January 29, 2021 inclusive.

Positions open are:

School Board

- Ashland resident – One 3-year term
- Campton resident - One 3-year term
- Holderness resident - One 3-year term
- Plymouth resident – One 3-year term
- Thornton resident – One 3-year term

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Joseph Fagnant
Highway Manager

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*RN – M/S Charge, Night Shift
*RN – Surgical Services Manager
*RN – E.D. Charge, Night Shift
*Speech/Language Therapist
*Multi-Modality Radiologic Technologist

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Cook
RN – M/S, Day Shift
Activities Aide

PER DIEM

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QUALIFICATIONS: Duties require knowledge of nursing equivalent to completion of a Bachelor's Degree in Nursing, and advanced courses and five to seven years of related experience, or equivalent combination of education and experience. Previous experience as a supervisor required. Must be licensed as a Registered Nurse by the State of New Hampshire. Must have knowledge of long-term care and geriatric nursing.

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North Haverhill, NH 03774
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E-mail: hr@co.grafton.nh.us

Apply on-line at: www.co.grafton.nh.us/employment-opportunities
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HELP WANTED

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2020-2021 School Year

ATHLETICS

Athletic Trainer
Varsity Boys Tennis Coach
Varsity Girls Tennis Coach
Varsity Softball Coach

(positions are contingent upon COVID-19 status)
(Contact Kerry Brady, AD, for application, etc. – 837-2528)

For further information, contact:

Stephanie Glidden, Adm. Assistant to the Superintendent of Schools
and to the Director of Student Services
White Mountains Regional School District
SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: sglidden@sau36.org

Town Clerk/Tax Collectors Office Town of Campton, NH

The Town of Campton seeks a qualified applicant for the position of Part Time Assistant to the Town Clerk & Tax Collector. Candidate must be highly organized, flexible, reliable, and detail oriented. Ability to process transactions efficiently and accurately and perform a wide range of customer service, research, clerical, and administrative support services to the fast-paced Town Clerk/Tax Collector's Office. Offsite training and travel are required. This position receives direct supervision from the Town Clerk/Tax Collector. Prior municipal/business background and computer skills are desired. Please submit a cover letter and resume no later than January 29, 2021 at 3 pm to:

Hannah B. Joyce
Town Clerk/Tax Collector
Town of Campton
10 Gearty Way
Campton, NH 03223

PEMI-BAKER REGIONAL SCHOOL DISTRICT

Plymouth Regional High School
Plymouth, NH 03264

2021-2022 School Year Full-time Health Science Teacher

Must have BS and RN
At least two years experience
in elderly care preferred.

Please send letter of intent, resume, and three letters of recommendation to:

Randy Cleary, CTE Director
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
rcleary@pemibaker.org

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The Town of Sandwich is accepting applications for a full-time Administrative Assistant to support the daily operation of the Selectmen's office. Applicants must possess strong communication and organizational skills, experience working with the public and Town Boards, and be well-versed with Microsoft Office software. Range of Salary \$37,500 - \$40,000 or commensurate with qualifications. References and resume required. Excellent benefit package. Application must be received at Town Hall by Thursday, January 21, 2021 by 5:00 P.M. Complete job description and application available at Sandwich Town Hall, 8 Maple Street, or on the Town's website (sandwichnh.org).

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Sandwich Board of Selectmen

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TOWN OF SANDWICH HELP WANTED

The Town of Sandwich is accepting applications for a Deputy Town Clerk/Tax Collector. This regular part-time position must be a Sandwich resident, and must be available to work during office hours on Tuesdays and Thursdays, 8:00 A.M. – 5:30 P.M. The responsibilities include vehicle registrations, elections, dog licensing, vital records, tax payments, and bookkeeping associated with clerk duties. Off-site training and certification required. Must be proficient in both Word and Excel and other related computer programs. Full job description and application are available at the Selectmen's Office or on the Town's website (sandwichnh.org). Applications are due at Town Hall by Thursday, January 21st at 5:00 P.M.

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Sandwich Board of Selectmen

Plymouth State UNIVERSITY

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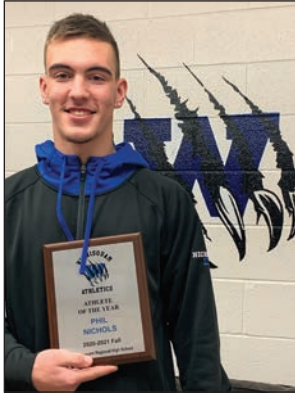
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Fall athletes honored at Winnisquam



COURTESY
Faith Gosselin was named Fall Athlete of the Year at Winnisquam.



Phil Nichols was named Fall Athlete of the Year at Winnisquam.



Chaz Hibbert was presented the Bear Pride Coaches' Award at Winnisquam.

BY JOSHUA SPAULDING
Sports Editor
TILTON — The fall sports season didn't ex-



Faith Gosselin was presented the Bear Pride Coaches' Award at Winnisquam.

actly look like anyone would have drawn it up to look, but local teams

made the best of it and Winnisquam Regional High School was included in that group. And while there were ups and downs throughout the season, a number of student-athletes were honored for their work during the fall season with fall sports awards. The Fall Athletes of the Year Awards go to the outstanding athletes of the fall season. Candidates for the award are nominated by their head coach and are selected by the Student Athlete Leadership Team. The winners possess outstanding athletic ability when compared to other athletes competing during the year. They also should have made significant contributions to the Winnisquam athletic program. It is recommended that the recipients have been involved in multiple sports throughout their high school careers. In addition to athletic ability, the athletes selected should demonstrate traits of leadership within the team of participation and be good citizens, showing dependability and exemplary character in all school environments.

Phil Nichols of the Winnisquam football team and Faith Gosselin of the Winnisquam cross country team were named the Fall Athletes of the Year.

The Bear Pride Coaches' Award was also presented. Athletes are nominated by the head coach of the individual varsity programs and again selected by the Student Athlete Leadership Team. The athletes chosen for the award should possess a tremendous team-first attitude. Playing time should not be a major factor, these are the players coaches love to have on their team because they come to practice every day with spirit, enthusiasm, a great work ethic and a positive attitude. It is also recommended that the winners be involved in multiple sports. In addition to team contributions, the athletes should be good citizens, showing dependability and character in all school environments.

The Bear Pride Coaches' Awards were presented to Chaz Hibbert of the football team and Faith Gosselin of the cross country team.

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

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