



Some of the carolers gathered on the Belmont Bandstand for a photo before heading out to spread old time holiday cheer in Belmont village last Friday evening.

DONNA RHODES

Belmont residents enjoy a night of festive fun

BY DONNA RHODES
drrhodes@salmonpress.news

BELMONT – Residents of Belmont and the surrounding area enjoyed a festive night out last Friday, when the Parks and Recreation Department invited everyone to join them for Santa’s Workshop.

The fun began with caroling in the village, led by Nikki Sturgeon. Nearly 20 people of all ages took part, walking through the streets to spread some musical Christmas cheer to residents.

At the Belmont Mill boys and girls gathered

in the Senior Center where Belmont Elementary School’s PTO had

several fun crafts for them to make. While some were busy creating

holiday ornaments and manager scenes, others worked on popsicle stick

photo frames, the perfect way to show off a photo

SEE **FESTIVE FUN**, PAGE A10

Nominations open for Spirit of Hope and Kindness Awards

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — Nominations are open for the third annual Spirit of Hope and Kindness Awards where kids and teens can be honored for their community service.

The Spirit of Hope and Kindness Awards are given out each year

to kids from preschool through high school who have done acts of kindness and community service projects.

“We want to highlight the amazing children and youth that are in our region because they are really doing phenomenal things,” said award co-founder Laura Bruseau.

Nominations are now open for the awards, which will be handed out on Sunday, April 5, 2020 at the Laconia Country Club.

The awards are seeking nominations of any child up to age 18 who lives in the greater Lakes Region. Students can be nominated in the Elementary School,

Middle School, and High School categories. People nominating kids for the awards can go onto the Spirit of Hope and Kindness Facebook page and fill out a questionnaire. A significant part of the form will be writing about why the individual should receive the award, including

SEE **AWARDS**, PAGE A9



COURTESY

Surveillance cameras at the Big Apple Store on Main Street in Tilton captured this image of a suspect who robbed a clerk at knifepoint early last Sunday evening.

Tilton police seek suspect in Big Apple robbery

TILTON – Police in Tilton are looking for a male suspect who is wanted for the robbery of the Big Apple Store last Sunday evening, and said they continue to follow up on tips coming in to their department.

Chief Robert Cormier said a 911 call was received at 6:14 p.m. on Dec. 15, stating a male with a knife came into the convenience store demand-

SEE **ROBBERY**, PAGE 9

Winnisquam employees serve up annual Community Dinner

BY DONNA RHODES
drrhodes@salmonpress.news

TILTON – Winnisquam Regional School District’s annual Community Dinner was held last Friday evening, drawing a large crowd of local residents who enjoyed a free meal and the camaraderie of friends and families as they dined. The dinner is designed as a token of thanks to the residents of Tilton, Northfield and Sanbornton who support the district and its students throughout each school year.

The menu this year once again included oven-roasted turkey, home-style stuffing, and red bliss potatoes and whipped squash from nearby Suroweic farm. The always-popular homemade macaroni and cheese made a comeback this year as well, along with salads made with organically grown

SEE **DINNER**, PAGE A9

DONNA RHODES

After enjoying the Winnisquam Regional School District’s annual free turkey dinner, 93-year-old Starlin Morrison and his daughter Julie Millis posed for a fun holiday picture at the photo booth from Geskus Photography before heading down the hall for the basketball game.

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Tilton/Northfield

Monday, Dec. 23
Chess Club, 2-5 p.m.

After-School Board Game Club, 4 to 6 p.m.

New for kids, grades 3+! Not sure what to do after school? Why not stop by the Hall Memorial Library and try out some games! We will have a bunch of different games perfect for groups, solo or one-on-one! Join us to try out some games you may have never heard of but will love!

Tuesday, Dec. 24 and Wednesday, Dec. 25

Library Closed for Holiday

Thursday, Dec. 26
Cozy Corner Chat, 6 p.m.

Stop in for a cozy corner time with Sarah P. and browse from a display of her favorites. Borrow an item from her display and a cup of cocoa is on us! And since today's Photo-A-Day Challenge theme is "cozy", you can snap and post your photo on Instagram here with us!

Friday, Dec. 27
Sit & Knit, 2 to 5 p.m.

New Items
"Burning Ridge" by Margaret Mizushima

"Sword of Kings: A Novel" by Bernard Cornwell

"A Cedar Cove Christmas" by Debbie Macomber (audio)

"Winter's Bone" (DVD)

Spaulding Youth Center participates in
Special Olympics bowling tournament

NORTHFIELD — Spaulding Youth Center is excited to announce that three students competed in the 2019 Special Olympics New Hampshire State Bowling Tournament held at Funspot in Laconia.

The Spaulding Youth Center Shooting Stars competed against numerous athletes from teams across the state of New Hampshire in candle pin bowling. Their official results are as follows:

- Two students each earned a first-place win and gold medal in their respective division.
- One student earned a second-place win and silver medal in his respective division.

The students representing Spaulding were

very gracious and supportive of other athletes also competing. Spaulding Youth Center frequently participates in Special Olympics New Hampshire sporting events, including the organization's State Summer Games and various basketball tournaments.

"I am proud of our student athletes and supportive staff that participated in the State Bowling Tournament," said Brian Doyle, Special Education Teacher for Spaulding Youth Center. "Special Olympics New Hampshire is an incredible organization that helps our student athletes build self-confidence and enjoy the sense of accomplishment that comes with hard work and dedication. Through their programs, the residential



BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Dec. 6-13.

Stephen E. Anderson, age 26, of Belmont was arrested on Dec. 6 for Resisting Arrest or Detention.

Sonya B. Nye, age 20, of Franklin was arrested on Dec. 6 for Operating Without a Valid License.

Francis Gallitano, age 58, of Tilton was arrested on Dec. 7 for Driving After Revocation or Suspension.

Douglas Paul Schnelle, age 40, of Belmont was arrested on Dec. 7 in connection with two bench warrants issued by Laconia District Court.

Bryttany K. Hart, age 21, of Belmont was arrested on Dec. 8 in connection with a warrant issued by Laconia District Court. An adult male was taken into protective custody for intoxication during the same incident.

Denise M. Fulmer, age 62, of Gilford was arrested on Dec. 9 for Driving While Intoxicated.

Joshua White, age 31, of Belmont was arrested on Dec. 9 in connection with a warrant issued by the Deerfield Police Department.

Dylan Corgatelli, age 18, of Belmont was arrested on Dec. 10 for Possession of Controlled/Narcotic Drugs, Receiving Stolen Property, and Possession of Drugs.

Joshua Z. Wright, age 39, of Somersworth was arrested on Dec. 10 for Falsifying Physical Evidence and Possession of Controlled/Narcotic Drugs.

students on our campus can experience empowerment and community support while creating long-lasting positive memories."

To learn more about Special Olympics New Hampshire, visit <http://www.sonh.org>.

About Spaulding

Youth Center
Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse

or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.

NORTHFIELD POLICE LOG

NORTHFIELD — During the time frame of Dec. 2 – Dec. 8, the Northfield Police Department received 290 calls for service some of which include: Animal Complaints, Criminal Trespass, Dog Bite, Fraud, Juvenile complaint, Motor Vehi-

cle Lockouts, Welfare Check, Motor Vehicle Accidents, Motor Vehicle Complaint, Parking Violations, Suicide Attempt, Sex Offender Registration, Theft from Building, Vin Verification, Assist(s) to other Agencies and Citizens.

Taken into custody: Charles Fiske III 50, of Boscawen for Suspension of Vehicle Registration, License Required Op w/o Valid License, Drive after Suspension/Revocation-Subsequent and Uninspected Vehicle.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 400 calls for service and made the following arrests during the week of Dec. 9-15.

Arrested during this time period were Jared Stottlar (for Possession of Drugs and in connection with a warrant), John Haines II (for Driving After Suspension), Kyle Hastings (for Driving After Suspension and avoiding a required

Intoxication Device), Brandon O'Brien (for Driving Under the Influence and an Open Container violation), Crystal Brown (in connection with a warrant), Brian Kimball (for Driving Af-

ter Suspension), Holden Smurker (for being a Felon in Possession of a Dangerous Weapon), and Daren Molloy (in connection with a warrant).

Everyday Living and Diabetes

LACONIA — Are you or someone you care for living with diabetes? Would you like to learn ways to better manage and live well with this disease? If so, this class is for you!

This free four-week class will be offered on Wednesdays from 9:30 - 11:30 a.m. beginning Jan. 8, and on Tuesdays from 12:30-2:30 p.m. beginning Feb. 4. Both classes will be held at Lakes Region General Hospital.

Those attending this class will learn skills for living a healthy life with diabetes. Learn to set goals for improving your diabetes with topics including managing blood sugar levels, healthy

SEE DIABETES, PAGE A10

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A SALMON PRESS PUBLICATION
ECHO STAFF DIRECTORY

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

USPS 024-975
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JUMANJI: NEXT LEVEL PG-13 Fri. - Mon.: 10:00 AM, 12:45, 3:45, 6:45, 9:45 PM Tues: 10:00 AM, 12:45, 2:45 PM	NO SHOWS AFTER 4:30 ON CHRISTMAS EVE	

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Spaulding Youth Center honored with Grant from Children’s Literacy

NORTHFIELD — Spaulding Youth Center is excited to announce it was honored with the At-Risk Children grant from the Children’s Literacy Foundation (CLiF). The grant included a storytelling event with one of CLiF’s professional storytellers, a discussion on the importance of reading together, tips for helping children develop strong literacy skills, a new onsite library of children’s books and two new books for each student.

Spaulding was thrilled to host the storytelling session presented by Simon Brooks, acclaimed British storyteller with a tie to New Hampshire communities. The Spaulding School students attended one of two sessions, which included a lively discussion about reading adventures and an interactive storytelling experience with Mr. Brooks.

Following the session, the students were invited to peruse five tables stacked with hundreds of age appropriate titles to hand-pick two books which they could keep. Spaulding stu-



COURTESY

Spaulding Youth Center is excited to announce it was honored with the At-Risk Children grant from the Children’s Literacy Foundation (CLiF).

dents were especially excited about choosing their own selections, not only to have something of their very own, but also to have the leisure to foster their own interests and auton-

omy to make their own choices. In addition, the CLiF At-Risk Children grant also awarded \$2,000.00 in books to supplement Spaulding Youth Center’s media center.

“Spaulding is thrilled to receive this grant from the Children’s Literacy Foundation,” said Susan C. Ryan, President & CEO of Spaulding Youth Center. “This literacy

program was an incredibly positive experience for our students. Many of our special education students struggle with reading due to behavioral difficulties that could be compounded

or intensified by learning disabilities. The CLiF At-Risk Children grant encouraged reading through a fun and interactive storytelling presentation and inspired our students to continue fostering their love for books.”

The Children’s Literacy Foundation is a nonprofit organization whose mission is to inspire a love of reading and writing among children up to age 12 throughout New Hampshire and Vermont. Since 1998, CLiF has served 250,000 low-income, at-risk, and rural children in 400 communities across every region of the Twin States.

Visit <https://clifonline.org/> to learn more about the Children’s Literacy Foundation.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.

Gunstock schedules special events before the holidays

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — From nighttime winter fun to visiting Santa on the slopes, Gunstock has some special activities and deals ready for the holidays.

Saturday is Belknap County Day at Gunstock. Residents of any Belknap County community can show ID with a proof of residency and get a Flex Pass for \$29 as well as a free Mountain Coaster ride. Belknap County residents can also be entered into the Locals-Only Raffle.

Kids will have the chance to ski with Santa this Saturday from 11 a.m.-12:30 p.m. Santa will be on the slopes and ready to get his picture taken with kids.

Night Sessions began on Dec. 13 and the mountain will be open at night through the season. For a Night Session pass visitors can get lift access and ski or board at night. The sessions offer a basic rental package (though not including a helmet). Beginner lessons are available on the Wonder Carpet by the welcome center from 4:30-6:30 p.m.

There will be two runs of tubing and/or the Mountain Coaster while both are open.

Gunstock’s holiday “12 Days of Deals” special will wind down. All month the ski shop offered specials on select items. On Dec. 19 get 35 percent off all hats, 25 percent off all Oakley goggles on Dec. 20, on Dec. 21 get 50 percent off pants with the purchase of a jacket, 15 percent off Nordic Day at the XC Ski center on Dec. 22, 20 percent off gloves and mittens on Dec. 23, and on Dec. 24 get 40 percent off Oakley and Smith sunglasses.

Gunstock will celebrate the end of 2019 and the coming of 2020 with Gunstock Rocks New Year’s Eve on Dec. 31. Special tickets will be available for skiing and riding that night. Anyone can come into the lodge and enjoy DJ dancing, s’mores, face painting, games, a selfie station, and more for free. There will be a champagne toast at midnight.


For more information, visit www.gunstock.com.



COURTESY

Visiting with veterans


Maj. Gen. William Enyart (left) paid a visit to the New Hampshire Veterans Home last week while campaigning for Democratic Presidential candidate Joe Biden.



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STRATEGIES FOR LIVING

No room at the inn

BY LARRY SCOTT

There was no room at the Bethlehem Inn that first Christmas eve, not even for a young lady in labor. No one seemed concerned about a pregnant teenager looking for a room in which to deliver her first-born. It was party time! Nary a gentleman stepped forward, willing to sacrifice the use of his room for the evening. The young couple, consigned to the dark and drafty stable, would have to fend for themselves.

Not that there was anything wrong with the Inn. These people deserved a break. Living under the jurisdiction of the Roman government was no walk in the park. An evening at the Inn was a welcome change of pace, a chance to share some holiday cheer, an opportunity to forget if only for a few moments, the challenge of living in the real world.

As a matter of fact, however, it wasn't "holiday time." It would be years before this evening would be celebrated. For the majority, it was just another evening and, in the manger below, just another birth. Few of them would ever know that what took place that night was the greatest event in human history.

It is difficult to describe the uniqueness of that evening. Cleaning up the new baby and preparing Him for His first meal, not even Mary and Joseph realized the impact on all humanity that would emanate from this night. As Mary cradled her firstborn, little did she know she was holding deity in her hands.

It is significant that the first ones to learn of the events of that evening were shepherds. These were hard-working, salt-of-the-earth men, despised commoners, too poor and too busy to enjoy an evening at the Inn. But a host of singing angels had already put them on notice. Something special had taken place; this was one trip to town they would never forget.

They no doubt expected to be welcomed with pomp and ceremony. The heavens had announced the birth of royalty. What they found, however, was lowing cattle, perhaps a donkey or two, and a simple manger scene. For all the hoopla, they were surely surprised to find an apparently normal, newborn baby boy. But looks were deceiving for this precious youngster; although human in the fullest sense of the word, was far from typical. He was God.

Not, I would note, like Adonis, the god of Greek mythology or Baal, the god of the Canaanites. He was no legend or the product of superstitious belief. This One came out of eternity. He had been there when the world was brought into being. He had walked with Adam, talked with Moses, and joined the three Hebrew children in Nebuchadnezzar's fiery furnace. God Himself had joined the human family. Some thirty-three years later, He would take upon Himself the penalty for sin and make possible the promise of eternal life.

For those at the Inn, the party would soon be over. For the shepherds, however, it was the dawning of a new day. Their hum-drum existence had been crowned with new meaning. They were the first to have an encounter with the living Jesus, and they went home "praising God." Fulfillment, they discovered, was not to be found in the Inn; it was to be found in a Person.

And that is the message of Christmas. Happiness ... is a man called Jesus!

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

Send your letters!

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Please include your name, address
and phone number.



COURTESY

Laconia Christian Academy releases honor roll

Laconia Christian Academy has released its honor roll for the first quarter of the 2019-2020 school year. Grade 12: Carolyn Bixby, Kathryn Duddy, MacKenzie Glines, and Noah Longval. Grade 11: Ryann Hendricks, Ian Manning, and Deorah Umwiza. Grade 10: Sarah Glines, Caleb Longval, Abigail McKinney, and Grace O'Brien. Grade 9: Emma Blake, Grace Burton, Emma Desmarais, Katelyn Kilcup, Hannah Longval, Emily McLeod, Jacob Sheehan, Amber Stillion, Clarissa Wirth. Grade 8: Brycen Allen, Audrey Bond, Ava Hall, Robert Merola. Grade 7: Leanne Daigneau, Jillian Mitchell, and Emma Scott. Grade 6: Ian Blake, Natalie Bleiler, Oliver Bond, Luke Butler, and Brendan Call. Grade 5: Sophia Horne, Grace Longval, Zaidon Mentore, Adam Mitchell, Avery Murray, Mya Salesky, Myah Sheehan, Javan Swearingin, and Aubrey Tyrell.

LETTERS TO THE EDITOR

The tree population proclamation

To the Editor:

I have come from far and wide today, to talk about a desperate issue. An issue that will affect us greatly, not only as individuals, but as a whole nation. An issue that if not treated, will continue to escalate to a size of devastation, for us and our children, our parents and grandparents, our neighbors and friends.

The issue I am referencing is tree loss. Trees, which give us shelter from a hot summer's day. Trees, which improve the quality of our drinking water. Trees, which give us the air in which we need to survive.

Although lately, we have been decimating more trees, only to satisfy our wants. These trees contain various species of birds, and we don't even contemplate the repercussions before cutting them down. A study by the US Forest Service found that the United States loses 36 million trees every year! Think about how many birds were killed during the deforestation.

So I ask you, what have you done to resolve this issue? Have you protected the trees you have, or how about plant any new trees? If you have done nothing to help, one could say you are killing trees, and in the long run, yourself.

Think about sitting under a tree on a hot day, the gentle wind through its branches, the cool shade, not

to mention how fun it is to climb them. Not only do they provide good aesthetics, trees are an ultimate workforce. They take in a hazardous gas that would kill us, take nutrients from the dirt, and turn all that into clean, breathable air. Trees also act as natural water filters, cleaning the water around them, for us to drink.

Trees are entirely beneficial to our lives, they do nothing to harm us, yet we harm them. They give us shade to cool us; and we cut them down. They help clean our water; and we cut them down. They give us the air we breathe; and we cut them down.

If only we could reach out and explain the issue, for that is why I am here today. Change is not something that suddenly appears, it takes people, it takes people like everyone here right now, to make change. One person can make a change, yes. But they have to care about the issue. Think of the progress we can make if each one of you helped out....

Therefore, I implore you to stand up, make a change. One small action, when done by many, can be the beginning to the reforestation of the trees. So go, plant a tree; save the world. Go, tell others about our trees; save the world. Go, save the world.

Jacob Holt
Sophomore

Winnisquam Regional High School

A report to the citizens of Franklin

To the Editor:

This is an additional report to you this month. There were two very important meetings that occurred on Monday evening. Thank you all who attended both meetings.

First, the public hearing for the Non-Discrimination Policy and the Transgender, Gender Non-Conforming Student Policy was held at the Franklin Middle School Cafeteria. While I submitted additional written statements, I spoke specifically to the following:

1. The first and primary responsibility of the School Board is to equip our students with the basic tools needed to function in any community. According to the recent National Assessment and Educational Progress Reports, 64 percent of our eleventh graders cannot read at grade, and 85% of them cannot do math at grade level. On a standard A-F grading scale, they are failing their primary mission. Without the ability to read our students cannot complete a job application. They cannot complete a report for their employer. If they cannot do simple things like read a tape measure or add the number of widgets, they cannot complete the report for their employer. They will be unemployable which leads to poverty, addictions and suicide.

2. Concern is expressed and cited of the 50 plus percent of the school population that is on free and reduced lunches, the challenge of opioid addiction, the tragedy of the suicides amongst our youth and yet, this focus on the transgender community, is implementing a policy that encourages and enables the use of drugs (hormones and puberty blockers), mutilation of their physical bodies by removing or altering healthy body parts, and has a recorded 19-40

percent suicide rate.

There is nothing in the law that requires a specific policy for one of the identified categories covered by the Human Rights section of RSA 354-A:27-28. In reality the school is creating another category by specifying "transgender and gender non-conforming students." This is a sub-category of gender identity

The state law under SB263 is in conflict with the Federal Title IX in Johnston v. University of Pittsburgh Federal Court for the Western District of Pennsylvania (Mar. 31, 2015) states "Title IX does not prohibit discrimination on the basis of transgender itself because transgender is not a protected characteristic under the statute." Will the adoption of the proposed policy jeopardize the Franklin School District from receiving federal funds?

Additionally, I question why public schools are specified as a separate department. Since RSA 354 was created to address discrimination in employment, in places of public accommodation and in housing accommodations. Aren't public schools already "places of public accommodation?" Doesn't the Human Rights Commission oversee all state departments? Why the isolation of one department over all others?

The bottom line is that the only responsibility that the Franklin School Board has is to ensure that their Non-Discrimination Policy AC reflects the 11 categories specified in RSA 354-A:1. Currently the published policy lists 13 categories.

The Second meeting was the City Council LEAN review at the Bessie Rowell Community Center. In addition to the review, the councilors approved the restructuring of the Policy Department in which an

NORTH COUNTRY NOTEBOOK

A riverboat trip up Old Man River, against the current and into history



By JOHN HARRIGAN
COLUMNIST

Getting onto a riverboat and churning your way up the Mississippi is not something you do every day, so mention of it in a recent column drew some queries.

For some reason, I’ve long had a short list of things I’d like to do in the relatively short time I probably have to do them. Another one (other than owning an Austin Healey Mark 3000, circa 1965 or so) is to visit the Panama Canal, at the time (and with some of us still) a Seventh Wonder of the World, or at least close.

Anyway, I did indeed board an almost brand-new ship, the 345-foot American Harmony, to take a week-long trip upriver from New Orleans to Memphis. The food was excellent, the crew was great, the river traffic ranged from small boats to strings of barges pushed by enormously powerful tugs to ocean-going vessels, and the river is faster and much narrower than I’d



The American Harmony, docked and disgorging passengers at Vicksburg. She was christened this spring and fitted out to carry 187 passengers in time for this fall’s Mississippi cruising season.

thought (for much of the trip it wasn’t much more than a quarter of a mile wide).

For me, the worst part of any trip to the Outside (meaning south of Winnepesaukee) is flying. On a trip involving New Orleans my only other choice was the train, which I vastly prefer, as long-suffering readers will know. But the timing was impossible. Now, it should be said that I have utterly no fear of flying, except the basic kind of fear, like running out of fuel. Indeed, I’ve flown over much of northern New England, the Maritimes, the Far North and vast areas of Yukon and Alaska, mostly in single-engine float planes with the beastly power required to take off from tiny ponds and

short stretches of river. This is flying, up close.

But back to reality. I trudged down the ramp to the plane for Detroit, and wedged myself into a seat that not even a shoe-maker would design, but no shoe-horn provided to help with the wedging, and endured (carefully chosen word) hops from Manchester to Detroit to New Orleans, and then, of course, a week later, back from Memphis to Detroit to Manchester.

I remember thinking “I’ve treated sheep better than this,” and then “Sure is good to see Manchester under the wing.” This is because I remember when flying was an adventure, and you even dressed up. These days, I could have gone in my household sweats.



Somewhere on the Lower Mississippi: This powerful tug, used far more to push than pull, pushed a refueling barge up alongside the Harmony to fill her up for the trip.

I had some appropriate reading material along with me on the Mississippi, enough to rationalizing staying on board until the confluence with the Missouri, but perhaps another time.

A question you tend to get concerning photos of a new riverboat is “Where’s the paddlewheel?” Often, it’s right there, but it’s fake—a prop to revolve slowly out of synch and fulfill tourists’ expectations.

In fact, there are several big commercial riverboats actually propelled by paddlewheels, a couple of them even driven by steam. And a large, enthusiastic group of individual or multi-owner stern-wheelers and side-wheelers try to arrange various annual gatherings, always at the mercy of weather; rapids, locks, shoals, and river depths. The Harmony, built at

Chesapeake Shipbuilding in Salisbury, Md., and launched and fitted out just a few months before I boarded, had no notion or space for a paddlewheel. Instead, we moved upriver effortlessly against a sometimes swift current, thanks to two 1810-hp. Caterpillar diesel engines, aided in some tricky places and in docking by twin 544-hp. side-thrusters.

I could hear the main engines, and most certainly the thrusters, in my boat deck stateroom.

But they didn’t have to work hard most of the time, and anyway, in their own steady way much like a train, they lulled me to sleep.

One of the stops was at Vicksburg, site of one of the more infamous clashes during the Civil War, or War of the Rebellion, or (take your pick, the list goes on) War Between the States. But in this case, it was far more siege than clash.

For some reason the idea of an actual siege, on the North American continent rather than in Medieval Europe, fascinated me during my more impressionable years, and my high school history teacher, Mr. Irwin, indulged me by furnishing me with a couple of books on the topic, which I devoured. Ergo, I had more than the usual interest in Vicksburg.

I chose to forgo the scheduled bus tour and hoof it, a decision I later regretted, if only a bit. Suffice to say that Vicks-

MARK ON THE MARKETS

Five questions for your financial advisor



BY MARK PATTERSON

Whether you are interviewing a potential new financial advisor or meeting with your current advisor, these five questions are key to determining if this advisor and their firm are working for you, or for the broker-dealer.

Question one: Does your advisor or firm have any “revenue-sharing” arrangements with any insurance or fund company? This is important because the advisors firm may be paid to promote certain fund families for the brokerage firms benefit, not yours. This arrangement is usually disclosed in the small print of a long and technical document.

Question two: Do you or your firm promote “proprietary products?” Again, proprietary products are products created by the broker dealer that may pay more to the broker if sold by them. These products may not be as transparent to you, the client, as they should be.

Question three: Who is managing my money? In many cases, the advisor is using third party asset managers that split their fee with your advisor whose role is just being a “relationship manager.” Typically, these fees will be double what you would pay to an actual asset manager.

Question four: Ask the broker or advisor about their background, education and experience pertaining to financial planning, asset management or retirement planning. There is a significant difference between passing a securities exam that allows someone to sell securities versus working in an environment that demands continued education and encourages personal growth and knowledge regarding financial planning or asset management.

Question five: Are you a fiduciary? A fiduciary works for you, the client, and is obligated to do what is in the best interest of the client, not themselves or their broker dealer. The tricky part about being a fiduciary is that an advisor may have the license to act in a fiduciary manner, but that does not mean that they do so.

There was legislation that was set to go in effect on April 10 of 2017, that will not happen. This legislation

would have required that any advisor, broker or insurance agent working with retire-

ment money would have to act in the client’s best interest. Ad-

SEE MARKETS, PAGE A9

PET OF THE WEEK

VELMA

Meet sweet little Velma! She came all the way from TX to find her new forever home. Velma is a petite 1 yr. old mix breed who is a little nervous in her new surroundings. With a little patience she is very sweet! She needs a adult home to teach her the world isn't so scary! Velma may do well with some dogs but would like a feline free home!

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Edward Jones: Financial Focus

Financial Moves for Life’s ‘Inflection Points’

You’ve probably heard or read about inflection points. The term has a specific definition in mathematics, but it’s also used widely to describe historical or technological events, such as the Industrial Revolution or the creation of the internet – events that changed human existence in some important way. However, you have personal inflection points, too – and when they occur, you’ll need to make the right financial moves. Here are four of the most important of these inflection points, along with suggestions on dealing with them:

- Marriage – When you get married, you and your spouse will need to discuss a variety of financial issues: What assets and liabilities do you each bring to the marriage? Should you combine your finances or continue with separate accounts? Is one of you a “saver” while the other is a “spender”? Do you share similar investment philosophies, or is one of you much more aggressive than the other? You don’t necessarily have to agree on everything, but you should at least try to gain enough knowledge so you can avoid unpleasant surprises, such as hidden debts, and find enough common ground so your household can advance toward your common financial goals.
- New child – When you welcome a new child into your family, you’ll need to make sure you have adequate life insurance. You’ll also want to review the beneficiary designations on any existing insurance policies, as well as on your IRA and 401(k). And if you can afford it, you may want to start contributing to a college fund, possibly using a 529 savings plan, which can provide you with tax advantages as you put money away for your child’s higher education.
- Divorce – It’s unfortunate, but true: Divorce is still pretty common, and it’s neither pleasant nor cheap. You might not be able to avoid some of the costs, such as lawyers’ bills, but if you and your ex-spouse can work together amicably, you both may be able to avoid serious financial disruptions. You’ll need to work out how to divide your financial assets, paying attention to beneficiary designations, which you may well need to change. Also, as a newly single individual, you may need to review and revise your long-term investment strategy to accommodate changes in your goals and your retirement income.
- Retirement – By the time you retire, you will have hopefully been investing in your IRA and 401(k) or other retirement plan for several decades. But once you do retire, you’ll need to determine how much you can afford to withdraw each year from your various retirement accounts. Your withdrawal rate will depend on your age, your asset level and your retirement lifestyle. And you’ll also want to consider other issues: Are you prepared to deal with health care costs? Even with Medicare, these costs may be higher than they were when you were working. And how about your estate plans? Are they up to date? Have you protected your family from the possibility of your estate going through the time-consuming, expensive and public process of probate? You may need to work with your financial, tax and legal advisors to develop an effective estate strategy.

By making smart decisions following your own inflection points, you can ease the transitions in your life – wherever life takes you.

Devon Sullivan

Financial Advisor

164 NH RTE. 25

Suite 1A

Meredith NH 03253

603-279-3284

Fax 844-644-4469

devon.sullivan@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

Member SIPC

Jacqueline Taylor

Financial Advisor

3 Mill Street

PO Box 176

Meredith NH 03253

603-279-3161

Fax 866-532-8685

jacqueline.taylor@edwardjones.com

Linda E. Bean, 60

FRANKLIN — Linda E. Bean, 60, a resident of Franklin for the past 20 years, died at her home on Tuesday, Dec. 10, 2019.

Linda was born on July 21, 1959 in Laconia, the daughter of the late Forrest A. and Catherine H. (Bell) Elliott. Linda was a graduate of Winnisquam Regional High School, class of 1977. Following graduation, she moved to Santa Barbara, Calif., grad-



uating from Santa Barbara City College with a degree in Business Administration.

She and her husband lived in Santa Barbara and Lompoc, Calif. prior to moving to New Hampshire with their two children and living in the home her husband built.

She was employed at the time of her death as a Customer Service Representative for Watts Water Technologies in Franklin, where she had worked for the past 20 years. Linda and her family would

spend weekends at their camp in Bridgton, Maine, enjoying every moment they could get on the lake. She had a passion for writing and baking, sharing everything she made with those around her. She was predeceased by her parents and her brother, David F. Elliott, who died in 2006.

Her family includes her husband of 31 years, Michael L. Bean of Franklin;

her daughter, Caitlyn M. Bean of Gilford; her son, Elliott M. Bean of Franklin; her sister, Patricia, and her husband Trevor of York, Maine; several nieces and nephews; and her dog, Cooper.

There will be no calling hours, a celebration of her life will be held at The Beane Conference Center in Laconia on Dec. 28 from 11 a.m. – 2 p.m. Burial will take place

at a later date in Park Cemetery in Tilton.

Memorial donations in memory of Linda may be made to the High Hopes Foundation, 12 Murphy Dr., Suite 106, Nashua, NH 03062.

The William F. Smart Sr. Memorial Home in Tilton is assisting the family with arrangements.

For more information, go to www.smart-funeralhome.com.

LRCS awarded grant to create supportive space for working mothers of infants

LACONIA — Lakes Region Community Services (LRCS) has been awarded a \$4,500 mini-grant to create a lactation room for working mothers of infants at its main office building in downtown Laconia.

The lactation project – an effort to improve workplace breastfeeding policies – is being led by Keene State College’s Public Health faculty in cooperation with the New Hampshire Department of Health and Human Services with funding from the Center for Disease Control and Prevention. LRCS was one of 12 businesses across the state of New Hampshire to receive grant support through the program this year.

LRCS plans to match the grant money awarded to them to build a new, state of the art lactation room, and continue ongoing efforts to make the organization friendlier to working mothers. The room will be available to employees, and mothers who participate in the childcare classes offered by the LRCS Family Resource Center. The private room will include



Joleen Welford, Director of Employee Relations at LRCS, accepts an award for funds to create a supportive space for working mothers of infants. Pictures from left to right is Joyce Kelly Chair, NH Breastfeeding Taskforce, Joleen Welford, Director of Employee Relations at LRCS, Dr. Amanda Hickey of Keene State College, and Dr. Meg Henning of Keene State College.

comfortable, relaxing furniture, mini-fridge, storage, and sink area.

Joleen Welford, Director of Employee Relations for LRCS, underscores the value of this grant for Lakes Region Community Services, stating “LRCS works hard to ensure that its employment policies and practices reflect its values of dignity and in-

clusiveness, and of family-centered supports. This grant gives us an added opportunity to strongly signal to working mothers that they are valued and supported in trying to simultaneously raise healthy children while also working.”

“We believe strong families lead to healthy communities. And healthy communities

support strong families. It’s a virtuous cycle that we believe in investing in,” noted LRCS President and CEO, Becky Bryant. “This grant gives us one more way to express that, and we’re delighted to be able to make these improvements to our office space in support of working moms.”

LRCC to hold Open House EXPRESS Jan. 8

LACONIA – Becoming a student at Lakes Region Community College has never been easier. The college is hosting an

Open House EXPRESS Wednesday, Jan. 8 from 4 to 7 p.m. Faculty and staff will be on hand to answer questions and

help all prospective students through the process.

Students who bring a copy of their high school transcript or equivalency certificate will be accepted on the spot and can register immediately for the Fall Semester, which begins Tuesday, Jan. 21. There is no application fee. Members of LRCC’s Financial Aid office will be available to help students through the financial aid application process, and faculty and advisors from each program will be available to help students register for classes and answer questions.


“We’re pleased to offer Open House EXPRESS as a convenient way for prospective students to complete the process of admission to the col-

lege,” said Joyce Larson, Director of Enrollment and Onboarding. “With one visit to the College, students are able to complete most or all of the enrollment process steps with ease and meet face-to-face with our friendly faculty and staff.”

Prospective students will be given a guided tour of the campus and campus housing. The event is free and all those interested are encouraged to attend. Those interested can pre-register at www.lrcc.edu or call Lakes Region Community College at 366-5210.

Lakes Region Community College offers many associate degree and certificate programs, including Business, Accounting, Culinary Arts, Hotel and Restaurant

SEE LRCC, PAGE A9



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Laconia Housing dedicates Sunrise House

LACONIA — Laconia Housing dedicated its new residence, Sunrise House, on Dec. 12, and will welcome the first residents in mid-January. The 16-unit building in downtown Laconia will allow individuals with disabilities who are 62 and older to enjoy an independent lifestyle while also accessing amenities such as housekeeping, laundry services, transportation, dining, and LNA care.

“It’s truly unique and a one of a kind low-income housing in the state,” said Tom Cochran, deputy executive director. “It is completely wheelchair accessible.”

Once the first residents have moved in, Laconia Housing will host an open house with its partners, in either late January or early February. The agency celebrated Thursday’s dedication with board members, staff, and town officials.

Sunrise House sits next to Laconia Housing’s 98-unit Sunrise Towers. The close proximity allows the two sites to enjoy a campus setting, with shared access to a parking lot, green space, license nursing assistants, kitchen crew, and housekeeping staff.

At the new Sunrise House, there is an entrance ramp outside the building and an elevator inside that provides wheelchair access to all floors. All units have roll-in showers and half have enough room for an assistant to accompany a person in a wheelchair.


Residents have the option of eating their meals in the first-floor dining room or cooking in their own kitchens, which all have a sink, refrigerator, cooktop, and microwave. Shopping and restaurants are within walking distance, and if a tenant needs a ride one can easily be arranged through support services. The staff works closely with their community partners, the tenants supportive case managers, New Hampshire Department of Health and Human Services, as well as Service-Link for Aging.

Sunrise House provides for a mixed income environment. Twelve units will be rented to low-income seniors whose rent will be 30 percent of their income. Supportive services will be covered by Medicaid’s Choices for Independence (CFI). Rent includes heat, air conditioning, electricity, and hot water.

Four of the units are available at market rates to applicants who are 62 years or older who require support services. The market units start at \$ 1,350 per month (\$1,650 for a two-bedroom) and include laundry and housekeeping. Additional support services are also available. Laundry facilities are available on the ground floor. Community gathering space is also available on the ground floor, and there is a common room on every floor. Of the 16 units, 14 are one-bedroom apartments of approximately 400 square feet and two are two-bedroom, two bathroom apartments of approximately 800 square feet.

Financing provided by New Hampshire Housing Finance Authority, Bank of New Hampshire, and the Federal Home Loan Bank of Boston.

There are still units available for rent. To apply, visit <https://www.laconiahousing.org> and click on Sunrise House or call 737-2232.



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Mix 94.1 makes a difference with annual Cash & Cans Food Drive

REGION — “Making a difference one donation at a time,” Mix 94.1FM’s 33rd annual Cash and Cans Money & Food Drive for the holidays took place on Dec. 5-13. All monies and food raised by the initiative each year stays local, benefiting several area organizations, including the Franklin and Belmont Police Toys for Tots Programs, Twin Rivers Interfaith Food Pantry, Bread & Roses Soup Kitchen, Community Action Program, Tilton/Northfield/Sanbornton Christmas Fund, Every

Child Is Ours, Greater Lakes Region Santa Fund, Meredith Emergency Food Pantry and St. Joseph’s Belmont Food Pantry. Last year the drive had another record year for donations, with more than \$43,000 in cash and more than 30,000 non-perishable food items raised and this year is hoped to be another big success. Radio personality Fred Caruso of Mix 94.1 FM’s started the program in 1987 and said he looks forward to December’s food and donation drive every year.

“We meet so many generous people during Cash and Cans week. It’s a heart-warming week, from kids giving their piggy bank money to the business community donating. All we ask is that people give what they can. And the best part...it all stays right here in our central New Hampshire Community,” Caruso said. There were many of special events held during the week. Caruso and morning co-host Amy Bates broadcasted live from more than 20 different locations,

accepting Cash and Cans donations at each. Among their many stops was a spaghetti dinner, hosted by both the SALT Teams from Franklin and Winnisquam Regional High School and the FYI Program at Franklin Middle School. Bates and Caruso also attended Santa’s Workshop at the Bessie Rowell Community Center in Franklin where they collected still more donations. On Saturday, Dec. 9, they also dropped in on the Kids Breakfast with Santa at the Laconia Rod & Gun Club

and the Pines Community Center Breakfast in Northfield, where \$1 from each meal benefited Cash & Cans. It was a busy week as they also drove to George’s Diner in Meredith, Vista Foods in Laconia and the Tanger Outlet Center to boost their collection efforts. Other stops during the week included Funspot, McDonald’s, Willow Hill Food & Beverage in Franklin, Sal’s Pizza, Stafford Food & Beverage, Belknap Subaru, Kramer & Hall/Prescotts Florist in Laconia, Dunkin Donuts in

Tilton, HK Powersports and Irwin Motors. The pair was also at Tilt’n Diner one day where, for each dinner sold, \$5 was donated to the Cash & Cans cause. Many of the locations had other fun ways in which people could contribute, such as raffles, gift cards to Funspot, photos with Santa and more. Caruso reported this past Monday that with contributions still coming in, more than 30,000 nonperishable food items and \$42,000 in cash have been donated so far this year.

Integrated health care delivery projects make a difference locally

REGION — It may seem like an alphabet soup of acronyms, but abbreviations such as DSRIP, IDN, and CHSN represent an important shift in how health and social service providers are delivering care and striving to improve health for residents in the Central New Hampshire and Winnepesaukee Regions. Since 2016, New Hampshire has used federal funding from the Centers for Medicare and Medicaid Services (CMS), available under New Hampshire’s Section 1115 Delivery System Reform Incentive Payment (DSRIP) transformation waiver, to work on new and better ways to address critical community health needs through projects that deliver integrated physical and behavioral health care.

Responding to the alarming rise of substance misuse and overdose, as well as continual difficulties in accessing behavioral and mental health services, the five-year DSRIP demonstration program focuses on providing resources to states for regional projects that address these health crises by working to expand capacity, reduce gaps in care transitions and integrate physical and behavioral health care. Regional health and social service provider partners, working together at every level of health care delivery, form the basis of change. Although the DSRIP programs’ primary target is New Hampshire Medicaid members, changes being made to the re-

gional health service delivery system are having a positive impact on all residents. Acknowledging the power of locally-identified community health needs and plans for successful change, DSRIP funds are distributed through the State to seven New Hampshire regions. Each region has developed an Integrated Delivery Network (IDN), a group of health and social service partners that committed to working together to understand the issues facing that region’s Medicaid population, developed project plans to bring services together in a coordinated way, and have been acting on those plans for three years now.

The Central New Hampshire and Winnepesaukee Regions were combined and identified in NH’s seven-region structure as Integrated Delivery Network Five (IDN5). Geographically, IDN5 spans northern Merrimack, Belknap, and southern Grafton counties and includes the towns of Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Danbury, Ellsworth, Franklin, Gilford, Gilmanton, Groton, Hebron, Hill, Holderness, Laconia, Lincoln, Livermore, Meredith, New Hampton, Northfield, Plymouth, Rumney, Sanbornton, Thornton, Tilton, Warren, Waterville Valley, Wentworth, and Woodstock.

The IDN5 commitment to partnership relationships working for positive change resulted in the formation of Community Health Services Network (CHSN) LLC. In an effort to provide “whole-person” care, CHSN includes members and affiliates from all areas of the community such as hospitals,

primary care, mental and behavioral health, home health and hospice, recovery support, public health, counties and various other social or community services. CHSN, synonymous with IDN5, is comprised of thirty-one partner organizations in total.

For participation in the DSRIP program, each IDN participates in six projects, three of which are required projects determined by CMS, and three of which were chosen by each IDN to address that region’s specific issues. The three required projects are designed to address behavioral health workforce capacity development in NH, health information technology infrastructure to support integration, and integrated healthcare.

The IDN5 region-specific projects include “Community Re-Entry for Justice Involved Adults and Youth with Substance Use Disorder (SUD) or Significant Behavioral Health Issues,” “Expansion in Intensive SUD Treatment Options,” and “Enhanced Care Coordination for High-Need Populations.” All of these projects use extensive team structures and systems to create region-specific solutions. The team model addresses various areas in people’s lives that affect their physical and mental health, such as employment, education, housing, transportation, legal issues, childcare, and social isolation. Simply stated, CHSN members and affiliates are working hard so that individuals and families in the region are able to identify early on what they need, get connected to resources in a timely fashion, and live a healthier life.

Progress is measured throughout the program, with an eye to the

future for optimal community and population health. Strategies that are already working are maintained and expanded. Personnel, services, and systems are added in new ways, as partnerships and projects have matured into 2019 and beyond.

CHSN has demonstrated significant advances in all six of its projects to date. Some of these include the creation of an inter-agency Care Coordination Team with 18 member organizations, Belknap County Department of Correction’s implementation of the Supportive Community Re-Entry Program, expanding intensive SUD treatment options with multiple additions of qualified professional counseling service providers at the outpatient level, a Community care team that works closely with patients who have a high utilization of local Emergency Departments, enhanced access to Medication Assisted Treatment, improvements to regional information technology systems to support integration for improved patient care and much more.

For more information, watch for planned future CHSN articles where provider partners and CHSN staff will share details about specific projects and agency involvement, as well as client impact stories of positive experiences and outcomes in individual lives and communities served by the program. Additional information on the 1115 DSRIP waiver can be found by visiting <https://www.dhhs.nh.gov/section-1115-waiver/index.htm> or for more information on CHSN, visit <https://www.pphn.org/special-initiatives/integrated-delivery-network-idn/>.

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Counting down to Christmas Day means many different things to people across the globe. Although families likely have several different traditions they anticipate each year, it can be fun to incorporate some new merrymakers into the festivities. Here are some festive ideas to include in the days leading up to Christmas - a special family calendar of fun finds.

Annual memento: Have the kids or adults make one new handmade ornament each year. This way the tree is always evolving, and everyone can track milestones.

Cookie day: Devote one

Ideas for making holiday memories

day to making Christmas cookies. Invite friends or family members over. Distribute some cookies to elderly neighbors.

Holiday classic: Spend a night in and watch a classic Christmas flick you've never seen before. Streaming movie services often put classics and obscure titles into rotation during the holiday season.

Christmas concert: Host a gathering of children where they can sing or perform their favorite tunes for an audience. Take it on the road to a nearby nursing home.

Acts of kindness: Choose any act of kindness and make it

happen this Christmas. It can include feeding the hungry or helping a disabled person shop for the season.

Kids' Secret Santa: Spread the joy of giving by having the kids choose a sibling or friend's name from a hat and purchasing or making a gift for that person.

Hand out hot chocolate: Make a big thermos of hot chocolate and give it out to shoppers or workers who have been out in the cold.

Read religious stories: Understand the true meaning of the season by reading Biblical passages.

Camp-in: The first night the tree is decorated, allow the kids to sleep beside it under the glow of Christmas lights.

Scavenger hunt: Plan holiday-themed trivia questions and hide small trinkets for children to find.

Surprise box: Put a gender and age nonspecific gift into a box. On Christmas Eve or Christmas Day, the person who finds a hidden gift tag under their chair at dinner gets to open the box.

Family portrait: Wear your holiday finery and pose for a portrait that actually will be printed and framed.

Happy Holidays!

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The Tapply-Thompson Community Center Board & Staff want to thank the many volunteers that donated their time, funding, cookies and creativity to make the 2019 Santa's Village another successful year with over 1,000 visitors. We are so very grateful for all of the support we receive throughout the year from our Annual Fund donors, Volunteer coaches, support of the NASD with the use of our school buildings and our many program participants! We couldn't be successful without all of you! We wish all in our Newfound Community a very Merry Christmas and Happy & Healthy 2020!



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Art Association to host animal painting course

TILTON — Learning how to paint animals in oils is a very rewarding, exciting and a fun thing to do, and there's not a better animal painter/instructor to learn from than Acacia Rogers, an award-winning and highly acclaimed artist who'll begin an eight week course, limited to 10 students, from Tuesday, Jan. 7 until Feb. 25 at the Lakes Region Art Association.

Whether you're a beginner or an intermediate artist, Acacia uses the same combination of tested and proven teaching techniques she has for the past 15 years, assuring everyone great



results. She'll cover everything from animal anatomy, to form and perspective, how to improve your drawing skills, color mixing, matching and values, how to use layers to build dimension, discuss materials you'll

need and where to buy them at the best prices, plus tips on choosing references materials.

Side by side easel time with Rogers also includes group critiques, and at the conclusion of the course, students' works are posted on her

Web site and social media. If it's fur, scales or feathers, Rogers has the background, skills and talent to help any artist, amateur or intermediate, to successfully paint animals in oil. Contact Rogers at:

AcaciaRogers.wix.com/fineart, or 965-5551 for information on course costs, materials needed, and to register. The Lakes Region Art Association and Gallery, 120 Laconia Rd., Tilton, Tanger Outlet Mall, Suite 132 will be open during the month of December every day, 10 a.m.-6 p.m.

For membership, inquire within.

LRCC

CONTINUED FROM PAGE A7

Operations, Electrical, Automotive, Nursing, Graphic Design, Advanced Manufacturing, and Fire Science, just to name a few. In addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for

a baccalaureate degree. Business and industry training programs are also available.

Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire and serves over 1,200 students annually. LRCC is part of the Community College System of New Hampshire. For more information, contact the Admissions Office at 366-

NOTEBOOK

CONTINUED FROM PAGE A5

burg occupies an extensive (and wicked steep) bluff--the high ground, of course, hence its storied history.

Ulysses S. Grant wound up being the hero of Vicksburg, whose defenders were forced by lack of food and water to surrender after more

than 40 days. These days about the thing people know about Grant is that he's on the front of a \$50 bill, which is why I so seldom see him, and then only fleetingly.

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

DINNER

CONTINUED FROM PAGE A1

vegetables from Southwick School and lettuce courtesy of the Ag Center. Adding to the meal was some Fantini Scali Bread and many desserts that were donated to the event. Hood Dairy and Lakes Region Coca Cola Beverages provided drinks and other contributions were received from Tilton-Northfield Rotary and PFG.

Winnisquam Regional High School's interim principal Matt Jozokos said many more people helped to make the evening a big success, too. Elementary students made all of the placemats while the FFA students created holiday centerpieces for each table. Setting the cafetorium up for the event were members of the Spirit Squad and various sports teams, while Student Council pitched in to clear each table for the next guests who arrived. And serving the meal, as always were administrators and staff from all five of the district's schools.

"We had a really good early crowd this year and expect the next wave (of diners) after the home opening basketball game," said Jozokos.

Before many of the guests left, they stopped to purchase holiday wreaths, table arrange-



DONNA RHODES

Serving Winnisquam Regional School District's annual Community Dinner last week were Reading Intervention Specialist JoAnn Marchant, Sanbornton Central School Principal Kathy Pope and Southwick School Principal Dr. Eric Keck.



DONNA RHODES

Large groups of family and friends such as this enjoyed a free turkey dinner with all the fixings at Winnisquam Regional School District's annual Community Dinner last Friday.

ments and poinsettias from representatives of the FFA and some even had their pictures taken in a fun photo booth from Geskus Photography.

One large group of friends said the dinner is always a favorite night out for them.

"The food is delicious and we always look for-

ward to coming here to see old friends. It's a great night out- what better time to do it than at Christmas?" said Maj Desautel.

ROBBERY

CONTINUED FROM PAGE A1

ing cash and got away with an undisclosed amount of money. The suspect was wearing a dark hooded sweatshirt with "Woody's Tire Service" emblazoned on the back, along with gray pants and brown shoes. He was carrying a blue and green plaid backpack and had a white

bandana-style cloth over his face.

The store is located at 256 Main St., beside Cannon Bridge, which leads into Northfield and police were busy searching along both sides of the river that night.

"The suspect fled the store on foot toward Northfield so the State Police K9 unit was called in to search the area in both Tilton and North-

field but they weren't able to track him," the chief said.

The store was shut down for a brief time as the scene was investigated but was later able to reopen. Cormier said there were no customers in the store at the time of the robbery and fortunately none of the employees were injured.

"Usually, we have a good record for captur-

ing suspects in cases like this so we're hopeful we'll find this one soon, too," he said.

Police would appreciate assistance from the public with their investigation however, and ask that anyone who may have seen or heard anything about the robbery contact them at 286-4442 or by email at tips@tiltonnh.org.

AWARDS

CONTINUED FROM PAGE A1

adding examples of their work in the community and their character. Brusseau said the decision to nominate someone is based solely off what is written on the application.

Applications close on Jan. 10. A few weeks later, the applications will be reviewed by a secret panel of philanthropists from across the state, who will then choose the nominees. The nominees will be announced by the end of February. The nominees will be further reviewed and the winners will be chosen in each category.

"We are just blown away when we meet these students," Brusseau said. "They truly are a love and light in our community."

All nominees will be invited to the awards ceremony in April. Money from sponsors and ticket sales will be tallied up and the winners will receive a grand prize "kindness grant" to do good with, such

as give to a nonprofit organization, arrange a special event, or do a random act of kindness. The winners will receive the most money, though all the nominees will receive a portion of the funds as well.

In the past two years, kids who have received the honor have supported numerous nonprofits as well as community projects such as decorating veterans' graves, volunteering at a local American Legion post, creating a package of sunscreen and beach towels for fellow kids who can't afford them, donating turkeys to St. Vincent de Paul, donating supplies to an animal shelter, and many more.

"They all have their passions," Brusseau said. "Not only are they doing a project and doing money, but they are inspiring people to volunteer. Not only is it amazing to recognize the youth, seeing the influence they're having on the community is just outstanding. They are our up and coming leaders."

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ARTISTIC ROOTS



DONNA RHODES

At Santa's Workshop in Belmont last Friday, Kalianna, age four, enjoyed making a beautiful picture frame to display a photo of her visit with Santa.



DONNA RHODES

Five-year-old Colton and his four-year-old brother Bentley had fun decorating cookies at Santa's Workshop in Belmont last weekend.



DONNA RHODES

While caroling in Belmont Village last Friday, one of the first people the group encountered was Santa and Mrs. Claus, who then joined them in singing a verse of "Here Comes Santa Claus."



DONNA RHODES

Belmont fire fighter Paul Charnley tended a campfire beside the Tioga Pavilion and helped children make some delicious s'mores, one of several activities that were part of Santa's Workshop last weekend in Belmont Village.

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FESTIVE FUN

CONTINUED FROM PAGE A1

with Santa.

"I like putting all the sparkles and beads on it," said four-year-old Kaliana as she carefully dabbed glue around her frame.

"The Polar Express" was also playing in a seating area for the children to enjoy.

Across the hall in the recreation department's function room, tables were set up with cookies and all types of frosting so they could decorate a cookie of their own. To help wash down the snack there was also hot chocolate available.

Outside at the Tioga Pavilion Santa and Mrs. Claus greeted all the boys and girls, posing for photos with them and

listening to their holiday wishes. Nearby Belmont Fire Department had a campfire blazing and helped everyone make s'mores with the ingredients they provided for the event.

Both Sturgeon and Recreation Director Janet Breton were happy to see how the event has started to grow over the past five years.

"Everyone really missed Deck the Village, so we wanted to try to bring some of that back," she said. "We started with the caroling in 2014

then added cookies and hot chocolate after that. It turned out that that was easy enough to do so we added Santa and the fire department this year."

She also expressed her gratitude to all who helped out, especially Santa, BFD and the PTO volunteers.

Looking on as families enjoyed the free night of fun and holiday cheer, Sturgeon added, "This is great. We needed to bring the happiness back!"

DIABETES

CONTINUED FROM PAGE A2

eating, physical activity, relieving stress, and more.

For more information on this class, future sessions or to register please call LRGHealthcare Community Education at 527-2948.

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SPORTS

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BOB MARTIN

Courtney Burke pulls up for a jumper against Gilford last week.



BOB MARTIN

Becca Fleming launches a shot from behind the arc.

Belmont girls fall to Golden Eagles

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford girls' basketball team hosted Belmont in the first of two meetings this season, and the Golden Eagles picked up a win by a score of 46-34.

It was a tight game to start with the two rivals tied 9-9 at the end of the first quarter. However things would change drastically in the second quarter with Gilford holding the Red Raiders scoreless while going on a 15-0 run. It was a truly dominant frame for the Golden Eagles, with excellent



BOB MARTIN

Morgan Hall brings the ball up court against the Golden Eagles.



BOB MARTIN

Savannah Perkins scans the court for the Red Raiders.

Bear boys blow by Wildcats

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam boys' basketball team started its season last week with a win over Fall Mountain by a score of 54-20, and coach Kevin Dame was very pleased with the strong start to the season but also noted that is room for improvement.

"To hold any team to 20 points is very good," said Dame. "We didn't shoot great but it was a nice opening night win."

Leading the scoring charge was Phil Nichols, who put up 15 points to go along

with 12 rebounds in a good double/double performance. Anthony Robbins and Caleb Bushway added nine points apiece.

Dame is looking forward to see what is in store for this Bears squad, saying that the team has shown that is ready to play and put the time in.

"The team has been great," Dame said. "They are coming to work hard every day and looking to improve. They are close and enjoy being around each other. We are looking to improve every day and if we do that we should have a fun season."

offensive and defensive performances by Shelby Cole, Tea Rodney and Allison Carr.

Gilford opened up the second half with a basket to continue the incredible run until Alexis Donovan scored on a floater. It was the first basket for the Red Raiders in 9:40. This started a 7-0 run for Belmont and the Red Raiders were quickly back in the game, down 35-23 at the end of the third quarter.

The deficit created by the huge streak of points for the Golden Eagles was too much for the Red Raiders to overcome, however. Despite making a great effort to get back into the game, Belmont didn't have enough time on the

clock to claw back and Gilford came away with the 46-34 victory.

The Red Raiders were Molly Sottak who had 14 points, with seven coming in the fourth quarter. Becca Fleming pitched in with seven points on the night.

Belmont coach Mark Dawalga was happy with the way the players battled back despite being down double digits at

the half.

"I thought in the third quarter we started to find our roles as a team," Dawalga said. "We started sharing the ball. It wasn't just one and done. Give credit to these kids, they are working hard. They are learning. There were four starters tonight that didn't start last year. It will take a little bit of time, but I was proud of them."

Belmont

The Red Raiders dropped the third game of the season by a score of 51-28 to Newfound. Sottak had nine points to lead the Belmont scoring. Freshmen Alyssa Edgren and Lena Rodrigues scored their first varsity points with four and six points apiece. Emma Roberts was praised by Dawalga for her work on defense.

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Reloaded Raiders open with big win

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont boys' basketball team is coming off a 10-8 season where the Red Raiders lost to Hopkinton as the 11 seed. Coach Jim Cilley knows things will be tough after losing seven seniors who were four-year members of the program, but the Red Raiders got off to a good start with a big 65-35 win over Newfound at home.

While the score was lopsided, Cilley said

Newfound managed to hang with the Red Raiders. At one point in the first quarter, Newfound had a 9-8 lead.

“We started a little slow, which I think had to do with us returning only three players who had seen varsity minutes,” said Cilley. “Once we got rid of the nerves and cranked up the pressure it swung the game our favor. We scored 43 of our 65 points in the second and third quarters. It was a good opener

because we were able to get all 11 guys minutes, which is always a hope yet not always a reality. Newfound will win some games this year. Jesse (Mitchell) has them going in the right direction.”

Jackson Ruelke played very well in the win putting up 22 points, five boards and four assists. Nate Sottak had 19 points, seven steals and five assists. Isaiah Costa had 10 points and four rebounds.

Cilley, who is in

his sixth year as head coach with the Red Raiders, admits that the team lost size and rebounding in Matt Thurber and Aidan Rupp, who graduated last spring. The team also lost point guard Griffin Embree to graduation, which is a big hit as he had the ability to pressure the basketball and disrupt the other team's offense.

“We used to one man press a lot with Griff, which often led to rushed and bad shots by our opponents,” said Cilley. “Until a midseason finger injury that he played through all year, Griff was having a first team All-Sate type season, controlling our tempo and being our most explosive offensive player as well. How do we fill those holes? Rebounding will be by committee. Our guards will have to do a better job rebounding and with six-foot-two point guard Jackson Ruelke, he should be an upgrade

in that category. In terms of pressure and disruption on the defensive end we will do it through scheme and different looks defensively. Offensively this team is more skilled in terms of their shooting and scoring ability so we may put up more points a game than we did last year.”

Cilley said it all starts with the guards, Ruelke and Sottak, who he said could be one of the top combinations in Division 3. Cilley said Ruelke sees the floor as well as anyone, and has great touch around the basket while anticipating passing lanes well. Sottak is arguably the most explosive player on the team, with Cilley saying his instincts are incredible.

“He shoots the three well and for a smaller guard he's so strong that he finishes great at the rim,” said Cilley. “Adding to the guys to watch would be returning starter Keith Landry, who is a deadly outside shooter

and Isaiah Costa, who is quick and shoots the three exceptionally well. Guys competing for the fifth spot in the starting lineup most likely are Brian Carroll, Seth Rupp, Bryce Hall, Tommy Galambos, Adam Krasnecki, Jason Guadette and freshman Jamison Gaudette.”

Cilley said Costa could be an X-factor, as he has the potential to put up big scoring totals with attention on Ruelke, Sottak and Landry. He is able to score at the rim and Cilley compared him to former Belmont star Matt Pluskis as being a top outside shooter. He also said the team has plenty of young players that could make their mark, including Jamison Gaudette, who will see JV and varsity time. Jason Gaudette bring energy and heart to the team, while Galambos brings the heat on defense.

Cilley hopes this team can put together all the pieces to make a strong playoff push in 2020.

“We feel like the ceiling is very high for this group and our goal as it is every year is to be a top four seed and have the potential to host two home games in the playoffs,” said Cilley. “We want to be the first Lakes Region team to play at SNHU in over a decade. Lots has been said about how the Lakes Region isn't as good or as competitive as the Southern teams and this is a year we feel like we can make our mark.”

Belmont alpine team opens at Bretton Woods

BY BOB MARTIN
Bob@Salmonpress.news

CARROLL – The Belmont High School alpine racing team traveled to Bretton Woods last week to start up the season.

For the boys' team in the giant slalom, Lars Major was first place with a time of 1:08.04. Mitchell Berry was sixth with a time of 1:13.21 and Tanner McKim was

19th with a time of 1:23:49.

In slalom, Berry placed sixth with a time of 33.04; McKim was 18th with a time of 45.00 and Major was 19th with a time of 45.53.

For the girls' team in giant slalom, Katie Gagnon was 11th with a time of 1:16.28 and Becca Camire was 28th with a time of 1:28.99. In the slalom, Gagnon was fourth place with a time of 33.74.



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Bears look to get the offense on track

BY BOB MARTIN
Bob@Salmonpress.news

MEREDITH – The Inter-Lakes Lakers and Winnisquam Bears went head to head in an early Division 3 girls' basketball matchup, and the game was a lopsided affair from the start with Inter-Lakes coming out on top, 57-8.

The Laker defense and offense was on full force from the get go, with Inter-Lakes going up 21-0 in the first quarter. Inter-Lakes was dominant on both sides of the ball, with Mollie Durand leading the way with eight points in the first quarter. Caitlin Harris and Taylor Ambrose were all over the court playing outstanding defense, with Harris blocking the majority of shots in her vicinity.

Inter-Lakes continued its strong defense in the second quarter with a quick steal and layup by Erin Furnee to get the scoring rolling again. Inter-Lakes was up 29-0 until Winnisquam got on the board with a layup by Emma Griffin. Inter-Lakes went on to score two more buckets in the quarter to go up 33-2.

While the Lakers had complete control of the game, Winnisquam didn't give up as their players continuously hustled to guard driving Lakers or get to loose balls. Unfortunately for the Bears, the Lakers were showing how defensively sound they were, which made getting off shots a big problem for Winnisquam all game. Winnisquam shot 16 percent from within the arc and was 0/6 from three-point land. Offensively, the Lakers were knocking down shots from near and far, while making crisp passes and avoiding turnovers.

The Bears came out in the third quarter ready to play and Sophie Day hit a quick layup to make it 33-4. The defense of the Lakers was too much, however, including strong play by Harris who at one point had a string of two blocks and a steal in less than 30 seconds. Durand continued her hot



BOB MARTIN
(Left) Angelo Glover is the coach for the Winnisquam Bears this season.

shooting and the Lakers went up 47-6 at the end of the third quarter, and then went on to take the victory by a score of 57-8. Mackenzie Phillipy scored the last two baskets for the Bears.

Durand was the points leader in the game with 14 points to lead the Laker charge. Harris had 12 points and Ambrose added eight points in the win.

For the Bears, Phillipy had four points, four rebounds, one steal and a block. Griffin had a basket to go along with 11 rebounds, as she had an excellent night on the boards. Sophie Day and Lexi Hamilton had five rebounds apiece, with Day also adding a steal and a block.

Winnisquam coach Angelo Glover admitted it has been a tough start for the Bears, who are dealing with injuries including their top scoring threat in Meghan Cote. He said the team struggled to find a ball handler and scoring option against Inter-Lakes, and ultimately the pressure and the early lead were too much for the Bears to overcome.

“We just have to heal, hopefully, and take away the positives that we see here tonight,” said Glover. “Every game so far I’ve seen positive trends but it is about being consistent right now. That is the big thing. We need to have them stop playing as individuals and play as a team.”

Glover said he was happy to see the team continue to play hard until the final buzzer, because even when you are down by a lot, a team needs to show pride.

“Continue to play like it is 0-0 and have some self pride,” said Glover. “Continue to work the ball and play hard. You never know what can happen. You just can never give up because once you do, it’s all done.”



BOB MARTIN
Emma Griffin (5) jumps up to contest a shot against Inter-Lakes.



BOB MARTIN
Sophie Day puts up a shot for the Bears against Inter-Lakes.



BOB MARTIN
(Left) Alannah Ellsworth looks for an open teammate against the Lakers.

Belmont swimmers open at Gilford

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Belmont High School started its swimming season in Gilford last week. For the boys' events in the 50-meter freestyle, Logan Wineriter was second with a time of 24.42. In the 100-meter freestyle, he was

second with a time of 53.37. For the girls' events, in the 50-meter freestyle, Chloe Wineriter was sixth with a time of 31.72. In the 200-meter individual medley race, Anna LaDue was second with a time of 3:17.77.



Intro to curling offered at PSU Ice Arena

PLYMOUTH — Are you are one of the many who have been fascinated by the sport of curling? Have you had the burning desire to deliver a stone down the ice and feverishly sweep it into the house, well now is your chance. The Plymouth State Ice Arena will be offering a four-week Intro to Curling program, beginning Sunday, Jan. 5, at 7 p.m., each session will be two hours in length. Over the four weeks, they will focus on the fundamentals of curling, how to deliver a stone and how to sweep. The beauty of curling is that it can be enjoyed by an array of people. There is no running, there is no jumping, there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport. The most physical aspect of



COURTESY PHOTO
Plymouth State Ice Arena will be offering an intro to curling class starting Jan. 5.

curling comes from furiously sweeping in front of the stone as it glides down the opposite end. To sign up, please register online at plymouth.edu/arena/curling, space

is extremely limited so please don't hesitate, sign up today. If you have any questions, please contact the ice arena at psu-icearena@plymouth.edu or 535-2758.


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Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.

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Interested candidates please apply with a letter of introduction, copy of transcripts and resume post marked by December 27th to: Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570 or email to bgilcris@tccap.org

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This is a unique position in NFI North's expanding service array working with an integrated team that provides a wide array of therapeutic services to youth and families throughout New Hampshire. This position will require a flexible schedule and require some evenings and weekends based on youth and family needs.

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Inspiring and empowering people to reach their full potential

NFI North is seeking a full time Program Director to implement and oversee our Community Based Services that include Intensive in home services; Individual Service Option, Home Based Therapeutic and Foster Care Services.

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Candidates will embrace our agency mission which is "to inspire and to empower people to achieve their full potential so they can live successfully in their own home and own community".

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PRINCIPAL

Groveton Elementary School

The Northumberland School District is seeking an outstanding, experienced educational leader to serve as the principal of Groveton Elementary School. The Successful candidate will be skilled in dealing effectively with staff, students, and the public with familiarity of the culture and community. He/She will have demonstrated a thorough knowledge of curriculum and instruction including, technology, special education, enrichment programming, scheduling, and budgeting in a fair and honest mindset.

Additional strengths will include the ability to manage and evaluate staff, and to conduct on-going program evaluation. Excellent communication skills, both verbal and written, are essential in a leader who is proactive, decisive, engaging and collaborative.

The Groveton Elementary School houses grades K-5 with approximately 128 students and 30 employees. The school enjoys strong community and board support. The school is partnered with the New Hampshire Partners In Education and is recognized as a Blue Ribbon and Gold Circle school. The town of Northumberland is located in the beautiful Great North Woods and is within two hours of Montreal, Portland, Burlington, and Concord. Outdoor recreational activities are readily available in the area, including skiing, snowmobiling, hiking, hunting, and fishing. Northumberland is also connected to a strong ATV trail system.

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GES Principal Search Committee
SAU #58
15 Preble St.
Groveton, NH 03582

Please direct inquiries to:
Carrie Irving, Administrative Assistant
(603) 636-1437
c_irving@sau58.org
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Full-time Functional Supports Specialist;

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Bachelor's degree with experience in human services preferred.

Salary \$32,000-35,000

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Track teams kick off the year at Plymouth State

BY BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH – The Belmont and Winnisquam indoor track teams traveled to Plymouth State University for the first meet of the season last weekend.

Belmont
Both the boys' and girls' indoor track teams ranked sixth in Saturday's meet.

For the boys' events in the 55-meters, Brandon Robichaud was 13th with a time of 7.50.

In the 300 meters, Micah Edgren was third with a time of 40.17 and Eddie Mann was fourth with a time of 40.77. Joey Spinale was 16th with a time of 45.23 and Nick Miles was 17th with a time of 45.47.

In the 600 meters, Cody Annis was 11th with a time of 1:50.63.

In the 1,500 meters, Chris Pare was 12th with a time of 5:05.23. Jared Whitcomb placed 11th with a time of 5:04.54.

The 4X200-meter relay team was fourth with a time of 1:46.17. The team includes Mann, Edgren, Robichaud and Nick Miles.

In the long jump, Edgren was eighth with a leap of 16 feet, 6.25 inches. Brandon Robichaud was ninth with a distance of 16 feet, 5.5 inches.

In the shot put, Spinale was third with a toss of 38 feet. Josh Riley was 16th with a leap of 20 feet, three inches.

For the girls' events in the 55-meter hurdles, Sana Syed was the winner with a time of 9.85.

In the 55 meters, Gabby Day was seventh with a time of 8.19. Jada Edgren was 11th with a time of 8.22 and

In the 300 meters, Ella Irving was 22nd with a time of 57.71.

In the 1,500 meters, Aurora Couto was fourth with a time of 5:44.66.

The 4X200-meter relay team was fifth with a time of 2:04.46.

The team includes Day, Syed, Edgren and Emma Winslow.

In the shot put, Ella Irving was 10th with a leap of 20 feet, nine inches.

Winnisquam
The boys' team placed fifth and the girls' team placed eighth in the meet.

For the boys' events in the 55 meters, Neel Jani was 24th with a time of 8.42 and Colin Phelps was 27th with a time of 8.76.

In the 300 meters, Sheamus Dunn was 15th with a time of 44.82 and Colin Phelps was 20th with a time of 47.58.

In the 600 meters, Evan Griffin was third with a time of 1:39.45.

In the 1,500 meters, Dylan Robert was second with a time of 4:27.92.

In the 3,000 meters, Riley Mann was sixth with a time of 10:16.80.

In the 55-meter hurdles, Ryan Belleville was seventh with a time of 10.84

In the 4X400-meter

relay, Winnisquam was third with a time of 4:05.05. The team included Mann, Dunn, Griffin and Robert.

In the high jump, Belleville was fourth with a leap of five feet.

For the girls' events in the 55 meters, Ilijana Markelic was 30th with a time of 8.90. Stella Taje was 39th with a time of 9.50 and Astrid

Renaud was 35th with a time of 9.27.

In the 300 meters, Astrid Renaud was 18th with a time of 55.97; Stella Taje was 20th with a time of 56.30 and Milee Perrino was 23rd with a time of 58.21.

In the 1,500 meters, Faith Gosselin was second with a time of 5:28.25.

In the 55-meter hurdles, Ilijana Markelic placed seventh with a time of 11.12.

The 4X400-meter relay team was sixth with a time of 5:33.90. The team included Jordan Boelig, Perrino, Renaud and Taje.

In the shot put, Nadia Oettingen was 12th with a leap of 18 feet, 10 inches.



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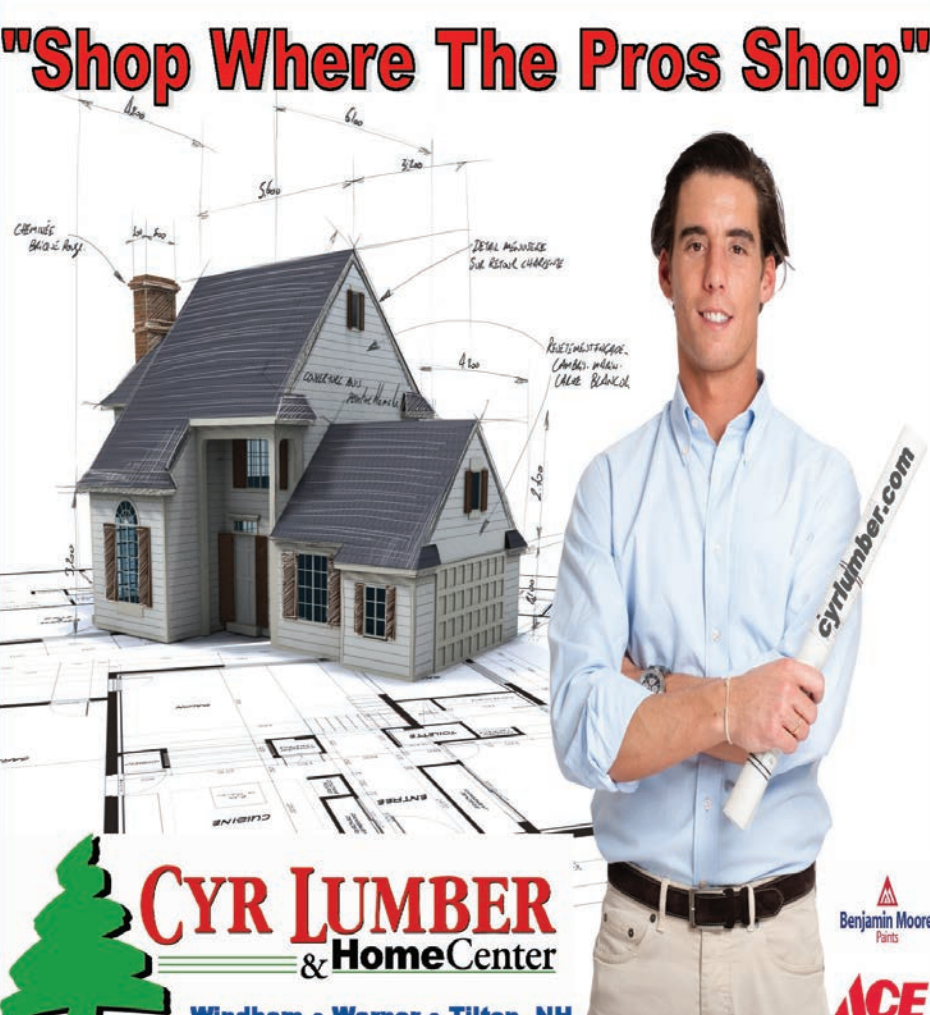
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