

## Participants bring creativity to the slopes for Winter Carnival

BY DONNA RHODES  
dhrhodes@salmonpress.news

FRANKLIN – Fun, creativity and speed were the goals young participants in the annual Cardboard Sled Race strived for last Saturday as part of the Franklin Outing Club’s 58th Winter Carnival.

Children, and even a few adults, arrived at the ski area that afternoon toting the cardboard sleds they built for the competition. Each were hopeful that their young engineering skills would take their sled to the bottom of the ski hill first in their age category.

Many of the children said that two snow days from school last week gave them ample time to work on building the best sled they could. Four-year-old Brantley of Franklin got some help from his seven-year-old cousin Taia in building a two-person T-Rex sled while eight-year-old Van from Bristol built a shiny silver police car sled for his entry.

“I’m going to arrest the other sledders for speeding,” he joked.

SEE SLED RACE, PAGE A10



DONNA RHODES  
Mackenna showed off her authentic looking cardboard snow groomer at the start of last weekend’s Cardboard Sled Race at Veterans Memorial Ski Area in Franklin.

## Sanbornton police take part in Winni Dip fundraiser

BY DONNA RHODES  
DRHODES@SALMONPRESS.NEWS

SANBORNTON – For the ninth year in a row, representatives from the Sanbornton Police Department will be taking part in the annual Winni Dip for Special Olympics, as they and other law enforcement officers will be “freezin’ for a reason” on March 7 as they raise money in support of Special Olympics athletes from all across New Hampshire.

Sanbornton’s participation in the annual

SEE WINNI DIP, PAGE A9

## Belmont crash prompts warning against distracted driving

BY DONNA RHODES  
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BELMONT – Following a single-vehicle accident on Route 106 in Belmont last week, police in that community are sending out a warning about the dangers of distracted driving in hopes that it will save other motorists from not only destroying their vehicles, but endangering the well-being of fellow drivers as well.

Capt. Richard Mann of Belmont Police Department said that at 2:25 p.m. on Mon., Feb.



COURTESY  
After a crash on Route 106 in Belmont last week, police are sending out a reminder about the dangerous consequences of distracted driving.

## Veterans Home celebrates combined 605 years of service

TILTON — The New Hampshire Veterans Home (NHVH) resident veterans, board members and staff recently recognized 35 employees with 605 years of combined service to the State of New Hampshire.

“It’s an honor to serve our veterans with so many dedicated team members,” said Margaret LaBrecque, New Hampshire Veterans Home Commandant. “In this extremely competitive labor market, the New Hampshire Veterans Home is fortunate to have these individuals as part of our team. They are committed to providing the best quality of life for our state’s veterans with dignity, honor and respect.”

NHVH’s celebrated employees were presented a certificate signed by Governor Christopher Sununu and a pin commemorating their service year. Employees



COURTESY  
Pictured are a few of the 35 New Hampshire Veterans Home employees whose combined State service totals over 600 years. Front row, left to right: Tammy Beaudet, Jo-Ann Griffin, Lynn Hardy, Dolly Keyser, Sandy McCarthy (retired). Back row, left to right: Grayson Brouillard, Lincoln Adams, Tami Wickens and Brenda Mottram (retired).

receiving these honors include:

10 Years: Catherine Ballou, Tracey Cooper, Carrie Cornell, Megan

Cross, Frederick Kelley Jr, Valerie Kenney, Brenda Poehler, Michelle Strong, Melissa Valyau

15 Years: Lincoln Adams, Grayson Brouillard, Bonnie Colby, Katharine Dyer, Kathy Edsall, Helene Gassett,

Laura Gaudette, Jo-Ann Griffin, Lynn Hardy, Lynn Hilbrunner, Catherine James, Teresa

SEE NHVH, PAGE A9

3, a 911 caller notified safety officials that a car had just struck a guardrail, spun around, and was facing north in the southbound lane in the vicinity of 631 Laconia Rd. (Route 106).

When first responders arrived on the scene, they found that the driver, 25-year-old Erika Lane of Portsmouth, was not injured as a result of the crash, but her vehicle was a total loss.

Lane told Belmont Police that “a momentary distraction while reaching for something in the

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SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 31 calls for service during the week ending Feb. 8. The breakdown was as follows:

Five non-reportable accidents, two alarm activations, two animal complaints, one request to assist another department, one bench warrant, one report of criminal threatening, one house check, three money relays, five motor vehicle warnings, three requests for police information, two road hazards, one sex offender registration, one report of stopping/standing, one report of unsafe transportation of dogs in a pickup truck, and one welfare check.

NORTHFIELD

NORTHFIELD — During the time frame of Jan. 27 – Feb. 2, the Northfield Police Department received 274 calls for service, some of which included:

- 22 Motor Vehicle Stops
- 12 Motor Vehicle Complaints
- 3 Welfare Checks
- 3 Thefts from Buildings
- 5 Suspicious Activities/Persons/Vehicles
- 12 Citizen & Other Agencies Assists
- Animal Complaints, Assault, Property Checks, Civil Standbys, Drug Overdose, Fraud, Harassment, Juvenile Complaint, Neighbor Dispute, Suicide Attempt, Scam, Shots Fired and a Wanted Person.

Taken into custody:

Brian Gavell-Cahill, 20, of Northfield for Violation of Protective Order, Stalking Domestic Violence and Breach of Bail.


Brennan Szanto, 32, of Northfield for Violation of Probation/Parole.

Shane Labroad, 25, of Northwood for Operating after Suspension/Revocation.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 491 calls for service and made the following arrests during the week of Feb. 3-9.

Arrested during this time period were Brandi Robie (for Driving After Suspension), Bethany Witcomb (for Possession of Drugs, Falsifying Physical Evidence, Breach of Bail, and Drug Sales), Amanda Mullen (for Possession of Drugs and in connection with a warrant), Ashley Hemenway (for Prohibited Sales of Alcohol), Marcy Bundy (in connection with a warrant), Robin Dipietro (for Disorderly Conduct, Simple Assault, Breach of Bail, and Criminal Trespassing), Anthony Benson (for Driving After Suspension), Hunter Pescinski (for Possession of Drugs and Possession of Drugs with Intent to Distribute), and Devin Kane (in connection with a warrant).




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<b>1917</b> Fri.: 12:45, 3:45, 6:45, 9:20 PM Sat.-Sun.: 10:15 AM, 12:45, 3:45, 6:45, 9:20 PM Mon.: 10:15 AM, 12:45, 3:45, 6:45 PM Tues.-Thurs.: 12:45, 3:45, 6:45 PM			

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**Monday, Feb. 17**  
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**Tuesday, Feb. 18**  
Spanish Club, 10 a.m.  
Sewing Group, 10 a.m.  
Tech Tuesday, 2 to 4 p.m.  
Self Care Session for Teens, 3 to 4 p.m.  
- Teens, join us for an hour of self-care!

**Wednesday, Feb. 19**  
Storytime, 10:30 a.m. - for preschoolers with a caregiver.  
Korean Language Discussion Group, 3:30 p.m. - a new meet-up

for those interested in learning about Hangul, the Korean writing system, and some resources to learn the language. Please note language interest groups are volunteered and will not offer formal instruction.

**Thursday, Feb. 20**  
Craft Time for Teens, Ages 12-18, 3 - 4 p.m.  
Teens, it's time to make slime!  
Cozy Corner Coffee Hour, 4:30 - 5:30 p.m.  
If you've seen children reading with Jellyroll and hoped for a turn upstairs, this is the grown-ups' chance to join us in the Cozy

Corner! Coffee and co-coa, our treat, during this hour with one of our (many) favorite dogs.

**Friday, Feb. 21**  
Homeschool Gameschool, 10:30 a.m. - noon  
Sit & Knit, 2 to 5 p.m.

**Saturday, Feb. 22**  
BabyTime: Move-and Music, 10:30 a.m.  
Join us for fun and giggles as we move, sing, and explore through music and movement! This group class for children two years old and younger focuses on the bond between children and caregivers as they experience the world through sounds, music, instruments, and dancing. We also work to develop early literacy in children through stories, rhymes, and songs.

**New Items**  
"Mrs. Sherlock Holmes" by Brad Riva  
"Blood Truth" by J.R. Ward  
"Downton Abbey: The Motion Picture" (DVD)  
"The Blood Countess" by Lana Popovic  
"The Conference of Birds" by Ransom Riggs

Sepsis deaths higher than previously thought

FRANKLIN – Recent reports place the cause of 20 percent of deaths worldwide on sepsis, this is thanks to a new study out this year in The Lancet, and that puts the number of deaths twice what we previously thought. But what is sepsis exactly, and how can we recognize the signs in our loved ones, or ourselves, before it's too late?

Many people know sepsis by its old name, "blood poisoning." The name comes from the chain reaction of immune response throughout a person's body after they have a localized infection.

A sepsis infection begins with a localized infection somewhere in our body. This could be a bladder or kidney infection, pneumonia, or even a small cut that becomes infected. Unlike a regular infection, where our body targets only the infected area, sepsis is when our body produces such a strong immune system response to an infection that it begins to attack our own body. The immune system sends chemicals into our blood to combat the infection, and those chemicals trigger inflammation throughout our whole body. This inflammation causes blood clots, leaky blood vessels, and circulatory difficulties that deprive our organs of nutrients and oxygen, leading to organ damage or failure. This chain of events leads to septic shock and death.

Sepsis.org notes that the survival rate for patients with severe sepsis drops 8 percent every hour a person doesn't receive timely treatment.

Kristin Jordan, Manager of Quality, Education, Compliance and Private Duty at Franklin VNA & Hospice, states, "Educating yourself and your loved ones on what to look for is critical, and so is feeling authorized to ask your healthcare providers, 'Do you think this could be sepsis?'"

In fact, she is so dedicated to sepsis prevention that last year,

the Franklin VNA & Hospice developed an information sheet for their patients who are at risk for sepsis. The easy to read "Zone Tool" helps patients to watch for common signs of sepsis, like fever, shaking chills, confusion, racing heart, and not producing much urine. Your goal is to be in the green zone of no symptoms, rather than the yellow or red zones that indicate you have symptoms that need attention.

"We are proud of the excellent care we provide, as part of that, we want to empower and educate our patients in the signs of sepsis. Sepsis can develop quickly, and we want them to be able to recognize the signs early and know what they should do," Jordan states.

Early recognition is critical, as even those who survive sepsis are often left with serious health conditions. Sepsis.org states a third of all sepsis survivors are re-hospitalized within three months of their initial sepsis. Every day there are an average of 38 amputations in the US as a result of sepsis, and 60 percent are left with worsened mental or physical function than before they had sepsis.

"Ensure that your care team is familiar with signs and symptoms of sepsis and that you are too," reminds Jordan. "Early recognition and treatment are key to a full recovery."

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 31 to Feb. 7. Please note that due to space constraints, we are not able to include every incident to which the department responded during this time period, only those that resulted in an arrest.

A juvenile, age 16, was arrested on Jan. 31 for Criminal Mischief (Vandalism). Gregory T. Gilson, age 19, of Belmont was arrested during the same incident in connection with a bench

warrant issued by Laconia District Court.

Matthew R. Greenwood, age 35, of Belmont was arrested on Jan. 31 on two counts of Second Degree Assault.

Clara Jane Jude, age 21, of Gilford was arrested on Jan. 31 for Driving While Intoxicated.

Mark R. Decormier, age 53, of Laconia was arrested on Feb. 1 for Driving After Revocation or Suspension, Driver's License Prohibitions, and Speeding.

Stephanie L. Pierce, age 36, of Webster was arrested on Feb. 1 for Receiving Stolen Property.

James W. Killoran, age 46, of Laconia was arrested on Feb. 1 on three counts of Possession of Controlled/Narcotic Drugs.


Andrea Lynn Cross, age 47, of Belmont was arrested on Feb. 3 in connection with a warrant.

Monique Whitley, age 34, of North Berwick, Maine was arrested on Feb. 3 for Willful Concealment.

Amy M. Higgins, age 41, of Belmont was arrested on Feb. 4 for Bail Jumping.

Robert L. Mayo, age 62, of Belmont was arrested on Feb. 5 for Simple Assault.

Jeremy J. Merrill, age 44, of Gilmanton was arrested on Feb. 7 for operating a vehicle with a Suspended Registration and Driving After Revocation or Suspension.



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Spectators take a look at the board on Sunday morning.

ERIN PLUMMER



Volunteers from the Meredith Rotary weighed fish as they came in on Sunday morning.

ERIN PLUMMER



Bob houses dotted Meredith Bay during the Great Meredith Rotary Ice Fishing Derby.

ERIN PLUMMER

(Right) Michael Steffan of Wells, Maine (joined by derby chair Heidi Barrett-Kitchen) won the grand prize at the 41st annual Great Meredith Rotary Ice Fishing Derby.

COURTESY PHOTO



# Turnout strong for Fishing Derby despite wintry weather

BY ERIN PLUMMER  
mnews@salmonpress.news

MEREDITH — Despite wild weather, the 41st annual Great Meredith Rotary Ice Fishing Derby brought anglers by the hundreds to Meredith Bay.

Anglers took to the ice Saturday and Sunday on fresh waterbodies across

New Hampshire. The Rotary set up its headquarters in Hesky Park, and Meredith Bay was a big center of activity though the weekend.

Derby Chair Heidi Barrett-Kitchen said the derby itself went well overall. There was some great weather during the

weekend itself, though the snowy and icy weather on Friday posed significant problems.

Pre-sales in general were up, though the weather seemed to keep a lot of other people away.

“I think we have fewer spectators this year,”

Barrett-Kitchen said. “I think the anglers are used to this, but the spectator portion is definitely down.”

The snow, ice, and winds made for some significant power and technology disruptions. Friday night, the power went out across the entirety of Meredith Village for around four hours. Barrett-Kitchen said as a result of the power outage and power spikes their systems had a lot of glitches such as database crashes and repeated losses in internet connection. There was another power outage on Sunday afternoon that created more problems.

Barrett-Kitchen said a number of rumors floated around social media that the derby was canceled and the volunteers had to put the word out that everything was running as scheduled.

Barrett-Kitchen said with the derby in its 41st year this has become a tradition for many.

“It’s something that people look forward to every year and this year is no exception,” Barrett-Kitchen said. “We have a lot of excited fishermen.”

New Hampshire

Fish and Game held its kids fishing clinic on Saturday, which Barrett-Kitchen said drew a lot of kids. he said they try to provide as many things for the whole family as possible.

“We have some kids on the board that fish have got,” Barrett-Kitchen said.

The winners of the heaviest fish of the weekend went into a drawing for the grand prizes.

Michael Steffan of Wells, Maine, won the grand prize of \$15,000 (which will come to \$11,250 after taxes). Stefan caught a 2.54 pound, 16 inch long black crappie.

Second place of \$5,000 went to Travis Williams of Center Harbor, who caught a white perch weighing 2.64 pounds and was 16 inches long.

Third place went to Bill Glowik of Lynnfield, Mass., who won \$3,000. Glowick caught 5.38 pound, 27-inch long pickerel.

The weekend’s heaviest fish overall was a 12.1 pound, 30-inch long lake trout caught by Bradley Sargent of Concord.

Adam Hamilton of Derry caught the largest cusk of the weekend at

7.31 pounds, 30.25 inches.

The biggest rainbow trout of the weekend at 5.25 pounds and 22.75 inches was caught by Michael Hogan of Derry. Eric Bouchard of Newfields caught the biggest yellow perch at 1.71 pounds and 15 inches.

All fish on the board that weren’t claimed will make for tasty treats for the animals at the Squam lakes Natural Science Center.

The derby is the Meredith Rotary Club’s biggest fundraiser and the money goes toward charitable efforts such as scholarships, community projects, youth programs, international relief, and so many more.

## Sanbornton Building Committee continues space needs study

SANBORTON — The Sanbornton Building Committee is continuing to investigate needs in our town buildings. The committee has completed the town wide survey, with a total of 106 residents completing the survey. The survey sought resident input on such subjects of space needs, building locations, and financial outlook with ability for general feedback. A wide variety of responses were submitted and they included useful feedback and recommendations. It was noted that the majority of respondents have been residents for 11 years or more, with one third of the respondents having lived in Sanbornton for more than 20 years. The price of any project and its impact on the town’s tax rate were primary concerns among the respon-

dents. Further review of the survey is currently taking place by the committee, along with thoughts towards a second survey in mid-2020. The Committee wishes to emphasize that no decisions have been made regarding building construction or any specific locations.

In other actions, two open houses of Town Offices and Life/Safety Building took place with a total of eight people attending. The conflict with other town activities on that day may have contributed to the low turnout. Feedback from the open houses was very positive with attendees expressing that they had no idea on what the town buildings look like “behind the scenes.” Again, the committee is currently reviewing feedback and discussing potential of additional open houses

and information meetings in mid- 2020.

In early December, the Committee also took the opportunity to tour the Center Harbor Life-Safety/Town Hall facility, which was completed approximately five years ago, providing for needed facilities in our neighboring town. Very detailed information was shared with the Committee who were all impressed with the facility.

Continued efforts will be taking place over the next weeks/months and the Committee will keep residents up to date on their efforts. We continue to encourage residents to attend any of our open meetings (dates and previous meeting minutes are posted on the Sanborntonnh.org Web page).

## Lakes Region Community College open house scheduled for April 4

LACONIA – Lakes Region Community College will host an open house Saturday, April 4th, featuring campus and housing tours, financial aid guidance, program information, and much more. The program will start at 9 a.m, and ends at noon; registration begins at 8:30.

Admission is free, and faculty and staff representing each program and department will be on hand to answer questions and help prospective students through the process, from start to finish.

“This event is the perfect opportunity for anyone interested in LRCC to come

and see what the College has to offer, ask questions, and meet our faculty and staff,” said Joyce Larson, Director of Enrollment and Onboarding. “The Open House is a great way for prospective students to explore options for enrolling for our upcoming Summer

SEE LRCC, PAGE B9

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## STRATEGIES FOR LIVING

### On shipwrecks and snakebites

BY LARRY SCOTT

The Apostle Paul was nearing the end of his missionary career and aboard ship on his way to Rome. Not because he had done something wrong or been condemned by the magistrates. But to adjudicate an ongoing dispute with his Jewish enemies that had already kept him in prison for two years, Paul had appealed to Caesar and to Caesar he was being sent.

To his dismay, however, his day in Caesar's court wasn't going to come easy. En route to Rome, there was a diversion. At the island of Malta, his ship, fighting an unbelievable storm, ran aground, and although all hands were saved, the ship was lost. For the man who was second only to Jesus in defining the Christian faith, God wasn't going to give him special treatment.

And then, while warming himself around a bonfire, a viper leaped from the brushwood and got Paul on the hand. The locals thought he was about to die; when he wasn't harmed, they were impressed. He earned their respect, and before leaving for Rome, scores of people had been healed as Paul prayed, and Publius, the chief magistrate of the island, became a Christian.

Paul's experience highlights a truth every Christian has had to acknowledge. Living for God, and honoring the principles He has given, is no cop-out from the stresses of life. Shipwrecks and snakebites sometimes catch us by surprise. And then there are those times when a disaster is divinely engineered to get us where God wants us to go.

The current debacle in Washington is, perhaps, a case in point. Whether God is involved is a matter of personal opinion, but it certainly reflects the law of unintended consequences. Despite an enormous push to impeach our President and set a precedent that would haunt the Office of the President for years to come, it seems more than likely his enemies have insured Mr. Trump's reelection and just possibly set the stage for him to have a supportive congress in the coming term.

Politics aside, there is a God, and He is real. He does involve Himself in the affairs of men, but He is not a puppet on a string. Serving God is not magic. It's a relationship, a deeply held conviction that God knows who we are and what is happening in our life. He does not promise to bail us out every time we get into trouble but He does promise to go with us in whatever comes our way. In the words of Psalm 23, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me."

If, like the Apostle Paul, you have done what you believe to be right, and discovered that things didn't turn out as you had hoped, be encouraged. God hasn't forgotten who you are nor what you are going through.

Mark Batterson, writing in "Wild Goose Chase" (p. 124), is right on. "If you feel like you're stuck in a tragedy, here's my advice: give Jesus complete editorial control over your life. You have to quit trying to write your own story. And you need to accept Jesus not only as Lord and Savior but also as Author. If you allow Him to begin writing His-story through your life, it'll give the tragedy a fairy-tale ending. I'm not promising a life without heartache or pain or loss, but I am promising a different ending."

For more thoughts like these, follow me at [indenseoftruth.net](http://indenseoftruth.net).

## Send your letters!

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COURTESY

On Feb. 4, Lori Raymond, a Medicare Councilor with ServiceLink Resource Center of Belknap County, visited Sanbornton Public Library during Social Hour. Raymond provided the group with the latest updates on Medicare, answered questions and listened to the concerns of those who attended the event.

## FRANKLIN VNA & HOSPICE'S HEALTH CORNER

### The facts about Coronavirus

Coronavirus has been front and center in the news lately and while myths and scare tactics swirl around us, we thought it would be helpful to discuss how to separate the facts from the falsehoods and share some basic truths on what the coronavirus is, and how it fits into our world.

First, we encourage people to know their sources. The Center for Disease Control (CDC) and the World Health Organization (WHO) are two excellent and reputable sources for information for on all things health and disease related. If you are reading an article, you should look for known scientific journals, reputable health professionals or unbiased, non-politically motivated health organizations as their sources. If you see that article "A" sites article "B" and, article "B" sites article "A" that just goes in a circle. Look for a study or expert that has knowledge about the topic they are talking about. Don't know who the doctor or scientist that's quoted is? Feel free to look them up too!

So now that we know how to find some reliable information, what exactly is the coronavirus? The World Health Orga-

nization notes the coronavirus is actually part of a large family of similar viruses. Some cause illnesses only in people, some only in other animals, and some, like the 2019-nCoV strain that's come out of Wuhan City in China, cause illness in both.

Some strains of the coronavirus cause mild illnesses, like the common cold, while others cause Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The CDD reports the MERS outbreak had a death rate of 30-40 percent, while BMJ Journal calculated SARS at 9.6 percent.

So the "coronavirus" we are all hearing about is actually a new strain in the coronavirus family of viruses, called 2019-nCoV, which doesn't exactly roll off the tongue.

So why are we hearing so much about it then? The answer is because it is new. Because this is a new strain of coronavirus, there is no vaccine to protect us from it, we don't yet know what the death rate is going to look like, and also because it is new, scientists are still trying to figure out exactly how it is spread, who can spread it, and for how long. The other problematic thing?

Like SARS, MERS and influenza, this new coronavirus can also cause pneumonia, which is deadly in its own right.

Here is what WHO knows so far: the virus is a respiratory virus spread through contact with the tiny droplets produced when a person with the virus coughs or sneezes, or we come into contact with their saliva or discharge from their nose. That's why making sure we all practice sneezing and coughing into a flexed elbow, or a tissue we immediately discard into a closed bin, is so important. Then we need to wash our hands or use an alcohol-based hand rub.

It might be possible for people with no symptoms to spread the virus, which is why they are quarantining people for two weeks who have traveled in affected areas even if they aren't showing symptoms.

Because this virus is still so new, researchers and scientists believe that we will see more cases before we reach the peak of the outbreak. This is why they are trying to take conservative steps now to prevent more infections later on, and why it's important for everyone to keep washing our hands, or using an alcohol-based

hand rub if our hands are not visibly dirty, maintaining at least three feet between ourselves and other people, particularly those who are coughing, sneezing and have a fever, and avoid touching our eyes, nose and mouth so we don't put germs in them.

If you do have fever, cough and difficulty breathing, seek medical care early. Tell your health care provider if you have travelled in an area in China where 2019-nCoV has been reported, or if you have been in close contact with someone who has travelled from China and has respiratory symptoms.

If you have mild respiratory symptoms and no travel history to or within China, carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.

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BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

One in five adults suffer from arthritis, and the majority of these are seniors.

For those that live with arthritis every day, the symptoms can be a barrier to doing the hobbies they love. But with management strategies and lifestyle changes, many seniors find that they can continue the activities that bring them hope, purpose and joy.

For older adults to understand the stages of living with arthritis, it's helpful to talk about how the

disease is identified, diagnosed and managed.

#### Signs and symptoms:

Generally, symptoms of arthritis can include any of the following: joint redness, swelling, pain, stiffness, warmth, or difficulty with movement. Many people are familiar with arthritis of the hands and feet, but they don't always realize that it can affect any joint in the body. Anyone experiencing these symptoms should visit their physician.

#### Diagnosis:

When diagnosing arthritis,

medical professionals will typically conduct a physical exam, and gather medical history and genetics information to help identify the type of arthritis. Blood tests and imaging may be necessary as well. While arthritis cannot be cured, it can be managed to limit the impact it has on seniors.

Strategies for arthritis management:

A physician can recommend arthritis management strategies and approve all plans to change or increase physical activity.

SEE COMFORT, PAGE A9

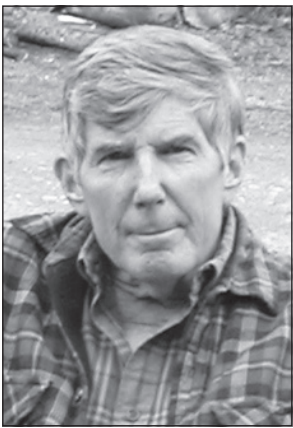


The snow was finally just right, sculpted by wind and sun at the old Charlie Andrews place, now the Brooks place, overlooking the Mohawk River valley between Colebrook and Dixville Notch.

JOHN HARRIGAN

NORTH COUNTRY NOTEBOOK

Ads to pry your money away, and the craziest sport of all



By JOHN HARRIGAN  
COLUMNIST

Once in a while, I feel like staying up late, and instead of reading a book, stacks of which are always awaiting, or delving back into a half-read magazine, ditto, I decide to veg out with late-night television. As adventurous readers and insomniacs will attest, it's a whole different world.

First, right up front, to get the ugly side of things out of the way, late-night TV is where the scam artists prowl. Many of their commercials are finely focused on the now-budding bloom of Baby Boomers, a demographic anomaly that the

great social planners and fixers should have seen coming but didn't, or at least didn't plan for very well--or didn't plan for at all.

The most prevalent of the predatory ads focus on Medicare. We've all seen them, even sandwiched in around the evening news. Many begin with a dramatic "announcement" that Medicare is offering this or that new "coverage" for a predictable list of longstanding issues: co-pay-free doctor's appointments, hearing aid coverage, coverage for eyesight issues, even doctors' visits at home.

Complaints about lack of hearing and eyesight coverage are nothing new, and people on Medicare have always been able to buy extra insurance. And it is all going to cost extra money, of course, and you will wind up paying.

The ads promise the Promised Land, and are so slick and seductive that you can almost envision hordes of seniors lining up to buy extra coverage for everything

under the sun--and a never-ending array of gadgets and gizmos, too.

These "announcements" of "new coverage" are a cruel hoax, aimed at hornswoggling senior citizens into parting with some of their retirement funds.

I'm a Baby Boomer, the very demographic that these ads target, and I'd suggest one thing for families that want to stop this insidious form of white-collar theft. It is that I'd never even think about signing up for anything at all, whatsoever, without first running it by my kids. After they get done laughing and rolling their eyes, they're always ready to get serious and listen.

Seniors, if your youngsters have fled the nest, unload some questions onto your hapless grandchildren instead--that's a big part of why the Great Creator invented grandchildren. They're great for loading up with computer problems, too. None of the above applies to grandchildren still on pacifiers or pablum.

+++++

Fellow columnist Gary Moore, who lives on the wrong side of the river but is a nice guy anyway, served as Commissioner of Vermont's Fish & Wildlife Department, but now focuses on his syndicated column and on haz-mat training for far-flung companies and government entities. He trains and updates North Country and Northeast Kingdom fire departments as well.

Gary's column runs in the Caledonian-Record and several other Vermont newspapers. He travels all over the continent, and sometimes fetches up on this side of the Connecticut for lunch at the Black Bear Tavern in Colebrook, at which point I'm fond of asking if he's carrying his Green Card.

Once in a while, Bob Vashaw shows up to see whatever wisdom might be flowing off the table, armed with a teaspoon in case he wants to preserve it. This little group usually holds forth at a corner table (the first

one, to cut down on travel time) on various issues confronting what passes for civilization.

Most recently, Gary reminded his readers that we have gained about 50 minutes of daylight since the Winter Solstice. I'd never thought of it that way, sort of as a bulk commodity, but it has a certain panache.[i][ii]

Gary also reminded readers who fish through the ice and haul shelters out there--i.e., the certifiably insane--not to use corrugated paper, otherwise known as cardboard, to insulate their ice-houses, which are also known as bob-houses, ice-shanties, fishing shacks, and a host of other terms. The cardboard tends to warm in the sun and sink into the ice, and get left behind to wind up as big gooey foul-smelling messes on beaches.

The cardboard is often relegated to the far recesses of what little brain remains after someone has decided to take up ice-fishing, a torturous process--the decision, not the ice-fishing. Ice-fishing, for the ill-informed, is described as a "sport," which involves boring holes through the ice and trying to catch fish, for sure, but more to the point, encourages socializing, whether among a necessarily

small group within a single gasping-hot shanty, or a large number of aficionados wandering around on what are often referred to as "visitations" to other fishing domiciles near and far.

Visitations are often interrupted by furious sprinting, in an often vicious race involving punching and kicking, for a flag that's gone up, which sometimes means a fish has hit the bait a glancing blow or is on, but often is caused by the wind or a passing snowmobile.

However, this is not the only exciting thing about ice-fishing. There is all that visiting. Sometimes, too, people make guessing games out of other people's names. Sometimes there is a certain loss of direction, as in a blizzard or a white-out. Arguments erupt over bait: "No--hook it under the dorsal fin!", and like that.

I still have all my traps and trappings, and may well decide to give a friend a call, pull on my mukluks, and go.

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

Temple B'nai Israel announces "We Care" fundraising concerts

LACONIA — Temple B'nai Israel (TBI) announces the eighth year of We Care fundraising continuing the mission of "lending a helping hand to Lakes Region non-profits." Since inception, We Care has raised more than \$100,000 for local non-profit agencies that provide vital services to the Lakes Region community. The stage is set for a terrific concert series in 2020.

The first of two We

Care concerts will take place on Saturday, May 23 with the return of Five O'Clock Shadow (focs.com), one of Boston's premiere vocal groups. These six vocalists produce rock solid leads and harmonies, while exploring instrumental mimicry and creating unique textures that excite, entertain and inspire audiences of all ages. What's more, these guys love what they do, and their joy is contagious, as was evident

in their nearly sold out We Care performance last May. FOCs will perform to benefit The Bridge House (tbhshelter.org) based in Plymouth, NH. The Bridge House believes in the worth and dignity of all individuals and provides services to help men, women, families and veterans build the skills needed for healthy independence. They are committed to ending homelessness, one family at a time.

The second We Care

concert will take place on Saturday, Oct. 24. Veteran entertainer and local resident John Davidson (johndavid-SEE WE CARE, PAGE A9

TILTON-NORTHFIELD FIRE & EMS DISTRICT  
PUBLIC HEARING

Tilton-Northfield Fire District Commissioners will hold a  
Public Hearing on Monday, February 24, 2020 at 5:30 pm  
Tilton Town Hall, Upstairs Meeting Room 257 Main Street, Tilton, NH

To propose a change in use of the Apparatus and Equipment Fund

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PET OF THE WEEK

Meet Razor! This handsome guy came all the way from Texas to find his new forever home! He is a 2 1/2 yr. old lab mix who already knows sit and shake - and is ready to learn more! Razor would be best in an adult only home with possibly a canine or feline friend. Razor would love to learn more and would like an active lifestyle with someone who will continue his training!



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William Angevine, 90

LACONIA — William “Bill” Angevine, 90, of Laconia, passed away peacefully on Friday, Jan. 31, 2020 at Lakes Region General Hospital surrounded by family and friends.

Bill was born on Sept. 19, 1929 in Boston, Mass., the son of Ernest G. and Helen (Crosby) Angevine. He graduated from Newton High School, Williams College and received his MBA from Harvard University. Bill served as a first lieutenant in the Air Force during the Korean War where he was awarded the Bronze Star.

Bill was formerly a resident of Gilmanton for many years and was a member of the Trustee of Trusts, chairman of the Zoning Board of Adjustment, as well as an active volunteer at

Gilmanton’s Old Home Day and the Gilmanton Public Corner Library. Bill was a member of the Gilmanton Community Church and First Congregational Society in Gilmanton.

Bill is survived by his wife, Barbara Angevine; two sons, William S. Angevine and his wife Roxanne of Hollis and Richard Angevine and his wife, Kelly of Londonderry; three granddaughters, Katherine Angevine Leary and her husband, Sean, Amelia Angevine Comeau and her husband, Edward, and Mary Elizabeth Angevine; two grandsons, Brett Angevine and Brian Angevine; one step-granddaughter, Chloe Phillips and her husband, Seth; and his great grandchildren, Sophia, Mia, Olivia and

Jude.

A Celebration of Life will be held in the spring at the Gilmanton Community Church.

Burial will take place in the spring at Smith Meetinghouse Cemetery.

In Lieu of flowers for those who wish, the family suggest memorial donations be made to New Hampshire Humane Society, PO Box 572, Laconia, NH 03246 or to the Gilmanton Community Church, C/O Book Award, PO Box 16, Gilmanton, NH 03237.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

Aaron Gaudette



of Aaron’s life, we were surrounded by family and friends who sat with us for hours, shared wonderful, funny stories and continued to pray for a miracle. We will be forever grateful for your love, kindness and support.

Aaron’s last gift to his life was the donation of his organs. This gift will forever change the lives of those we may never meet. Though we are grieving, Aaron will continue to live on in our life and the new lives of those fortunate to receive his gift. Our families will pray that you have a long and healthy life. Aaron’s “gypsy heart” will continue on a new journey.

We would like to thank the Franklin Res-

cue Squad, the doctor’s and nurses at Franklin Hospital, Concord Hospital ICU, and the Organ Donor team for treating Aaron and our families with love, respect and dignity.

Aaron was predeceased by his grandparents, Thomas and Joan Walsh and Raymond and Lucille Gaudette.

In addition to his parents, Ron and Eileen Gaudette, he leaves behind Thomas and Suzanne Walsh; Kevin and Linda Walsh; Kathy and Brian Kuchinsky; James and Cheryl Walsh; Linda and Phil Defosses; Richard Gaudette; Randy and Laura Gaudette and Ryan and Julie Gaudette; and numerous cousins.

There will be no calling hours, and a Celebration of Life will be held in the Spring. In lieu of flowers, please consider a donation to the Franklin Animal Shelter, 19 Rescue Rd., Franklin, NH 03235 or to a charity of ones’ choice.

Thibault-Neun Funeral Home is assisting with Aaron’s arrangements. For an online guestbook, please visit [www.neun-funeralhomes.com](http://www.neun-funeralhomes.com).

James R. Norris, Sr., 70

CENTER BARNSTEAD — James R. Norris Sr., 70, a resident of Center Barnstead, died on Wednesday, Feb. 5, 2020 at his home surrounded by his loving family.

James was born on Feb. 2, 1950 in New York, N.Y., the son of the late Joseph and Dorothy (Gallagher) Norris. He lived in Laconia prior to moving to Center Barnstead 11 years ago.

James served with U.S. Army from 1968 to 1970, earning the rank of Sergeant during the Vietnam War. Following his service, he was employed as a Trooper with the New Hampshire State Police from 1976 to 1996, retiring with the rank of Sergeant. He then joined the New Hampshire Attorney General’s Drug Task Force as Commander, working for the task force for 16 years, retiring in 2012.

Jim loved his family and went on frequent vacations with them to Clearwater, Fla. While staying in Clearwater, he was a member of the Elks, the American Legion and the VFW. He was also a member of the Knights of Colum-

bus in Queens, N.Y.

He was predeceased by his parents and his brother, Joseph V. Norris, who died in 2014.

He is survived by his wife of 47 years, Patricia Ann (Daley) Norris of Center Barnstead; his three sons, James R. Norris, Jr. and his wife Siobhan of Stratford, Michael P. Norris of Queens, N.Y. and Brian J. Norris of Center Barnstead; his three grandchildren, James R. Norris III, Patrick Norris and Kayleigh Norris, all of Stafford. He is also survived by his sister, Catherine N. Cotter, and her husband Thomas J. of Fort Salonga, Long Island; a sister in law, Margaret W. Norris of Greer, S.C.; and several nieces and nephews.

Calling hours were held on Wednesday, Feb. 12, 2020 from 1 to 4 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton. A committal service with military honors will be held on Thursday, Feb. 13, 2020 at 11 a.m. in the chapel of the New Hampshire State Veterans Cemetery in Boscawen.

Memorial donations in memory of Jim, may

be made to the New Hampshire Veterans Home Activities Fund, 139 Winter St., Tilton, NH 03276.

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

WildQuest Winter Camp begins Feb. 24

LACONIA — Worried about keeping your kids happy, occupied, and exploring nature in the great outdoors this February break? Prescott Farm Environmental Education Center in Laconia has the answer!

WildQuest Winter Vacation Camp meets during the New Hampshire school vacation week (Feb. 24 – 28) and there are a few spots still available for your curious six to 12-year-old. With a focus on the natural world – and plenty of outdoor fun – WildQuest Camps are the perfect match for inquisitive young explorers.

Camp sessions are 9 a.m. to 4 p.m. with extended care hours available from 8 a.m. until 5:30 p.m. Registration is for a full week with some limited by-the-day spots available.

“WildQuest camp instructors can’t wait to share their enthusiasm for science, nature, and the outdoor world with campers,” WildQuest Camp Director Jacob Newcomb said. “The winter season gives us a chance to take part in unique activities like snowshoe adventures, frozen pond explorations, sledding, maple sugaring activities, and campfires... complete with s’mores, of course!”



COURTESY

For details about WildQuest Camp and Prescott Farm member discounts, and scholarship opportunities, visit [prescottfarm.org](http://prescottfarm.org) or call 366-5695.

Prescott Farm is a nonprofit 501c3 organization dedicated to providing year-round environmental education programs for all ages and a place in the Lakes

Region community that encourages curiosity, discovery, fun and connection to the natural world. For more information about prog

Treat your valentine to some Hot Jazz at Pitman’s


LACONIA — Jim and Tim Wildman, leaders of Brooklyn’s JT Wildman Jazz Band, will join up with the State Street Jazz Band and vocalist Mary Fagan on Valentine’s Day at Pitman’s Freight Room for an exciting night of Hot Jazz. Also known as traditional jazz, this style of music originated in New Orleans in the early 20th century and flourished into the 1930s.

The Wildman brothers literally have jazz in their blood. Their father Howard played trumpet with famous jazzman Red Nichols and his Five Pennies band in the 1930s. As young boys, Tim followed in his father’s footsteps with the trumpet while Jim took up the trombone. The two brothers went on to professional careers; Jim as an attorney for a major US law firm, and Tim as a psychotherapist and minister. Some 20 years ago they rediscovered their love for playing jazz together and they commenced to hone their craft in earnest. Their band now performs regularly to packed houses of admiring fans in Brooklyn, N.Y. One hot jazz band

isn’t enough for Jim, though, so he also fronts New York City’s Hot Papa Jazz Band.

Vocalist Mary Fagan has performed across the US and overseas in Ireland, China & Japan. As well as The State Street Jazz Band, she fronts The Tall Granite Big Band, The Honey Bees Band and performs solo shows up and down the East Coast and in Austin, Texas. Colorado’s Summit Daily News calls her “...Billie Holiday in bell bottoms...” and the Charlotte Observer says “...Her voice will knock you off your chair!”

Doors open at 7 p.m., and we are a BYO Venue. For reservations, call 494-3334. And don’t forget you dancing shoes!



## How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

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Wedding, engagement, and anniversary announcements are welcome at: [weddings@salmonpress.com](mailto:weddings@salmonpress.com)

*Photos are also welcome, but must be submitted in jpeg format.*

Please contact Executive Editor  
Brendan Berube at (603) 279-4516, ext. 101  
with any questions regarding the submission process.



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# Apply today for a community advancement grant

FRANKLIN — Franklin Savings Bank is currently accepting applications for its Fund for Community Advancement until May 30. All grant applications must be postmarked by this date for consideration and can be mailed, hand delivered to any branch location, or emailed to [mybanker@fsbnh.bank](mailto:mybanker@fsbnh.bank). Since 1997, the bank has awarded 215 grants totaling over \$990,080 to community organizations and agencies throughout New Hampshire.

The Fund for Community Advancement is very active in supporting a broad range of community activities. Eligible organizations must be recognized as tax exempt under section 501(c)(3) of the Internal Revenue Code, or be a school, municipality or other subdivision of government.

Areas of support include, but are not limited to, affordable housing, health care, social services, arts and humanities, human services, as well as programs or services addressing the needs of children, adolescents, elders, and single-parent families. Priority will be given to programs and services that address the needs of low to moderate income families and individuals. Grants typically range between \$1,000 to \$10,000.

Areas served by the Fund include Boscawen, Bristol, Franklin, Gilford, Goffstown, Merrimack and Tilton. The Fund may also provide support for projects in other surrounding communities.

For more information on the FSB Fund for Community Advancement, please visit [www.fsbnh.bank](http://www.fsbnh.bank), then select “Community” in the site navigation. You may also contact Rene Baldini, Administrative & Human Resources Assistant, at 934-8327 or via email at [Rene.Baldini@fsbnh.bank](mailto:Rene.Baldini@fsbnh.bank).

*Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, Franklin Savings Bank also offers investment, insurance and financial planning services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.*

Franklin Savings Bank has donated more than 11 percent of its net income to charity since 2009. Visit [www.fsbnh.bank](http://www.fsbnh.bank) to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

## Dorcas Gordon joins Franklin Savings Bank Board of Directors

FRANKLIN — Franklin Savings Bank is pleased to announce the appointment of Dorcas Gordon, attorney of Newfound Law, LLC, to its Board of Directors. Her nomination was recently confirmed at the Bank’s Annual Meeting of Corporators. Charles Chandler was reelected to a one-year term as Director while Scott McGuffin, Mary Miller and Stuart Trachy were reelected to three-year terms.

Prior to founding Newfound Law, LLC, Gordon began her law career with Wescott, Millham & Dyer, LLP in Laconia. She is a member of the New Hampshire Bar Association and is a Board Member



Dorcas Gordon

ing success in their respective professions and civic engagement; they will be great ambassadors for the bank.”

*Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, Franklin Savings Bank also offers investment, insurance and financial planning services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.*

Franklin Savings Bank has donated more than 11 percent of its net income to charity since 2009. Visit [www.fsbnh.bank](http://www.fsbnh.bank) to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

## MARK ON THE MARKETS

To fee or not to fee



BY MARK PATTERSON

When I started in the brokerage business 24 years ago, there were mostly commission-based brokers. So when you walked in to one of the local brokerage houses, you knew what to expect for the most part. Most of the brokers at Tucker Anthony, where I started my brokerage career, were building portfolios with individual stocks or bonds, municipal bonds being a favorite. While mutual funds were becoming very popular, they were typically used in conjunction with the individual stocks and bonds. I myself used mutual funds for very specific reasons. Exchange traded funds were not even available at the time. If you are investing money in 1995, it was very likely that you are in a typical brokerage account as opposed to a fee-based or fee-only wrap account. The tide has shifted dramatically in the last 20 years towards fee or wrap accounts. Brokers were transformed into financial

advisors with less ability to touch the money as opposed to delegating to mutual funds, managed money or variable annuities. While most brokers were persuaded to get their series 65 or managed money license, I recall most accounts at Tucker Anthony were commission based brokerage accounts.

In 2020, we now have a variety of fee only, fee and commission or commissioned product sales. But it gets even more complicated by the fact that fee only, fee and commission, or commission product sales people are not all the same even within their own category. For example, a financial planning firm that is fee-only may charge for the creation of a financial plan and a fee to allocate those assets. But that same firm may not manage assets in house but designate to outside managers. They may recommend certain types of insurance but they do not sell you the insurance they may refer you to an insurance agent. A different fee and commission firm may manage your assets in house sparing your account of additional outside management fees. That firm may also sell the insurance recommended for that client. Then you have the “financial advisor” that is licensed differently than the investment advisor. That advisor is considered a registered rep-

resentative that works for a broker-dealer, the investment advisor typically works for the client in a fiduciary capacity. Registered reps with a license to use a fee platform may have the ability to manage money on their firm’s platform but I believe they are more biased to product sales and commission business. You may find an advisor that is only licensed to sell insurance product. It can be very confusing to the investing public because, at times, the insurance salesperson holds themselves out as an advisor or planner but may not have that experience or training.

I could be biased and give you my opinion of what model is best, but I’ll will keep opinion to myself. What I recommend is that you review your account statements. Look at the advisor or your advisors firm, ask questions regarding how they are paid, how are they licensed or registered and don’t be afraid to talk with a couple of different types of firms. Look for your best fit and do your homework. Learn to find, read and understand the various disclosures regarding that firm and their practices.

*Mark Patterson is an advisor with MHP asset management, Mark can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).*

of the Slim Baker Foundation for Outdoor Education, Inc. Currently, she serves on the Town of Bristol’s Historic District Commission and Kelley Park Committee, and is a volunteer interviewer for the St. Paul’s School Advanced Studies Program.

“It gives me great pleasure to welcome Dorcas to our board,” said Ron Magoon, President & CEO. “Dorcas has been a Corporator of the bank since 2012 and is very active in the Bristol community. Her strong ties in this community will ensure we continue to meet the needs of businesses, individuals and organizations in this thriving area.”

During the Annual Meeting, seven new Corporators were elected to Franklin Bancorp, MHC, a mutual holding company and parent corporation of Franklin Savings Bank. The following individuals were confirmed: Lorrie Carey, owner of Marshall’s Florist in Boscawen; Michael Gunski, President of SPS Spindle Parts and Service of Goffstown; Duane Harbour, owner of Harbour Enterprise in Northfield; Dean Laughy, Sr. VP with Freudenberg Sealing

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Edward Jones: Financial Focus

Valentine’s Day: Financial Protection Can Be a Great Valentine’s Day Gift

On Valentine’s Day, you can give your spouse or life partner a traditional gift such as candy or flowers. But once you’ve done that, why not think about something that can provide longer-lasting benefits for your loved one? Specifically, think about ways to provide a lifetime of financial protection.

You can do this in several ways, including:

- Protection while you’re alive – As you know, it’s usually necessary for both partners or spouses to work to maintain a household – so if your income were to disappear, even temporarily, it could present a big problem. Your current employer could offer disability income insurance as an employee benefit, but it might not be enough for your needs, so you may want to consider purchasing your own policy. Keep in mind, though,

- that disability coverage typically only lasts for a few years, and, in any case, probably won’t completely replace your income. Consequently, it’s a good idea to build up your financial resources in other ways, so contribute as much as you can afford to your 401(k) and IRA during your working years. If you do become disabled, it may be possible for you to tap into these funds without incurring a tax penalty, though regular taxes may still be due.
- Protection if you need care – If you were ever to need some type of long-term care, such as an extended stay in a nursing home or the services of a home health care worker, you might find the costs to be considerable – and possibly a severe burden on your spouse or partner. In fact, the average cost for a private room in a nursing home is

about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to Genworth, an insurance company. And Medicare typically pays only a small percentage of these expenses. To protect your spouse or partner – not to mention your grown children – from possibly having to deal with these costs, you might consider purchasing long-term care insurance. As an alternative, you could purchase a “hybrid” policy that combines long-term care benefits with those offered by a traditional life insurance policy. So, if you never needed long-term care, your policy would pay a death benefit to your spouse or partner or another beneficiary you’ve named.

- Protection when you’re gone – If you were to pass away, would your spouse or partner have the financial resources to continue the same lifestyle, pay

the mortgage or, if you have children, provide for their education? If the answer is no, then you need to maintain adequate life insurance. How much is enough? There’s no one right answer for everyone. You might hear that you need a death benefit that’s worth seven or eight times your annual income, but the actual amount should be based on a variety of factors – your age, size of family, current income, spouse or partner’s income, and so on. A financial professional can help you determine the appropriate amount of coverage.

Valentine’s Day is just one day on the calendar. But if it serves as another reminder of how much you value your spouse or partner and spurs you into action to protect her or him throughout your lifetime – and beyond – then it will be an important day indeed.

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ERIN PLUMMER

Rick Middleton does some fishing with his daughters Cassidy and Chloe during the 41st annual Great Meredith Rotary Ice Fishing Derby.



ERIN PLUMMER

Jaden Booth, nine, stands with his sister Kyra Booth, 4, holding the fish he caught.

# Derby a new experience for many anglers

BY ERIN PLUMMER  
mnews@salmonpress.news

MEREDITH — The 41st annual Great Meredith Rotary Ice Fishing Derby brought anglers of all ages to the ice, many traveling long distances to spend time on New Hampshire lakes and ponds.

Anglers set up bob-houses and tip-ups on fresh waterbodies all around the state. Meredith Bay was an especially popular draw for many of the anglers.

Members of the Middleton family from Saugus, Mass., came to the derby. Richard Middleton has been coming to the derby since he was a kid and brought his family. Daughters Chloe, 10, and Cassidy, eight, said they also came up to visit “papa” in the area.

Erin Middleton said the girls took a fishing class hosted by Fish and Game, which she thought was a great opportunity for kids to learn how to fish. She said she also noticed how many women were part of Fish and Game and how many were at the derby in general.

“I thought it was amazing to see so many women on the ice,” Middleton said.

The girls put those lessons to good use and caught some of their own fish.

“I caught a fish today and Chloe caught one yesterday,” Cassidy said.

Erin said the kids loved watching the board.

A group of six came up from the areas of Mashpee, Mass., through Hooksett. Some had been



ERIN PLUMMER

The Inter-Lakes High School class of 2020 sold homemade food and printed t-shirts to raise money for the After Prom with the help of parent volunteers. From left to right Lisa Pendergast, Becca Leberman, Catelyn Bousquet, and Monica Edgar.

to the derby a few years while one had been coming for 28 years.

Tim McCarthy of Mashpee, Mass., said they had back to back beautiful days for fishing. McCarthy said this is the only fishing trip he goes on all year.

“Definitely right here on the bay, it’s great,” McCarthy said.

Members of the Booth family came to their first derby. Jared Booth said members of the family had the weekend off and it was good timing to check out the derby. Members of the group came down on Friday night from New London when it was pretty windy out on Meredith Bay.

“We’ve had a good time,” Jared said.

Jared said it was great to get out with the family.

“We met some inter-

esting people out there,” said Jared’s dad, Peter Booth.

Scott Bowie of Gorham said they spent the night in the bob house, which was kept warm by a heater.

“The location is ideal fishing with people you haven’t fished with before,” Bowie said.

They said they’ll try to get out another year.

Gabrielle Grilo of East Providence, Rhode Island, came to the derby for the first time with her boyfriend Nicholas Botella and his family from Coventry, Rhode Island.

“I’ve been (fishing) a handful of times, my grandfather likes to fish,” Grilo said.

She said she thought it was a great experience.

“It’s really cool how people are coming out from the community,”

Grilo said.

Nicholas’ mom Donna Botella said this is her second time at the derby and said it’s fun.

“We like ice fishing, just coming out with everybody is kind of cool,” Donna said.

Members of the Inter-Lakes High School senior class sold t-shirts and homemade food to benefit the After Prom Party. Families made meals in slow cookers and brought them to the ice. Senior Damon Patraw designed a t-shirt for the derby and Just Hit Print donated its services.

The table drew a good crowd through the weekend.

“I would definitely want to say thank you to the community for its support,” said parent volunteer Monica Edgar.

Senior Becca Leberman  
SEE DERBY, PAGE B9



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COMFORT

CONTINUED FROM PAGE A1

Lifestyle changes: Seniors with arthritis may need to stop performing certain activities, or limit them. Depending on the area of the body affected, some hobbies may become more difficult. However, planning ahead can be helpful – for example, having a stool to sit on in the kitchen can help seniors that want to cook but have difficulty standing for long periods of time due to arthritis pain.

Movement: For some types of arthritis, sitting or working in one position for too long can cause the condition to worsen. Moving, walking and stretching every 15 minutes can be helpful. For some, setting an alarm as a reminder to prompt movement can be helpful. A doctor should be consulted before seniors begin any exercise regimen.

Weight – Maintaining a healthy weight can be helpful in managing arthritis. Excess

weight can cause strain on joints, worsening the condition. Anyone concerned about this should consult their physician for exercise and diet recommendations.

Education and awareness are critical – seniors that may have arthritis, or have already been diagnosed, should engage their care team to develop management strategies.

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WE CARE

CONTINUED FROM PAGE A5

son.com) will take the stage in a one man 90-minute performance of song and humorous stories. Who is John Davidson you may wonder? He is best remembered as the TV host of “The Hollywood Squares,” and “That’s Incredible!” as well as a regular guest host of “The Tonight Show Starring Johnny Carson.” John is a comedian, an author, an actor, a musician, a TV host, and a recording artist with over 70 years in the entertainment industry. This very talented troubadour will

delight and amuse the audience to benefit the Meredith Altrusa club (altrusameredithnh.org). The mission of Altrusa is to support individuals, families, and organizations within communities, local and global through AMITY. LOYALTY. TALENT. RECIPROCITY. UNITY. SERVICE. ACHIEVEMENT. The Altrusa Club of Meredith is comprised of women from the surrounding area who are recognized as leaders in service. Meredith Altrusa contributes to the betterment of the Lakes Region through a variety of commu-

nity-based initiatives and fund-raising efforts.

Both concerts will take place at the Inter-Lakes High School in Meredith. Doors open at 7 p.m. for complimentary snacks and desserts. The show will begin at 7:45 p.m. Tickets are \$29.00 per person and are available online at WWW.TBINH.ORG. Students with ID just \$10 at the door. Children 12 and under admitted free with paying adult. We Care thanks 2020 event sponsors, Audi Nashua and Miracle Farms Landscaping.

LRCC

CONTINUED FROM PAGE A3

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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 366-5210.

DERBY

CONTINUED FROM PAGE A8

man said she had a lot of fun at the table and said she really appreciated the parents' work.

“The fact parents can help has been really awesome,” Leberman said.

Senior Katelyn Bousquet said she also appreciated everyone's support.

“We're just trying to have a fun senior year,” she said.

The senior class will have another benefit on March 25 with a silent auction and trivia night.

NHVV

CONTINUED FROM PAGE A1

Jordan, Nancy Waugh, Susan Woods

20 Years: Tammy Beaudet, Mary Beaudin, Cindy Collins, Sandra McCarthy, Jason Trefrey

25 Years: Dolores Keyser, Charles Lewis Jr, Susan Pelletier, Tami Wickens

35 Years: Francis Gilbert, Brenda Mottram, Theresa Stebbins

*The New Hampshire Veterans Home provides high quality, long term care to men and women veterans who have served their country and fellow New Hampshire citizens. NHVV was established in 1890 as the Soldier's Home for Civil War Veterans and is the*

*only long-term care facility dedicated exclusively to the Granite State's elderly and disabled veterans. Testament to their dedication to serve veterans was celebrated in January with receipt of the Business Inspiration Award from the Lakes Region Chamber of Commerce. To learn more, visit online at [www.nh.gov/veterans](http://www.nh.gov/veterans) or [www.facebook.com/nhveteran-shome](http://www.facebook.com/nhveteran-shome), visit in person at 139 Winter Street in Tilton, or call 527-4400.*

CRASH

CONTINUED FROM PAGE A1

car caused her to leave the roadway and crash into the steel guard rail,” Mann reported.

Her vehicle, a 2008 Nissan, was totaled as a result of that distracted moment.

“This is just one example of how dangerous a momentary distraction inside your vehicle can be,” Capt. Mann stat-

ed in his press release. “A number of collisions along this heavily traveled route have been contributed to driver inattention or distraction.”

The incident, he said, should be a reminder to all drivers that distraction can be dangerous and it only takes a few seconds for a “disastrous incident” like this to occur.

WINNI DIP

CONTINUED FROM PAGE A1

event began nine years ago with just Chief Steve Hankard representing the town as he plunged into the frigid waters behind the Margate Resort in Laconia. Since that time, the chief has inspired others from his department to join him, including Officers Shane Morton and Warren Thompson who are helping raise funds through the 2020 Winni Dip.

“If you’ve ever wanted to tell a cop to go ‘jump in a lake,’” the chief said, “now is your chance!”

In the coming weeks, Hankard, Morton and Thompson will be looking for donations from their community and other supporters to raise funds so that children and young adults with intellectual disabilities enjoy year-round sports training and athletic competitions. Included in their programs are the upcoming Winter Olympics in Waterville

Valley and the Summer Olympics in Durham.

Sanbornton Police Department is one of many law enforcement agencies, both local and statewide, that will be taking part in the annual Winni Dip. Anyone wishing to help SPD in their mission to support their partners at SONH is asked to visit their online donation page, [www.firstgiving.com/team/396819](http://www.firstgiving.com/team/396819), to make a contribution. Interested donors can also drop off contributions to the police department, located at 565 Sanborn Rd. in Sanbornton.

To learn more about Special Olympics New Hampshire and their March 7 annual Law Enforcement Winni Dip fundraiser, please visit their Web site, [sonh.org](http://sonh.org), and click on the menu tab for more details.

“Thank you for all the community support as we raise money for this outstanding organization,” the officers said.

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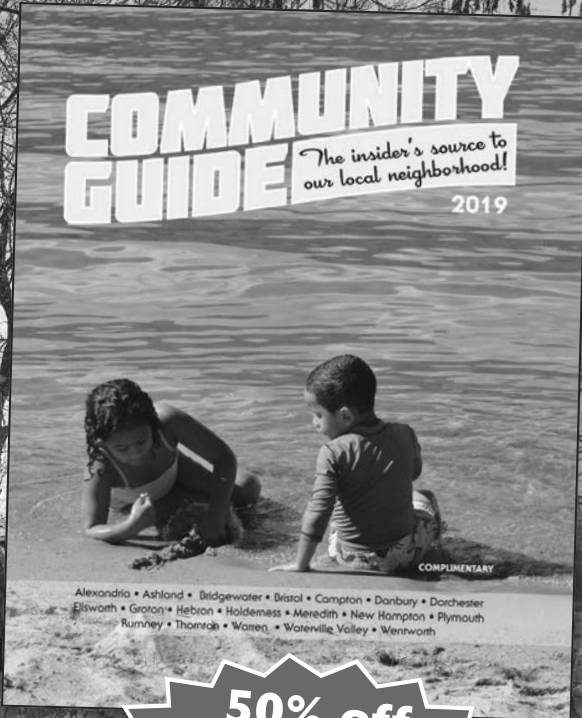
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DONNA RHODES  
Mae and her brother Van were among the many children from local communities who took part in the Cardboard Sled Race last Saturday, a traditional part of Franklin Outing Club's annual Winter Carnival festivities.



DONNA RHODES

Cheryl Elliott of the Veterans Memorial Ski Area's ski patrol, awarded Jennie and her pet chicken Buttercup with a medal for being the Most Unusual Entry in the Franklin Outing Club's Cardboard Sled Race last weekend.

### SLED RACE

CONTINUED FROM PAGE A1

Van's sister Mae must have had spring on her mind though when she built a pretty flower sled to glide her down the hill. "We put duct tape all over the bottom of our sleds so they'll go faster," she explained.

Their neighbors James and Autumn said they took part in last year's Cardboard Box Race and invited Van and Mae to join them this winter. Autumn said she holds lemonade sales in the summer to raise money for nonprofit organizations so their sled was covered with paw prints to show love and support for animals. Like the T-Rex, it was a two-person sled but the bottom of their's was lined with cushions.



DONNA RHODES

Five year-old Sarah was all smiles last Saturday when her "Pink Princess" sled won a medal for being one of the prettiest entries in Franklin Outing Club's annual Cardboard Sled Race at Veterans Memorial Ski Area.

"Last year the bottom blew so we put cushions inside this time, just in case it happened again," James said.

Participating for the third year in a row, nine-year-old Franklin resident Mackenna and her dad Jeff went all out for her sled this time, sticking with their theme of making vehicles out of cardboard. One year, Mackenna made a snowmobile for the race and last year she rode a cardboard snowplow down the hill. This year she and her dad built a snow groomer. Jeff said when they went online to look at the ski area's Web site, they saw the area had a new groomer and Mackenna couldn't have been happier.

"I got the idea to build a groomer after last year, so it was perfect timing for them to get a new one," she said.

The pair set out right away to replicate the Tristan Bully groomer in cardboard. Their finished product included a cab for seating, an open equipment storage area in the back, authentic looking cardboard tracks on the sides, and even real flashing yellow lights on the roof.

Among the many other entries in the competition were a Captain America sled and even some clever flying saucers.

Just after 1 p.m., the children and their support crews began the long hike up the hillside. Younger boys and girls gathered on top the first big knoll while older entrants headed twice the distance up the ski slope to wait for their run.

One by one each racer's goal was to make it across a line at the bottom of the slope with their custom-made sleds. The first to accomplish that was young Van and his police cruiser.

"It was really fun," he grinned as he celebrated a successful run.

Once they all made it back down to the ski lodge, the older entrants then started their descent. There were some rollovers and flips and a few bits of cardboard flying loose along the way, but there were also a lot of laughs from both the sledders and the spectators alike. In the end, all the children managed to safely cross the finish

line one way or another and many whose sleds remained intact even hiked back up to do it all again.

At the end of the race, Cheryl Elliott from Ski Patrol and Joy Jones of the Franklin Outing Club announced this year's winners, presenting them each with a medal.

Mackenna and her Tristan Bully took top honors for Creativity, while five-year-old Sarah and her Pink Princess sled won the medal for Prettiest Sled. Taking home first place for the Most Unusual category however was 11-year-old Jennie of Franklin who brought her pet chicken "Buttercup" along for the race.

"I'm home schooled and while I'm doing my schoolwork, Buttercup likes to sit on my lap. I always laugh and say she's my 'Emotional Support Chicken,' so I decided to bring her with me today," she said. "We rolled over coming down the hill but she didn't even seem to mind at all. I think she actually liked sledding!"

In the Speed Category for the younger children, the winners (last names withheld) were Mia, Grace and Quin, while Mackenna, the team of Taia and Brantley, and Connor came in first, second and third respectively for the older age group.

Other Winter Carnival events last weekend were a pancake breakfast, pond hockey and a snowmobile radar run on nearby Webster Lake. This coming weekend, everyone is invited back out on the lake for the annual Webster Lake Ice Fishing Derby. Children who participate in the derby will receive ice fishing equipment donated by Four Daughters Landscaping in Northfield, while raffles, trophies and other prizes will make everyone felt like a winner just by taking part in the fun. Finally, on Saturday, March 7, the seven weeks of outdoor activities will draw to a close with some downhill kayaking in the Fourth Annual Boat Bash-Snow Crash. The bash will take place from 11 a.m. until 3 p.m. at Veterans Memorial Ski Area, which is located on Flag-hole Road in West Franklin. Registration begins at 10 a.m. and spectators are also encouraged to come enjoy all the fun.

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## Bears pull away for win over Red Raiders

BY BOB MARTIN  
Bob@Salmonpress.news

BELMONT – It was a tough night all-around for the Belmont boys' basketball team, who lost at home to Winnisquam 57-45. While the loss was difficult for the Red Raiders, what was even worse was losing All-Stater Nate Sottak to a broken wrist in the first half.

It was a 12-12 game after one quarter but in the second quarter, Sottak went down hard on his hand while chasing down Phil Nichols on a breakaway layup and was knocked out of the game with about three minutes left in the second quarter. At this point, Belmont was holding onto a one-point lead.

Both players went to the floor hard on what was a hustle play on both sides. Sottak took the brunt of the fall and when he hit the floor he



BOB MARTIN

Aidan Rupp takes a shot for Belmont High School.

came down awkwardly on his left wrist, causing the break on his shooting

hand.

The Bears had a 24-19 lead at halftime and Red



BOB MARTIN

Jacob Seavey brings the ball up the court for the Bears.

Raider coach Jim Cilley admitted that the injury was demoralizing and

Belmont never recovered.

While this probably means the end of the season for Sottak, Cilley said he still has confidence in his team to be able to rally back and continue to play well the rest of the season. He said this will also give Sottak the opportunity to work on his skills with his non-dominant hand and also provide leadership from the bench.

"Since it is his shooting hand he will be able to work on things like shooting layups with his right hand during practice," said Cilley. "Maybe this will make him a little more multi-dimensional, which would be a bonus for next year when he is back and able to play."

"We were up a little at that point, but then we used our pressure and got running in transition to extend the lead," said Winnisquam coach Kevin Dame.

Winnisquam led by as much as 18 points in the fourth quarter. While Belmont was able to close the gap as the game wore on, it was too late for the Red Raiders and Winnisquam walked away with a big 57-45 win.

Nichols and Caleb Bushway each had 15 points to lead the scoring charge for the Bears. Anthony Robbins

scored 10 points, Jacob Seavey had eight points and Gunnar Horman scored seven points in the game.

Leading the way for the Red Raiders was Keith Landry, who had 19 points and five three-pointers. He also snagged 10 rebounds and a pair of blocks. Jackson Ruelke had 11 points and 10 rebounds. Brian Carroll added six points and eight boards.

Cilley said he was happy to have been able to keep Horman in check and also held Nichols fairly quiet. He thought if they held them under a combined 30 points they would have a good chance to win, but Cilley said the play of Bushway and the fact that the Red Raiders had turnover troubles were the deciding factors. Belmont committed 27 turnovers in the loss.

"We couldn't match Caleb's intensity inside, and their point guard Robbins has done well filling in for Garret Mango," said Cilley. "They played well and we just couldn't match up. We were okay until Nate got hurt. I think we were a little shell shocked at halftime."

Next up for the Red Raiders is Laconia on Feb. 13 at 6 p.m. at home. Next for Winnisquam is Mascenic on Feb. 14 at 7 p.m. at home.

## Belmont girls get win over rival Winnisquam

BY BOB MARTIN  
Bob@Salmonpress.news

TILTON – Belmont and Winnisquam went head to head in girls' basketball last week and the Red Raiders picked up a big win against its Winnisquam area rival by a score of 57-32.

It was fairly tight in the beginning, with Belmont taking a 10-5 lead into the second quarter. However, this is when the Red Raiders started to pull away, outscoring the Bears 21-9 in the second quarter to make it a 31-14 game at halftime. Belmont cruised the rest of the way to a 25-point victory over Winnisquam.

For Belmont, Savannah Perkins and Molly Sottak were the point leaders with 14 points apiece. Perkins hit three shots from behind the arc and Sottak drained four three-pointers. Courtney Burke put together a nice night with a double/double of 11 points and 10 rebounds. Morgan Hall stuff the stat sheet with five points, seven assists and 12 boards. Lena Rodrigues had six points in the win. Becca Fleming had five points in the game and Emma Roberts scored two points and grabbed four rebounds.

"A good team win on the road," said Belmont coach Mark Dawalga. "Molly Sottak and Savannah Perkins really got it going hitting three of their combined seven three pointers in the



BOB MARTIN

Meghan Cote's return to the lineup has brought an offensive spark to the Winnisquam girls' basketball team.

1st. Give Winnisquam credit, they never stop playing. Morgan Hall was outstanding tonight on the boards and really did a great job of setting up her teammates for open looks."

For Winnisquam, Meghan Cote was the scoring leader with 18 points on the night. Mackenzie Philippy pitched in with six points and Emma Griffin had five points on the night. Cheyenne Cooper also drained a three-pointer in the game.

While the Bears are still seeking the first win of the season, coach Pam Rozean has been happy with the effort and progress that

her team has made since she took over at the helm.

"We didn't make our easy baskets and still

struggle to take care of the ball," said Rozean. "This team always plays hard and never gives up."

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BOB MARTIN

Joey Blake helped the Bulldogs to a pair of solid wins last week for Belmont/Gilford.



BOB MARTIN

Nate Shirley has been playing excellent defense for the Belmont/Gilford Bulldogs this season.

# Bulldogs get the best of Lakers

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Belmont/Gilford Bulldogs remained hot with a pair of wins last week over Laconia/Winnisquam/Inter-Lakes and Pembroke/Campbell.

On Wednesday, the Bulldogs took on Pembroke/Campbell and for the third straight game Colin McGreevy was lights out with a shutout win by a score of 6-0. Belmont/Gilford came out on fire with a three-goal first period. Griffin Tondreau got the Bulldogs on the board early with an unassisted goal with 11:16 remaining in the period. Three minutes later, Belmont/Gilford struck again with a goal by Brady Logan, assisted by Joey Blake. The third goal came as time was winding down in the first period, on a goal by Hayden Parent assisted by Nate Shirley and Dylan Flannery.

Parent scored his second goal in the next period to make it a 4-0 game. In the third period, Tondreau scored his second goal of the game with assists by Parent and Shirley. The final goal came with 1:11 on the clock by Will Robarge, with an assist by Trevor Chassie. McGreevy



BOB MARTIN

Colin McGreevy had a pair of wins last week in net, including a 6-0 shutout over Pembroke/Campbell.

finished with 20 saves in the shutout victory.

On Saturday, Belmont/Gilford took on Laconia/Winnisquam/Inter-Lakes and won an exciting battle 7-4 with hat tricks from Parent and Blake. Tondreau added a goal and two assists in the win over the Lakes Region rival.

For the Lakers Car-

ter Smith was the scoring leader with a pair of goals and an assist. Kam Young added a goal and two assists while Matthew Nichols had a goal and an assist.

Belmont/Gilford jumped up with an early four goal lead in the first period and despite chip-piness on both sides, and the Lakers battling, Belmont/Gilford was able

to fend off the Lakers and secure the win.

“The game got chippy and Laconia was able to battle back with a couple goals, but B/G kept answering to keep a minimum of a two goal lead all game,” said Bulldog coach Jason Parent. “Some timely saves from Colin McGreevy keep B/G rolling with a fourth consecutive

win.”

Laker coach Paul Wheaton was happy with the way his team performed in the face of adversity, as the team was down early and had to claw back into the game.

“A hard fought game by both teams,” Wheaton said. “B/G came out with four quick goals in the

first period but Lakers closed the gap to 6-4 by the end of the second period. B/G scored a late shorthanded goal in the third and held on for a 7-4 win. We never gave up, even after going down 4-0 early in the first. Even though we didn't win, I am pleased with the progress we are making.”

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The Meredith News, The Record Enterprise,  
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Contact Tracy or Lori at 444-3927 | [tracy@salmonpress.news](mailto:tracy@salmonpress.news) or [lori@salmonpress.news](mailto:lori@salmonpress.news)

## Lakes Region United accepting registrations for spring season

REGION — Lakes Region United Soccer Club is now registering athletes for the upcoming spring outdoor season with the New Hampshire Soccer League (NHSL) and to compete in the annual Amherst Memorial Day Classic Soccer Tournament. For the upcoming spring 2020 season, Lakes Region United has openings for boys and girls aged U10 to U18. Players can sign up on the Lakes Region United web site at [lrusoccer.com](http://lrusoccer.com). Partial or full scholarships available from the Brackett Scholarship Fund. Registra-

tion is open until Feb. 29. Lakes Region United is a 100 percent parent and volunteer-run soccer club drawing athletes from around the Lakes Region. For more than a decade, LRU has been developing players who aspire to play soccer at high levels, as they move through elementary and middle school and beyond. Many LRU players go on to play varsity high school soccer, and there's a growing list of players who have competed in college soccer at various levels. Lakes Region Unit-

ed receives support from Grappone Automotive Group in Bow as its primary uniform sponsor, helping to keep competitive travel soccer affordable and accessible in the Lakes Region. LRU is always looking for new volunteers and coaches to help existing teams or build new teams - especially at the younger age groups. The club offers support and opportunities for coach education and development. E-mail [info@lrusoccer.com](mailto:info@lrusoccer.com) with any questions or for more information.



JOSHUA SPAULDING  
Faith Gosselin competed in the 1,500 meters at the state meet.



JOSHUA SPAULDING  
Dylan Robert makes his way around the track at Dartmouth in the state meet last weekend.



JOSHUA SPAULDING  
Riley Mann competed in the 1,000 meters for Winnisquam last week.

# Bears, Raiders wrap up indoor track season

BY BOB MARTIN  
Bob@Salmonpress.news

HANOVER – Members of the Belmont and Winnisquam indoor track teams traveled to Dartmouth College for the Division 2 state meet last weekend, competing against athletes from all around the Granite State.

For Belmont in the 3,000 meters, Aurora Couto was seventh with a time of 11:51.92.

In the 55-meter hurdles, Sana Syed was sixth with a time of 9.63.

In the girls' 4X200-meter relay, Belmont was seventh with a time of 1:54.67. The team included Syed, Jada Edgren, Emma Winslow and Gabrielle Day.

In the boys' 4X200-meter relay, Belmont was ninth with a time of 1:40.90. The team included Lucas Mathieu, Eddie Mann, Micah Edgren and

JOSHUA SPAULDING  
(Right) Aurora Couto competed at the state meet for Belmont on Sunday.

Brandon Robichaud.

In the boys' shot put, Joey Spinale was ninth with a toss of 38 feet, 4.25 inches.

For Winnisquam in the 1,500 meters, Faith Gosselin was seventh with a time of 5:15.93.

In the boys' 1,000 meters, Riley Mann was ninth with a time of 2:47.74.

In the boys' 1,500 meters, Dylan Robert was ninth with a time of 4:23.42.

In the 4X400-meter relay, Winnisquam was 10th with a time of 3:48.63. The team included Robert, Evan Griffin, Aiden Phelps and Mann.

The 4X800-meter relay team for Winnisquam was ninth with a time of 9:33.10. It included Brennan Dunn, Ryan Belleville, Griffin and Phelps.



JOSHUA SPAULDING  
Joey Spinale launches a shot put at the state meet for Belmont.

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# Classifieds

B4 • Thursday, February 13, 2020

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- Reconcile cash receipts
- Prepare / Processes payroll & accounts payable as needed
- Assist HR with open enrollment & benefit reconciliation
- Work with CFO on annual budgets
- Track 1099 vendors
- Prepare grant reports

Associates or BS in Finance, Accounting or Business 3+  
years of related experience required. For a rewarding  
career with competitive pay and benefits visit:  
[www.ammonoosuc.org](http://www.ammonoosuc.org) **EOE**

**Ammonoosuc Community Health Services**  
Littleton • Franconia • Warren • Whitefield • Woodsville [www.ammonoosuc.org](http://www.ammonoosuc.org)

## VARNEY-SMITH Lumber Company, Inc. INSIDE SALES PERSON NEEDED

Duties to include:

- Retail sales of lumber & building materials, windows, doors, cabinets as well as customer service.
- Must be conscientious, self-motivated, good with people, a team player
- Must have knowledge of the building industry
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at  
2701 Route 302, Lisbon, NH 03585  
No phone calls please.

## GILFORD SCHOOL DISTRICT

### Accounting/Human Resource/ Payroll Specialist

This position includes but is not limited  
to: payroll and related reporting, fund  
accounting, grant reporting and year end  
audit preparation and schedules.

3-5 years' experience in payroll and/or  
accounting background required. Human  
Resource experience preferred.

**Salary range: \$25.00-\$30.00 per hour**

Job is open until filled

This is a full-time year round position  
Interviews will start in March

Please apply through School Spring: letter  
of intent, resume, three letters of  
reference and complete application.

**E.O.E.**



# Town-to-Town CLASSIFIEDS

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## Misc. For Sale

**OLD NH FISH** and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18"/. May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$10. Call 603-788-4939 or email [lori@salmonpress.news](mailto:lori@salmonpress.news)

## Lost & Found

### Found Ads

Are published Free of Charge.  
30 words for 1 week.

### Lost Ads

Are Charged at our regular classified rates.

### Call Toll Free

**Mon-Fri 8:00-4:00**  
**1-877-766-6891**

or go to

[www.salmonpress.com](http://www.salmonpress.com)  
**24/7**

### Still Lost!

Shane - Shetland Sheepdog  
White/Tan/Black  
10 Years old

We are hoping someone may have him or have seen him?

-Lost in Laconia NH-

August 27, 2016  
Do not chase. Old and New  
Leads appreciated.

For more info see

[www.facebook.com/  
shaneshetlandsheepdog](http://www.facebook.com/shaneshetlandsheepdog)

Call Owner 603-365-1778

or Granite State Dog

Recovery

1-855-639-5678

## Thank-You

**Our line ad classifieds**  
are on our website!

[www.salmonpress.com](http://www.salmonpress.com)

is the place to check our weekly  
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More great coverage  
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**Town To Town**

**Classifieds!**

Why place your ads  
anywhere else?

**1-877-766-6891**

Thank you  
for browsing  
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Classifieds in the

**West**  
**Meredith News**  
**Record Enterprise**  
**Winnisquam Echo**  
**Newfound Landing**

### Publication Rates (30 words)

\$12 - 1 Week

\$20 - 2 Weeks

\$27 - 3 Weeks

\$36 - 4 Weeks

Call Our main Call Center

**1-877-766-6891**

**Mon-Fri 8:00-4:00**

or place online 24/7 at  
[www.salmonpress.com](http://www.salmonpress.com)

**Deadline:**

**Monday 10:30 am**

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### LOW COST SPAY/NEUTER

Mobile Feline Fix It Wagon,  
Cats \$70-\$85. Dogs at Conway clinic,  
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income qualified plans. Military  
discounts. Rozzie May Animal  
Alliance, a dedicated spay/neuter  
nonprofit. Sign up on line  
[www.RozzieMay.org](http://www.RozzieMay.org) or call  
603-447-1373

## General Help Wanted

### Bald Peak Colony Club Seeks Sous Chef...

Become a true culinary leader!  
Are you a professional with a  
great attitude and a willingness to  
share what you know? Move up  
the hospitality ladder of success.  
Join a winning team! A unique  
opportunity to be a culinary leader  
at one of New England's finest  
private clubs. Be a team leader!  
Be able to work with a wide  
variety of foods that many may  
never experience. Be able to  
express your artistry through  
food. This is an unbelievable, rare  
opportunity of a lifetime for the  
right candidate. Be able to order  
your product, create memories  
and lead your culinary brigade to  
be the best. Train under a Certi-  
fied Executive Chef, member of  
the American Academy of Chefs  
and an elected member of the  
exclusive Honor of the Golden  
Toque Society. The salary is paid  
year-round. The operating season  
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Benefits available. Salary is  
commensurate with experience.  
Email resume and cover letter to  
[chefpaul@baldpeak.org](mailto:chefpaul@baldpeak.org)

GSIL is seeking a dependable  
Personal Care Attendant for our  
consumer in Laconia for Mondays  
and Wednesdays from 8AM-1PM,  
and every other weekend  
from 8AM-12PM. Duties  
include personal care and light  
housekeeping. If interested, please  
contact Ashley at 603-568-4930 for  
more information. Background  
checks are required.  
GSIL is an EOE.

GSIL is seeking compassionate  
individuals to assist consumers in  
their homes with personal care,  
light housekeeping, errands, meal  
prep, etc. Training is provided. Pay  
Rate: \$10.25-\$10.75/hour.  
If interested, please contact Ashley  
at 603-528-9680 or  
[atruong@gsil.org](mailto:atruong@gsil.org) for more  
information. GSIL is an EOE.

## Home Improve-

### Experienced Interior/Exterior Painter and Light Carpentry

Filling up my painting schedule  
so please call and get  
an estimate.  
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**LAND FOR SALE**  
48 Northside Rd. Stark, NH  
Dug well and septic system,  
may be salvageable on property.  
Includes a small piece of  
land with frontage on the  
Ammonoosuc River  
across from the lot.  
Asking \$20,000 OBO  
Please Call 785-869-3068

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### Equal Housing Opportunity

All real estate advertising in this  
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**The Federal Fair Housing Law**

which makes it illegal

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with respect to the sale, or rental of a  
dwelling that indicates any prefer-  
ence, limitation, or discrimination  
based on race, color, religion, sec,  
handicap, familial status or national  
origin, r an intention to make any  
such preference, limitation or  
discrimination."

(The Fair Housing Act of 1968 at 42  
U.S.C, 3604(c))

This paper will not knowingly accept  
any advertising which is in violation of  
the law. Our readers are hereby  
informed, that all dwellings advertised  
in this newspaper are available on  
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To complain of discrimination call  
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CD



Photo: Grant Delin

Your family, friends and neighbors are all counting on you. If you own a firearm  
and are not using it, please be responsible and be sure that it's stored in a safe place.

Visit [ncpc.org](http://ncpc.org) to determine the best firearms safety solution for you.



[SalmonPress.com](http://SalmonPress.com)

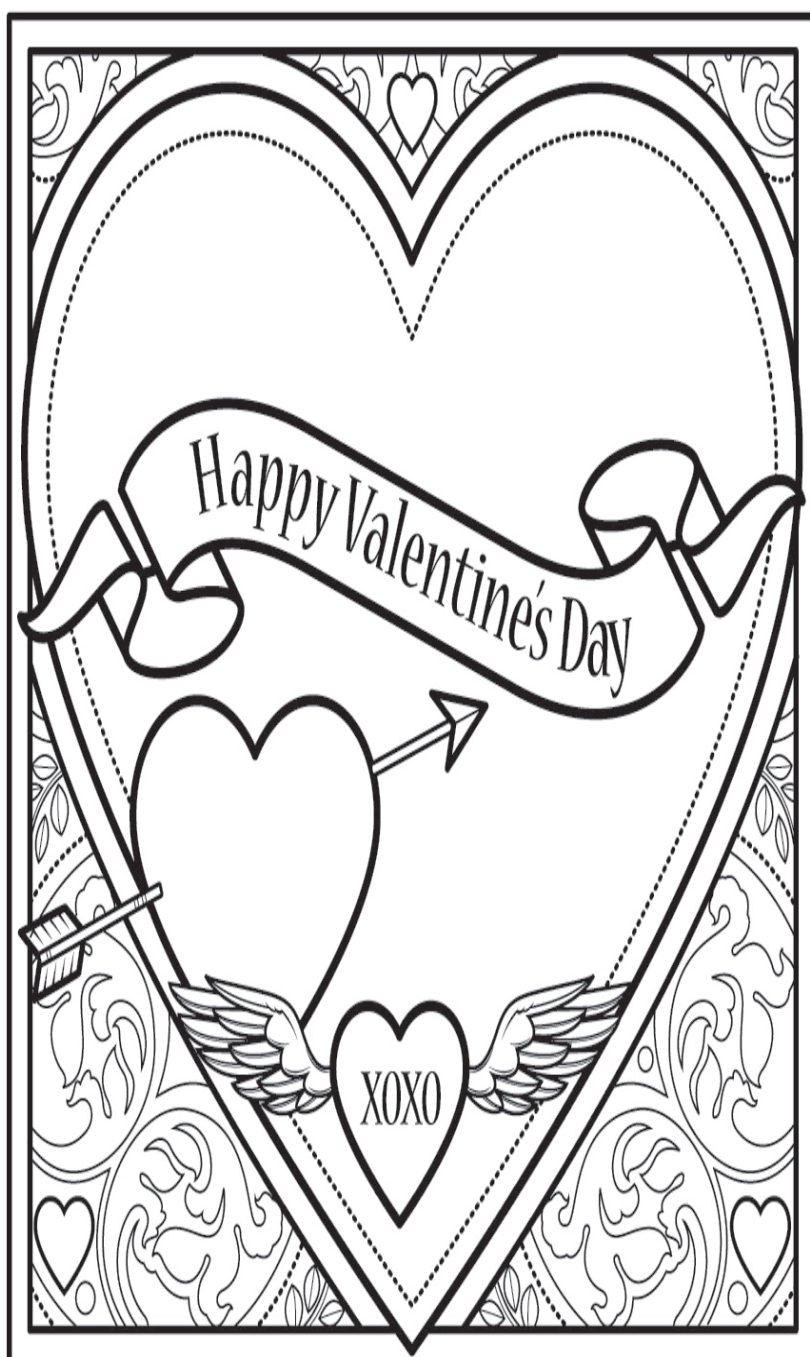
# News, really close to home





## Creative Coloring

Celebrate Valentine's Day.  
Color in this picture to create your own masterpiece.



## THIS DAY IN...



## HISTORY

- **1861:** JEFFERSON DAVIS IS ELECTED AS THE PRESIDENT OF THE CONFEDERATE STATES OF AMERICA.
- **1964:** THE BEATLES MAKE THEIR FIRST APPEARANCE ON "THE ED SULLIVAN SHOW."
- **1991:** LITHUANIA VOTES FOR INDEPENDENCE FROM THE SOVIET UNION.

# New Word

## ROMANCE

a feeling of  
excitement  
associated with love

# How they SAY that in...

**ENGLISH:** Affection

**SPANISH:** Afecto

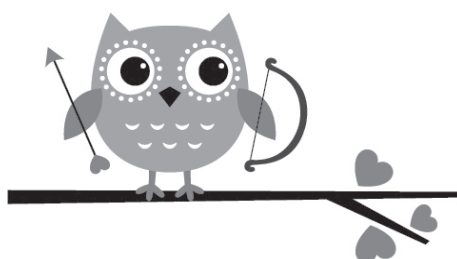
**ITALIAN:** Affetto

**FRENCH:** Affection

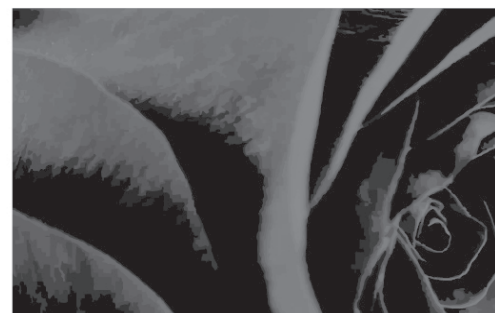
**GERMAN:** Zuneigung

Did you?  
Know?

FEBRUARY 14 IS A POPULAR DAY  
TO EXCHANGE GREETING CARDS.



# GET THE PICTURE?



**Can you guess what the bigger picture is?**

ANSWER: RED ROSE



# CRYPTO FUN



Determine the code to reveal the answer!

Solve the code to discover words related to the library.  
Each number corresponds to a letter.  
(Hint: 21 = a)

**A. 4 24 24 14 6**

Clue: Volumes

**B.     22   21   10   21   17   24   7**

Clue: List of items

**C.      21   17   15   2   21   4   13   10   25   12   13**

Clue: Sort by letter

**D. 5 13 21 20 25 11 7**

*Clue: Interpreting printed words*

Answers: A. books B. catalog C. alphabetize D. reading

# SUDOKU

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

Level: Intermediate

### Here's How It Works:

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

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

ANSWER:

## Fun By The Numbers

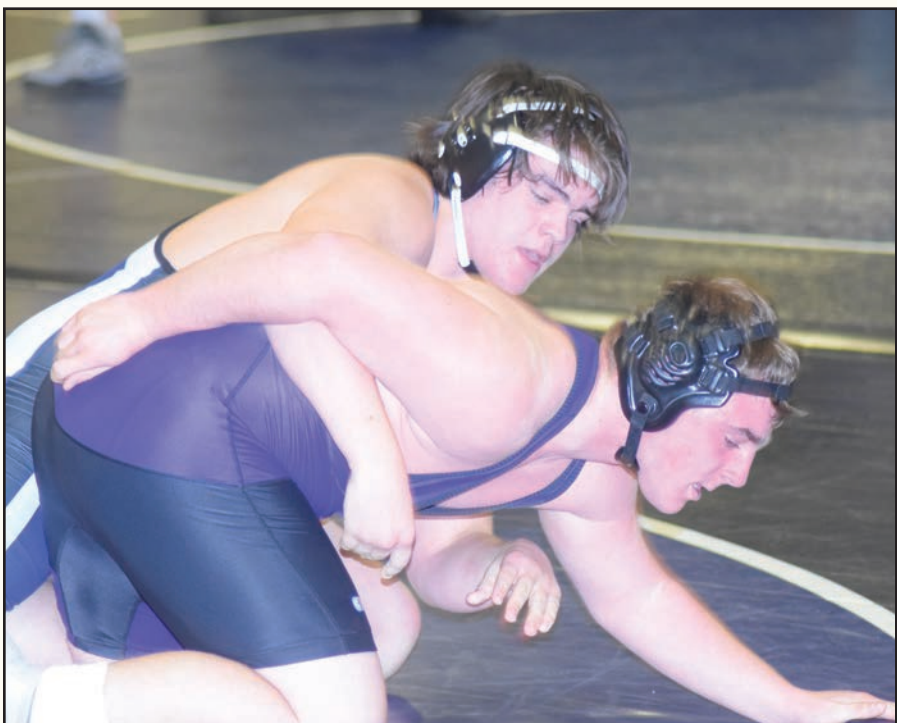
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Winnisquam looking for spring coaches

TILTON — Winnisquam Regional School District is looking to fill the following positions for the upcoming 2020 spring season: Varsity girls' track coach, assistant high school track coach, middle school track coach and middle school baseball coach

Please send letter of interest, coaching resume and WRSD application form (the form can be found at <https://drive.google.com/file/d/0B-zjI2U9aoGMOtKltN1E4cEhsLWM/view>) to Brian Contorchick, Athletic Director, Winnisquam Regional High School, 435 West Main St., Tilton, NH 03276 or e-mail [bcontorchick@wrsdsau59.org](mailto:bcontorchick@wrsdsau59.org) for information.

Wrestling Bears





Chaz Hibbert defeated Raven Streeter of Mascoma Valley in a home wrestling meet at Winnisquam Regional High School last week.



Brendan Parry grapples with Justin Brewster of Mascoma Valley last week.




Winnisquam's Burton Swanson wrestles Bryan Lowell of Mascoma Valley in a match last week at Winnisquam.



**YOU ARE NOT ALONE.**

If you are struggling with alcohol or drug issues, you're never far from help.

Find a Doorway near you.



**THE DOORWAY**  
at LRGHealthcare  
at Concord

For help with drug or alcohol issues visit [theDoorway.NH.gov](http://theDoorway.NH.gov)  
OR dial 2-1-1.

*Happy Valentines Day*

From *Giuseppe's*

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**Gallery Show of New Original Art by Peter Ferber**

**Saturday, February 15**

**Unveiling at 9:30 a.m., Reception to Follow**

Snow date Feb. 16th at 11 a.m.  
Show continues through Feb. 29th

