

Berry powers Belmont alpine team at Gunstock



Gavin Croteau skis for the Belmont boys on Friday morning.

JOSHUA SPAULDING

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Belmont alpine ski team braved the chilly temperatures and winds on Friday to race two runs of giant slalom and two runs of slalom at Gunstock.

In the morning giant slalom, the Belmont boys finished in third place behind Hopkinton and St. Thomas.

Mitchell Berry led the way for the Raiders with a time of 49.48 seconds, which placed him second overall.

Tanner McKim was next, finishing in 58.92 seconds for 16th place and Gavin Croteau finished in 1:01.44 for 18th place.

Tyler Flanagan rounded out the scoring with a time of 1:02.74 for 21st place.

Dylan Flanagan finished in 1:04.22 for 25th place overall.

SEE ALPINE, PAGE A6

LRAA to host oil painting classes

TILTON — Artist Acacia Rogers will be teaching a six-week evening oil painting course! It will be held in the LRAA Gallery, 120 Laco-
nia Rd. (Tanger Outlets), Suite 132, Tilton, beginning Thursday, Feb. 18, 5:30-8:30 p.m. Dates are as follows: Feb. 18 & 25 and March 4, 11, 18, and 25.

This thorough beginner friendly class is a perfect start for any new painter, or a great repertoire builder for the intermediate artist, I will use a combination of tested and proven academic principals with my own self taught tech-

niques to improve and refine your representational painting skills.

We will cover everything from materials and how to choose them, to color mixing and values, choosing references, using layers to build dimension and much more. With ample side by side easel time and a group critique at the conclusion. Join me in October to take your painting the next level and learn what you can really do!

Students will bring their own supplies. A supply list can be found at [AcaciaRogers.wix.com/FineArt](https://www.acaciaRogers.wix.com/FineArt)

under the “Workshops” tab.

Acacia Rogers is a passionate self taught fine artist, and has been her entire life, over 10 years of which have been dedicated to various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with a particular affinity for wildlife. Her first memories of artistic inspiration as a child stem largely from Disney movies and their whimsical, fluid, and creative animation style. Particularly the work of Aaron Blaise stood out

SEE LRAA, PAGE A6

Spaulding Academy & Family Services promotes Amanda Champagne



Amanda Champagne

NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth

Center) has promoted Amanda Champagne to executive director of Family Services.

The former residential services director, Champagne has been employed with the organization since 2000, serving in various capacities within the residential program. Her promotion is part of a strategic realignment of Spaulding Academy & Family Services designed to deepen and expand the support delivered to its children and families.

In her new role, Champagne will oversee residential, health services, clinicians, board certified behavior analysts, and community based programs, including family and social workers. By consolidating these programs within a unified Family Services department, the outcome will be a more seamless exchange of information for children and families as well as greater efficiencies within the organization.

SEE CHAMPAGNE, PAGE A6

Bear girls continue strong start to season

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam girls’ basketball team continued its strong start to the season with a 37-24 win over Moultonborough on Tuesday, Jan. 26.

The Panthers were able to get an 8-7 lead after one quarter and the two teams were knotted at 16 at the halftime break.

The Bears kept the Panthers to just one point in the third quarter and took a 24-17 lead to the final frame on the way to the 13-point win.

“After a slow start, we were able to get things going in the second half and it was our defense that got it going,” coach Mark Dawalga said. “Holding Moultonborough to one point in the

third quarter really was the difference.”

Dawalga noted that the defensive effort was led by Isabella Sargent with six rebounds and three steals to go along with six points, and Triniti Carter with six rebounds. The Bear coach also praised the defensive effort of Vanessa Powers and Sophia Day.

Offensively, Mackenzie Philippy had 12 points, five rebounds and four steals while Lauren MacDonald had nine points, four rebounds and six steals and Emma Griffin had 10 points and six rebounds.

The two teams met again on Friday, Jan. 29, with the Bears getting a 39-22 win on the road in Moultonborough.

“Good team win on

the road,” said Dawalga. “Our defense really got us going early.”

The Bears jumped out to a 14-4 lead after one quarter and led 25-12 at the halftime break. Moultonborough outscored the Bears 8-7 in the third, but Winnisquam still led 32-20. The Bears held the hosts to two points in the final frame for the 39-22 win.

Carter and Griffin each had eight rebounds to lead the way on the defensive side of the ball, with Carter adding seven points and Griffin adding six points. Philippy had 16 points and six steals while Sargent had six points and five steals and MacDonald added eight assists to go along with four points.

The Bears are slated to host Belmont on Fri-

day, Feb. 5, at 6 p.m. and will play at Franklin on Tuesday, Feb. 9, at 6 p.m.

Sports Editor Joshua Spaulding can be reached

at 279-4516, ext. 155 or josh@salmonpress.news.



JOSHUA SPAULDING

Coach Mark Dawalga and the Winnisquam girls’ hoop team are out to a 4-0 start to the season.

MVSB donates \$5,000 to Lakes Region Community Developers on behalf of Carol Bickford



COURTESY

Lakes Region Community Developers Executive Director Carmen Lorenz thanks Carol Bickford for the donation made by Meredith Village Savings Bank in her name upon her retirement after 37 years.

MEREDITH — When Carol Bickford recently retired from New Hampshire Mutual Bancorp after 37 years of dedicated service, most recently as the Senior Vice President and Retail Lending Officer, the Board of Directors for Meredith Village Savings Bank (MVSB) opted to honor the valued employee with a donation of five thousand dollars to the nonprofit of her choice. Bickford selected Lakes Region Community Developers (LRCD).

In her role, Bickford led the highly skilled teams of mortgage spe-

cialists at Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole to offer personal, tailored support for individual mortgage needs, including construction lending, second homes, unusual homes and first-time home buyers.

“Carol’s work made a significant difference for MVSB, our customers and our community,” noted Moe Lafreniere, Chair of the Board for Meredith Village Savings Bank. “I’m not surprised by her choice of organization to support. LRCD does great work

throughout the Lakes Region to make sure everyone has a healthy home. Because of her decades of work in helping people purchase homes, Carol appreciates the joy and confidence that comes with having a healthy and stable place to live. She has supported financial education and programs that help people of all economic situations throughout her decades with our organization.”

“We are so grateful to Carol and the Board of MVSB for this donation,” said Carmen Lorentz, Executive Director of LRCD. “Carol has been an amazing advocate and partner for many years, helping us to create affordable housing, provide transitional housing and supports for homeless families, develop new types of real estate to respond to local community needs, and empower families to succeed.”

Lakes Region Community Developers helps the Lakes Region thrive by developing healthy homes, creating vibrant community assets and engaging residents. Founded in 1988 as the Laconia Area Community Land Trust, LRCD has developed 365 healthy and affordable rental homes in Ashland, Gilford, Laconia, Meredith, Tilton and Wolfeboro. In 2017, LRCD expanded their mission to in-

clude new types of real estate development and new programming that empowers residents to effect positive change in their communities. For more information, visit lrcommunitydevelopers.org.

New Hampshire Mutual Bancorp (NHMB) was created through a unique alliance between three mutual community banks and a wealth management firm who

maintain separate organizations and management. The companies are able to achieve best in class software, services and staffing while providing efficiencies through their shared service provider, NHMB. NHMB provides risk management, facilities, marketing, human resource, finance, compliance, information technology, deposit operations, loan operations

and digital banking services to Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust. This strategic partnership has positioned the banks to leverage each other’s strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values.

Guilmett of Misiaszek Turpin PLLC named 40 Under Forty honoree

LACONIA — Misiaszek Turpin PLLC (M&T) would like to congratulate Jared Guilmett, M&T Architect who was recently named to the Union Leader’s 2021 class of “40 Under Forty” honorees.

Jared became a professionally licensed architect at the beginning of last year and has been a great asset to the M&T team. His work ethic and commitment to his co-workers, clients and the community is what makes him truly exceptional. We are thrilled to see him being recognized statewide as one of NH’s 40 Under Forty. Congratulations Jared!

In addition to his

work with M&T, Jared is actively involved in the community as President, Celebrate Laconia; Volunteer, Greater

Lakes Region Children’s Auction; and Volunteer and past Board Member, Belknap Mill Society.



COURTESY

Jared Guilmett, Architect, Misiaszek Turpin PLLC named to Union Leader’s 2021 “40 Under Forty.”

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 19-25.

Shabazz A. Mote, age 35, was arrested on Jan. 20 for Receiving Stolen Property valued at more than \$1,500, being a Felon in Possession of a Dangerous Weapon, Resisting Arrest or Detention, and in connection with multiple bench warrants.

James W. Killoran, age 47, was arrested on Jan. 20 for Receiving Stolen Property valued at more than \$1,500, Resisting Arrest or Detention, multiple counts of Drug Possession and Dealing and/or Possession of Prescription Drugs, and in connection with multiple warrants.

Michael W. Sweeney, age 46, was arrested on Jan. 20 for Breach of Bail, Driving Under the Influence-Impairment, Criminal Trespassing, and multiple counts of Simple Assault-Physical Contact or Bodily Injury.

Frank A. Spaulding III, age 53, was arrested on Jan. 20 for Public Urination or Defecation.

Robert Montalto, age 63, was arrested on Jan. 21 for Theft By Unauthorized Taking in the amount of \$1,000 or less.

Arianna Espinola, age 30, was arrested on Jan. 21 for Possession of a Controlled Drug (subsequent).

Jaime Alex Garcia, age 42, was arrested on Jan. 21 for multiple counts of drug possession, Disobeying an Officer, Breach of Bail, Driving After Revocation or Suspension, Receiving Stolen Property valued at \$1,000 or less, and Falsifying Evidence through alteration, destruction, or concealment.

Timothy Malone, age 41, was arrested on Jan. 21 for Resisting Arrest or Detention.

Matthew F. Goupil, age 37, was arrested on Jan. 24 for Driving After Revocation or Suspension.

Ronald J. Defosses, age 49, was arrested on Jan. 24 for Criminal Trespassing.

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The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

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Registration open for Phase 1b of COVID-19 vaccine process

BY ERIN PLUMMER
mnews@salmonpress.news

REGION – Registration is open for the COVID-19 vaccine for those who qualify under Phase 1b of the state’s vaccination plan, including people age 65 and over; those with two or more eligible medical conditions, and those in certain workplaces.

Registration for Phase 1b opened on Jan. 22 and is still in progress and vaccinations started

on Jan. 26. Those who are eligible under this phase must take part in a specific process to register for the vaccine.

The New Hampshire Department of Health and Human Services issued an alert on Jan. 17 outlining the vaccination and registration process under Phase 1b.

According to DHHS, Phase 1b is open to people age 65 and over; those under 65 who have two or more listed medical conditions that make

them more vulnerable to COVID-19, residents and staff of residential facilities for people with intellectual and developmental disabilities, corrections workers and staff at correctional facilities, and health workers and first responders who haven’t been vaccinated yet.

All of these categories have different places to register.

People 65 and over can register at <https://vaccines.nh.gov>. Those

without internet access can call 211 for assistance.

People who are under 65 and have two or more listed medical conditions need to register through their healthcare providers. The list of conditions includes cancer; chronic kidney disease, COPD, diabetes, Down Syndrome, heart conditions (including coronary artery disease, heart failure, and cardiomyopathies), immunocompromised states, obesity (a BMI of over 30), pregnancy, and sickle cell disease.

Healthcare providers will register eligible patients and sign them up for vaccine clinics through their respective healthcare organizations (locally these include LRGHealthcare, Huggins Hospital, Speare Memorial Hospital, and others). Those healthcare providers that have access to the vaccine can vaccinate their patients, while those who don’t have access to the vaccine can refer them to a specific site through the system.

Others can also reg-

ister through <https://vaccines.nh.gov> and 211. They can also go through their respective workplace and organization or through a vaccine clinic organized by the Regional Public Health Network.

Vaccines in New Hampshire are available only to New Hampshire residents. The only exception is if someone who lives out of state but works at a business or organization in the state that makes them eligible, such as a healthcare worker, first responder, corrections worker, or others. All others must register through their respective state of residence.

Right now, vaccine registration in New Hampshire is going through the CDC’s Vaccine Administration Management System (VAMS), though NH DHHS is transitioning to their own Vaccine Management System (VMS). Visiting <https://vaccines.nh.gov> will take people step-by-step through a registration process. After registering online for the vac-

cine, people will receive an email from vams@cdc.gov to complete the registration process. This is a legitimate email and should not be deleted or marked as Junk. If this email doesn’t arrive in an inbox, check the Spam or Junk folder.

For more information on the vaccine registration process and COVID-19 in the state, visit the state’s official COVID-19 page at <https://www.nh.gov/covid19/index.htm>.

For more information on the VAMS system and for questions on the process visit <https://www.cdc.gov/vaccines/covid-19/reporting/vams/index.html>. This contains a list of Frequently Asked Questions related to the registration, system, and appointment process.

More information on the vaccine and state’s vaccination process can also be found on a fact sheet through NH DHHS at <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/vaccination-planning-faq.pdf>.

Belknap Landscape nets design award

GILFORD — Hayden McLaughlin, owner of Belknap Landscape, is proud of the work his company provides. This week, his pride was affirmed.

The Gilford firm specializes in design-build landscaping throughout the Lakes Region, and this week they were honored by NH Home Magazine for excellence in outdoor design. This award was their third from NH Home and was awarded based on a design by McLaughlin himself.

“We strive to offer unique designs whenever we can, and I think this design delivered on that,” McLaughlin said. “The idea was to take a common landscape feature, a fire pit, and do something we don’t often see in our area.”

The design incorporated granite steps, stepping stones, low-voltage lighting, and stone veneer to complete the form and function of a winning landscape.

The design was enough to land the victory for Belknap Landscape in the eyes of a jury of design professionals for NH Home Magazine. The state-wide competition selects its honorees based on projects completed in the state of New Hampshire in a variety of categories such as; excellence in modern design, traditional design, small home design, renovation design, and several more.

“I especially appreciate when we receive this award because it’s judged by other design professionals,” says McLaughlin. “It’s great to know our clients are happy with what we do, yet it’s wonderful to be recognized by our peers.”

Belknap Landscape was established in 1989 and offers landscape design, permitting, construction, tree care, and maintenance service for Lakes Region properties. Learn more about Belknap Landscape at belknaplandscape.com.



COURTESY
Hayden McLaughlin, Owner of Belknap Landscape shows one of his NH Home Magazine Design Awards.

Taylor Smart of Northfield named to Cedarville Dean’s List


CEDARVILLE, Ohio — Cedarville University recently released the fall 2020 Dean’s List, including Taylor Smart of Northfield.

This recognition required Smart to obtain a 3.75 GPA or higher for the semester and carry a minimum of 12 credit hours.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 4,550 undergraduate, graduate, and online students in more than 150 areas of study. Founded in 1887, Cedarville is one of the largest private universities in Ohio, recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation and retention rates, accredited professional and health science offerings, and high student engagement ranking. For more information about Cedarville University, visit www.cedarville.edu.

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We can bridge the divide between us

It has been one of the most tumultuous times in recent history in regard to politics, and the divide taking place across the country is very real. This Editor has noticed plenty of disagreements take place between individuals with opposing viewpoints. Being privy to all sorts of news stories and situations where politics are discussed puts us right in the heart of it.

This may not be the case in every situation; however, we have noticed that residents in small towns do not let politics divide them. Sure, you have members of various select boards going head to head about an issue, you have citizens up in arms over certain topics, but people out about the town have remained quite hospitable to each other.

During one event we recently covered, we witnessed two long-term residents from the same town who could not be further apart in viewpoints have a refreshingly peaceful and genuine discussion. Imagine a long haired ‘hippie’ woman holding protest signs and a die-hard Republican, former Marine and hunter dressed in steel toe boots, joking around with each other and having a genuine laugh, then wishing each other well with sincerity, you wouldn’t have believed it. But it happened.

Since that moment, we have noticed more and more situations like this unfold. Hands are being shaken and smiles are being exchanged despite the so called political ‘divide’ that has ripped through the country. We think citizens in small towns, no matter who or what they are about can genuinely appreciate each other’s differences. A person may not agree with hunting or wouldn’t head out into the woods themselves, however they could see a neighbor who shot an eight-point buck and offer a friendly congratulations. We have seen conservatives with a snowbank of over a foot covering their driveways be plowed out by someone with a ‘Bernie’ sticker on their plow truck. We have seen posts on social media that have nothing to do with politics invoke laughter from both sides.

In a small town everyone knows everyone, and if they don’t they are only separated by one person. In such small towns, that allows for communities to rally around each other and to make sure at the end of the day, that we all had a good one. It’s cold up here, the winters are long and brutal. That camaraderie of wanting to protect our small town niche has benefits that have always stood the test of time. You may be a Republican, Independent or a Democrat but you all root for the New England Patriots. Perhaps now maybe Tampa, but having that home town pride is something that connects us all.

Send your letters!

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KATHY SUTHERLAND

Opening week

The Inter-Lakes and Winnisquam boys’ basketball teams opened the season last week with a pair of games. The Bears took the win in both games, getting a 53-25 win in Tilton and a 76-34 win in Meredith. Inter-Lakes is scheduled to be hosting Berlin tonight, Jan. 28, at 6 p.m. and plays Gilford next week, on the road on Monday, Feb. 1, and at home on Thursday, Feb. 4, both at 6 p.m. Winnisquam hosts Moultonborough on Friday, Jan. 29, at 6 p.m. and hosts Belmont on Tuesday, Feb. 2, at 6 p.m.



STRATEGIES FOR LIVING

The tapestry of my life

BY LARRY SCOTT

Cusco, Peru, a small Andean town of some sixty thousand inhabitants, was for me, the son of missionary parents, just home. A city with only one respectable hotel and no fine restaurants, Cusco in the late 1940s wasn’t anything like the tourist mecca it has become today. What stands out, however; and the thought behind this article, is the outstanding piece of clothing quite common among the natives, the poncho. The truly native-woven ponchos smelled of smoke, hand-woven as they were in their modest homes. But they were fine pieces of clothing nonetheless, made up

of beautiful hues of red and blue and yellow and green. Magnificent!

I refer to the poncho, for it is, in a sense, a metaphor of my life.

In 82 years of living, my journey has had moments of ecstasy and moments of despair; times when I was brilliant and times when I looked the fool, times when I made my family proud, and those other times they would have rather thrown me out with the garbage. I am neither bragging nor complaining, but I do wish to make a point: highs and lows come with living. They go with our human nature.

But I am encouraged, for my Bible says “all things work together for

good to those who are called according to His purpose.” God may not have been pleased with my mistakes nor approved of my willful antics, but He is more than able to take them and of them, to quote the Prophet Isaiah, produce a “garment of praise.”

It may come as a surprise to know that God can take a life that is as checkered as mine and make of it something of beauty. Yes ... He takes all of life ... our mistakes, our errors of judgment, and even our failures ... and, given our cooperation, weaves them together to make of us a magnificent reflection of His creative genius. The final product we see in Jesus; He was

what we have been created to be!

You may wonder at that for Christians are far from perfect. The tapestry of our lives includes the good, the bad, and sometimes even the ugly. But we have been forgiven, we have been taken over by a merciful God, and He is in the process of making of us something we could never hope to become without Him: living models of the Master Himself. Only God could make that kind of a call, and only God can make it happen. But it can happen, and it can happen to you.

You want to talk about it? Hit me up at larry-scott@gmail.com.

LETTERS TO THE EDITOR

Please support the Shaker Regional School District budget

To the Editor:

As members of the Shaker Regional School District Budget Advisory Committee, we are asking voters of Belmont and Canterbury to support the proposed 2021-2022 budget. As established by a warrant article, the Advisory Budget Committee comprises three members of Canterbury and four members of Belmont. Each member must submit a letter of interest. This year three members of Canterbury submitted letters of interest and were accepted by the School Board.

As members of the Budget Advisory Committee, we attended and engaged in the School Board budget discussions. The budget was scrutinized to look for savings that would not directly impact the quality of education. No expense was left unexplored. The School Board committed to hours of discussion and difficult decisions, always with taxpayers, students, and district employees in mind.

The biggest increases to the proposed budget are the rates for the NH Retirement System and health insurance. Other increases are attributed to con-

tractual obligations. There is also a State revenue shortfall from the prior year. The budget does not include any new positions.

As members of the Budget Advisory Committee, we ask for your full support of the proposed SRSD budget which will support appropriate funding for all programs preparing the students for careers following graduation – college, military service, vocationally-oriented education, and direct to work.

Funding is a central component to providing a high-quality education and the goals of public education must evolve with the changing world. Supporting quality education and preparing students for the changing world is a fundamental responsibility of our communities. We feel the proposed budget is fiscally responsible and supports appropriate funding for all programs benefiting the students.

HEIDI CHANEY
ROBERT REED
ROBERT RILEY
SRSD ADVISORY BUDGET COMMITTEE

North Country Notebook

Imagine the North Atlantic, at the whimsies of the wind



By JOHN HARRIGAN
COLUMNIST

The days of sail have always intrigued me, perhaps because of my maternal grandfather's habit of whistling doleful sea-chanties he heard from his family Down East. They were what back-woods Yankees called "herring-chokers," and proud of it.

"Two Years Before the Mast," the 1840 account of a boy who signs on with a ship bound for California, is one of my favorite books. Richard Dana's description of Tierra del Fuego and rounding Cape Horn were enough to make me want to never go there. For that kind of wind and cold, we have the Presidentials.

There was a certain age of innocence that went along with the wind ruling the waves, just as there was when grass and horsepower still ruled the world on terra firma.

The number and variety of jobs and products that sail and horsepower enabled and required boggle the mind. Every coastal city and town had its purveyors of provisions, sailmakers and rope-walks for ships' rigging. Every town up the rivers had blacksmiths, harness-makers, and the means to make myriad products from wood.

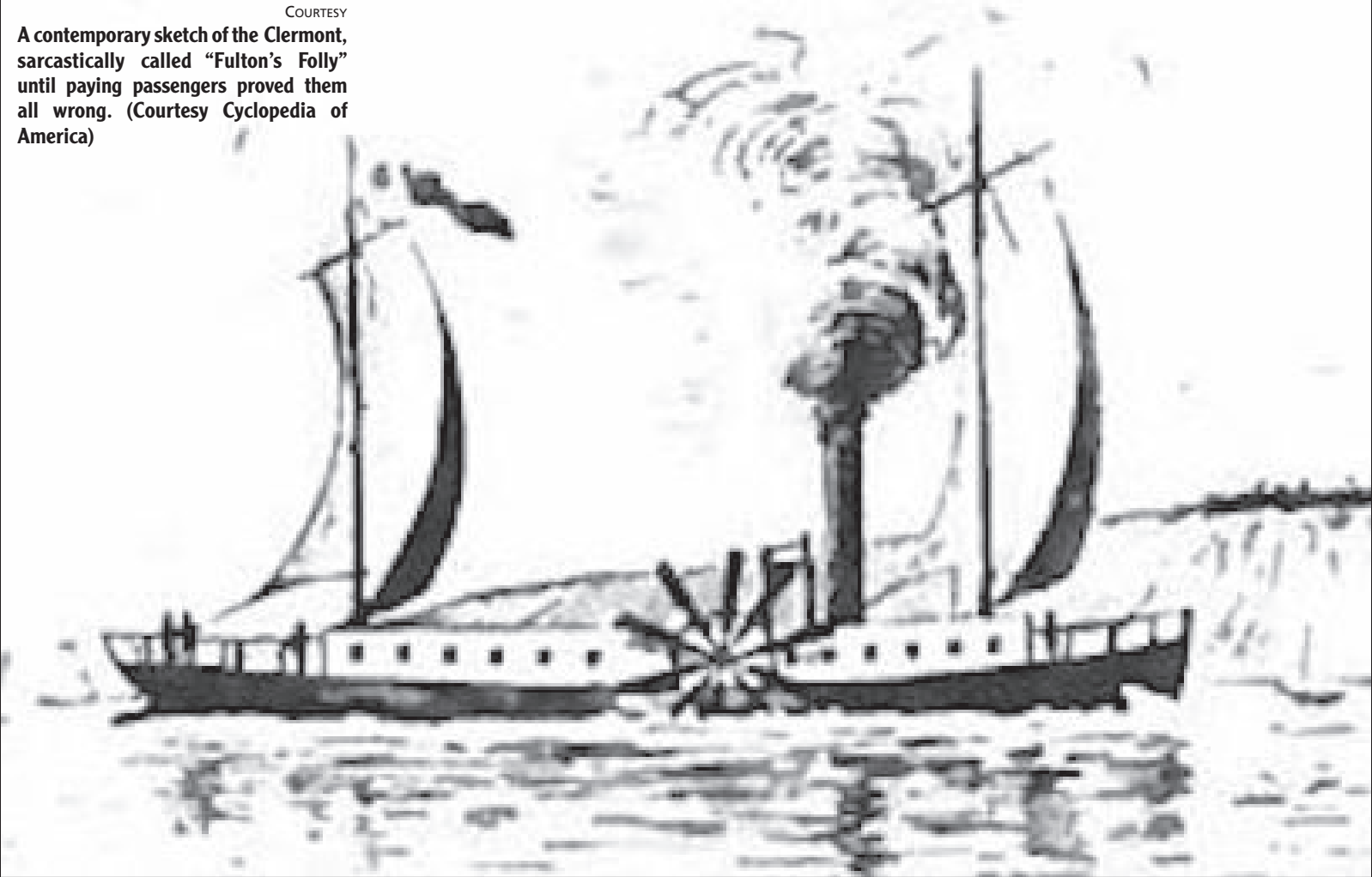
Still, no human had yet traveled beyond the speed of a fast horse.

+++++

The displacement of horsepower and the wind was already underway as Dana and the trading and cargo vessel he crewed on, the Pilgrim, set sail. Looking back from this end of the spectrum, going from wind and horse to steam and beyond seems almost an overnight transition. But it really spanned several generations as new methods proved tried and true, in an age when information still traveled slowly.

Thomas Savery

COURTESY
A contemporary sketch of the Clermont, sarcastically called "Fulton's Folly" until paying passengers proved them all wrong. (Courtesy Cyclopedia of America)



brought a centuries-old idea--the use of vapor from boiling water to power something--to fruition in 1698 with his invention of a steam-driven engine to pump water out of coal mines. A bit more than a century later, English inventors were setting up the first steam locomotive to run on steel tracks.

Our own Robert Fulton is credited with inventing the steam-powered ship, a doubtful claim. That honor probably goes to a French inventor who ran a steam-powered paddleboat in 1783. Oddly enough, he had demonstrated one powering oars in 1776, a contraption hard to fathom.

Nonetheless, Fulton is credited with inventing the first practical, commercially viable steamship in America with the Clermont. In 1807, he took passengers up the Hudson River to Albany and back. The round-trip was about 300 miles, and took 62 hours.

+++++

Steam spelled the end of commercial sail, at least on a grand scale. Still, the wind was free, and coal or wood had to be brought from afar and was difficult to load and handle. Small wind-powered vessels are still used for subsistence and commercial fishing all over the world.

Many old hulls, stripped of their masts, were used as coastal

cargo barges well into the 1900s. As these hulks were beached and rotted away, they became favorite subjects for artists and tourist photographers.

None were more famous than the two old sailing vessels beached just downriver from Route 1 in Wiscasset, Maine. Both were launched before the First World War, and had brief commercial careers

before being bought at auction in the 1930s and towed to Wiscasset. For much of my adult life they were still there, ghosts of a past that survives only in movies and books.

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

Comfort Keepers

Alcohol consumption in seniors: A delicate balance

BY MARTHA SWATS
OWNER/ADMINISTRATOR
COMFORT KEEPERS

Many of us enjoy having a cocktail with friends or drinking a glass of wine with dinner. For seniors, with a doctor's approval, this doesn't have to change. However, it's important to be aware of the ways that alcohol can physically affect older adults, and how the signs of alcohol abuse look different for seniors that suffer from the negative effects.

As we age:
How we process alcohol changes - Slower metabolism can cause alcohol to stay in the body for longer periods of time. Also, having less muscle mass means alcohol stays in the blood for a longer period, prolonging the effects.
Being intoxicated feels different - Seniors have a lower tolerance to the effects of alcohol. Intoxication typically happens more swiftly and lasts longer than in someone younger.

Older adults are more likely to have other conditions made worse with alcohol consumption - Health conditions more common in seniors can be made worse with alcohol use. Seniors are also more likely to be using medications that should not be mixed with alcohol.

Some seniors may discuss their personal situation with their physician, and find they are able to consume alcohol without any health issues. However, those that may have a problem with alcohol can exhibit the following signs and symptoms:

- Feeling ill-tempered
- Sleep difficulties
- Sustaining injuries while intoxicated
- Drinking to fight depression or anxiety
- Loss of appetite
- Developing social or financial problems related to drinking
- Lying about drinking habits
- Poor hygiene
- Drinking against the advice of their physician

or healthcare provider

There are many programs in place that can help seniors that are abusing alcohol, and research shows that programs are more effective when they are targeted to people in this age group. If you think someone may have a drinking problem, encourage them to reach out for help.

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Edward Jones: Financial Focus

With Ultra-low Rates, Should You Still Invest in Bonds?

If you've been investing for many years and you've owned bonds, you've seen some pretty big changes on your financial statements. In 2000, the average yield on a 10-year U.S. Treasury security was about 6%; in 2010, it had dropped to slightly over 3%, and for most of 2020, it was less than 1%. That's an enormous difference, and it may lead you to this question: With yields so low on bonds, why should you even consider them? Of course, while the 10-year Treasury note is an important benchmark, it doesn't represent the returns on any bonds you could purchase. Typically, longer-term bonds, such as those that mature in 20 or 30 years, pay higher rates to account for inflation and to reward you for locking up your money for many years. But the same downward trend can be seen in these longer-term bonds, too - in 2020, the average 30-year Treasury bond yield was only slightly above 1.5%.

Among other things, these numbers mean that investors of 10 or 20 years ago could have gotten some reasonably good income from investment-grade bonds. But today, the picture is different. (Higher-yield bonds, sometimes known as "junk" bonds, can offer more income but carry a higher risk of default.) Nonetheless, while rates are low now, you may be able to employ a strategy that can help you in any interest-rate environment. You can build a bond "ladder" of individual bonds that mature on different dates. When market interest rates are low, you'll still have your longer-term bonds earning higher yields (and long-term yields, while fluctuating, are expected to rise in the future). When interest rates rise, your maturing bonds can be reinvested at these new, higher levels. Be sure you evaluate whether a bond ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances.

Furthermore, bonds can provide you with other benefits. For one thing, they can help diversify your portfolio, especially if it's heavily weighted toward stocks. Also, stock and bond prices often (although not always) move in opposite directions, so if the stock market goes through a down period, the value of your bonds may rise. And bonds are usually less volatile than stocks, so they can have a "calming" effect on your portfolio. Plus, if you hold your bonds until maturity, you will get your entire principal back (providing the bond issuer doesn't default, which is generally unlikely if you own investment-grade bonds), so bond ownership gives you a chance to preserve capital while still investing.

But if the primary reason you have owned bonds is because of the income they offer, you may have to look elsewhere during periods of ultra-low interest rates. For example, you could invest in dividend-paying stocks. Some stocks have long track records of increasing dividends, year after year, giving you a potential source of rising income. (Keep in mind, though, that dividends can be increased, decreased or eliminated at any time.) Be aware, though, that stocks are subject to greater risks and market movements than bonds. Ultimately, while bonds may not provide the income they did a few years ago, they can have a place in a long-term investment strategy. Consider how they might fit into yours.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

ALPINE

CONTINUED FROM PAGE A1

The Raiders were also third in the slalom, with St. Thomas getting the win and Hopkinton finishing in second place.

Berry again led the way for Belmont with a second place finish in a time of 45.41 seconds.

McKim finished in a time of 1:02.2 for 14th place and Croteau was 16th overall in 1:08.94.

Dylan Flanagan

placed 17th in 1:10.08 to finish out the scoring for the Raiders.

Tyler Flanagan was 19th in 1:10.54.

The Raiders had just two girls competing on Friday.

In the giant slalom, Trinity Yale led the way with a time of 1:11.36 for 17th place and Cate McDonald was 21st overall in a time of 1:15.39.

In the slalom, McDonald finished in 21st place overall with a time of

1:31.6.

Belmont is scheduled to finish the regular season at Gunstock on Friday, Feb. 5, before the State Meets come to Gunstock, with the girls on Monday, Feb. 8, and the boys on Tuesday, Feb. 9.

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



Mitchell Berry skis through the giant slalom course at Gunstock last week.



OSHUA SPAULDING

Trinity Yale races in the giant slalom last Friday at Gunstock.



Cate McDonald skis during the giant slalom at Gunstock Friday.

LRAA

CONTINUED FROM PAGE A1

to her, who worked on beloved classics such as the Lion King, Mulan, Brother Bear, and Aladdin.

She later added portraiture, still life, and landscape to her repertoire, slowly and painstakingly building up her skill through practice and research to learn

the ins and outs of painting, as she loves everything about the process of painting. She is now a full time painter and painting instructor, and has worked along side many accomplished artists from a colorful array of backgrounds. She currently shows her work in the LRAA gallery in Tilton.

CHAMPAGNE

CONTINUED FROM PAGE A1

Overall, Champagne is responsible for ensuring program fidelity and service delivery as the organization grows.

“Amanda’s technical expertise, institutional knowledge, and true passion for improving the lives of our children and their families make her the perfect fit for this important role,” said Todd Emmons, CEO & President, Spaulding Academy & Family Services. “Her effective leadership skills will be integral to achieving more proactive, engaged, and successful support for our children as we refine and expand our services all while continuing to put families first.”

Champagne is an academic instructor within

Granite State College’s Education and Training Partnership, teaching online classes related to child and adolescent development, supporting children with traumatic backgrounds, child welfare, autism, and managing severe behaviors. She is also a professional crisis management trainer and a justice of the peace.

Champagne serves on the boards of Lakes Region United Soccer and the Tilton and Northfield Youth Assistance Program. She holds an MBA and a MS in Psychology - Child and Adolescent Development from Southern New Hampshire University.

For more information about Spaulding Academy & Family Services and its comprehensive special education ser-

vices, visit SpauldingServices.org. Details about its Board of Directors and Management team are available at SpauldingServices.org/leadership.

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a

tax-exempt 501(c)(3) non-profit that was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on our Northfield campus, Spaulding’s community based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit www.SpauldingServices.org.

Julia Connelly named to Dean’s List at Bryant University

SMITHFIELD, R.I. — Bryant University is pleased to recognize the students who have demonstrated an unwavering commitment to academic excellence and achievement. Julia Connelly, class of 2023, from Tilton, has been named to the Deans’ List for the

fall 2020 semester.

“The challenges of the last year have revealed the character and grit of our community of scholars,” said Provost and Chief Academic Officer Glenn Sulmasy, JD, LL.M, reflecting on Bryant’s successful fall semester. “I am impressed and proud of their resilience, dedication, and innovative spirit.”

Congratulations to Julia on this outstanding achievement!

About Bryant University

For 158 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates

the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron’s. Visit www.Bryant.edu.

NOTICE OF PUBLIC HEARING

Shaker Regional School District will hold a public hearing relative to the receipt of Supplemental Public School Response Funds (SPSRF) on Tuesday, January 26, 2021 at 6:00 pm. The meeting will be held at Belmont Middle School.

TILTON-NORTHFIELD FIRE & EMS DISTRICT PUBLIC HEARING ON PROPOSED 2021 BUDGET AND WARRANT

Tilton-Northfield Fire District Budget Committee will hold a Public Hearing on Monday, February 8, 2021 at 6:00 pm
TN Fire Station 149 Park Street, Northfield NH

Tilton-Northfield Fire Commissioners will hold a Public Hearing on the 2021 proposed Warrant Articles Immediately following the TNFD Budget Committee Public Hearing.

Copies of the Proposed 2021 Budget and Warrant Articles will be posted at www.tnfd.org or call the 12 Center Street Station at 603-286-4781.

PET OF THE WEEK

This beautiful and sweet girl, hasn’t yet learned that the world isn’t scary. She will need a patient and understanding person to show her positive reinforcement, go at her pace and help her understand that things aren’t so terrifying! Once Lucy warms up to you, holy moly is she just so excited and wants nothing more than to play, and be your best friend.

Lucy would do best in an adult only home and may not do well in a busy environment with frequent visitors. She would do well with a confident dog friend or two at home. Miss Lucy is a little fearful of cats, but may do well with a slow introduction and proper management.



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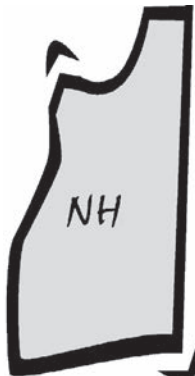
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\$125,000



MLS# 4844082

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


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HELP REBUILD OUR ECONOMY!

Belmont boys run past Division II Kennett



Belmont's Juan Montoya (4) and Jackson Ruelke go up to block a drive to the basket by Kennett's Evan Dascoulias.



Jamison Gaudette blocks a Kennett shot during his team's win over the Eagles last week.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Sometimes, games between teams in different divisions can be entertaining. And competitive.

The Division II Kennett hoop boys visited Division III Belmont on Tuesday, Jan. 26, and after a slow start on both sides of the ball, the two teams played a competitive back and forth battle, with the Raiders eventually pulling away for the 47-37 win.

“Kennett, they’re physical and that’s something I think we lack,” said Belmont coach Jim Cilley. “It’s tough to simulate that in practice.

“It’s great we persevered and won a game with our starting center (Brian Carroll) on the bench with ice on his knee,” the Raider coach added.

“We had our chances, we had a chance to come back,” said Kennett coach Jack Loynd. “But they outthustled us, got offensive rebounds and got big baskets.

“We had too many unforced errors,” he added. “We had some good runs

to get back in it but then they would make a big play at the right time, several times.”

Belmont got six of the first seven points of the game, with Jackson Ruelke hitting two hoops and Jamison Gaudette hitting the other. Matt Nordwick had Kennett’s lone score, a free throw, as the Raiders went up 6-1.

Grady Livingston drilled a three-pointer for the Eagles to pull them within two, but Carroll answered with a hoop to close out the first quarter, giving Belmont an 8-4 lead after one quarter of play.

Ruelke and Gaudette scored the first two hoops of the second quarter to push the lead to 12-4 but Nordwick answered by putting back a rebound. Hoops from Carroll and Ruelke gave the Raiders a 10-point lead at 16-6 but Livingston drilled his second three-pointer of the night to keep Kennett alive.

After Juan Montoya drained a free throw for Belmont, Evan Koroski hit a field goal for the Eagles and Ruelke put one

in for the Raiders. Nick Houghton-LaClair drove to the hoop for the Eagles but Montoya and Ruelke continued to drain baskets for the hosts.

Spencer Ogren got the final basket of the first half, pulling Kennett to within 23-15 at the half-time break.

The third quarter began with a barrage of three-pointers at both ends of the court, as Kennett hit three from beyond the arc and Belmont hit two. Livingston got the half started with a three and Montoya answered at the other end. Nordwick and Evan Dascoulias then hit back-to-back threes for the Eagles to pull them within two, but Montoya hit another three to push the lead back to five.

Hoops from Ruelke and Gaudette stretched Belmont’s lead to 33-24 but Houghton-LaClair drained a three for the Eagles. Montoya was fouled while shooting a three-pointer and responded by hitting all three free throws to give the Raiders a 36-27 lead but Houghton-LaClair finished the quar-

ter’s scoring with a three-pointer, making it a six-point game heading to the final eight minutes.

Gaudette hit a hoop to start the fourth quarter but Nordwick answered with a basket and Livingston sank two free throws, cutting the lead to four.

However, Isaiah Costa picked a perfect time to score his first points for Belmont, as he drilled a three-pointer to push the lead back to seven. Bryce Hall also added his first points, hitting two from the line to make it a nine-point lead.

Houghton-LaClair drilled a three-pointer to keep Kennett’s hope alive, but Costa and Hall added baskets down the stretch to close out the 47-37 win for Belmont.

I thought tonight was a battle of attrition for us,” said Cilley. “We’re dealing with a lot of different things.”

That being said, Cilley noted that Hall stepped up nicely in the second half and Gaudette continues to move upward with his level of play.

“We start and go

right now with Jack (Ruelke),” said Cilley. “I thought the game came to him, he kind of did everything for us.

“It seemed every time we scored, he had something to do with it,” the Raider coach noted, pointing out that the team is looking forward to welcoming back senior Nate Sottak, who has yet to play this season. “We had four practices in 30 days leading up to the first game.”

“It was definitely a competitive game, they (Belmont) played well, they made plays when they needed to,” Loynd said. “You’ve got to play against good teams to get better.

“Lack of fundamentals,” Loynd said of one of his team’s issues in the game. “We made playground passes instead of fundamental good passes to open players.”

The Eagle coach did praise the defensive work of Dascoulias on the evening.

Ruelke finished with 14 points to lead the Raider while Montoya added 12 points. Living-

ston and Houghton-LaClair led the Eagles with 11 points each.

Kennett is scheduled to be at Plymouth today, Feb. 4, at 6 p.m. and will be at White Mountains Regional on Thursday, Feb. 11.

Belmont is scheduled to host Winnisquam on Friday, Feb. 5, at 6 p.m. and plays Prospect Mountain on Monday, Feb. 8, in Alton and Thursday, Feb. 11, at home, both at 6 p.m.

BHS 8-15-13-11-47
KHS 4-11-15-7-37

Belmont 47
Ruelke 7-0-14, Montoya 3-6-12, Hall 1-2-4, Carroll 2-0-4, Gaudette 4-0-8, Costa 2-0-5, Totals 19-8-47

Kennett 37
Nordwick 3-1-8, Houghton-LaClair 4-0-11, Dascoulias 1-0-3, Ogren 1-0-2, Koroski 1-0-2, Livingston 3-2-11, Totals 13-3-37

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

HIGH SCHOOL SLATE

Thursday, Feb. 4
GILFORD
Boys’ Hoops at Inter-Lakes; 6
Girls’ Hoops vs. Inter-Lakes; 6
Friday, Feb. 5
BELMONT
Alpine Skiing at Gunstock; 10
Boys’ Hoops vs. Winnisquam; 6
Girls’ Hoops at Winnisquam; 6
GILFORD
Alpine Skiing at Gunstock; 10
WINNISQUAM
Boys’ Hoops at Belmont; 6
Girls’ Hoops vs. Belmont; 6
Hockey at Kearsarge-Plymouth (Waterville Valley); 7:30
Saturday, Feb. 6
BELMONT-GILFORD
Hockey at Berlin; 6
WINNISQUAM
Wrestling at Bow; 1

Monday, Feb. 8
BELMONT
Alpine Skiing at Gunstock (Girls’ State Meet); 10
Boys’ Hoops at Prospect Mountain; 6
Girls’ Hoops vs. Prospect Mountain; 6
GILFORD
Alpine Skiing at Gunstock (Girls’ State Meet); 10
Boys’ Hoops vs. Kingswood; 6
Girls’ Hoops at Kingswood; 6
Tuesday, Feb. 9
BELMONT
Alpine Skiing at Gunstock (Boys’ State Meet); 10
Unified Hoops at Prospect Mountain; 3:30
GILFORD
Alpine Skiing at Gunstock (Boys’ State Meet); 10
WINNISQUAM

Boys’ Hoops vs. Franklin; 6
Girls’ Hoops at Franklin; 6
Wednesday, Feb. 10
BELMONT-GILFORD
Hockey vs. Laconia-Winnisquam-Inter-Lakes; 4:30
GILFORD
Nordic Skiing at Beaver Meadow; 2:30
WINNISQUAM
Hockey at Belmont-Gilford; 4:30
Thursday, Feb. 11
BELMONT
Boys’ Hoops vs. Prospect Mountain; 6
Girls’ Hoops at Prospect Mountain; 6
GILFORD
Boys’ Hoops at Kingswood; 6
Girls’ Hoops vs. Kingswood; 6

All schedules are subject to change.

Lakes Region Lacrosse Club spring registration is open

REGION — Lakes Region Lacrosse Club (LRLC) is calling all first-eighth grade lacrosse fans present and future to join their spring 2021 season. It’s hard to imagine, but spring is right around the corner, and with it will come the opportunity for first through eighth grade girls and boys to head outside to play lacrosse, dubbed “the fastest game on two feet.” LRLC offers US Lacrosse-certified coaches committed to providing a safe, organized and fun environment for all participants as they all anxiously await relief from the pandemic. LRLC’s spring 2021 program is open to most towns around the Lakes Region, with Laconia being the notable exception as it has its own Laconia Lacrosse Club. LRLC is always looking for coaches/assistants looking to help create a positive experience as well. Check out www.lrlacrosse.org for registration info and other details.

salmonpress.com

Raider girls start strong, but Eagles pull away



Rebecca Fleming drives the ball toward the hoop in action last week in North Conway.



Courtney Burke looks to the basket during her team's game against Kennett last week.

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — For one quarter last Monday night, Jan. 25, the Kennett Eagles and the Belmont Raiders girls' basketball teams went back and forth with neither team building much of a lead.

However, the second quarter saw the Division II Eagles pull away from the Division III Raiders and Kennett didn't look back, taking a 63-19 win.

"We just have to get over our slow starts, every game we start like that," said Kennett coach Larry Meader. "Once we get it going, get our pressure going and get the energy level up, we get in a flow."

"We've had one game, they've had four, that makes a big difference," said Belmont coach Mike Andriski. "But, we don't see that level of quickness, we just don't see that, they go deep."

Out of the gate, Kennett's Sierra Parsons knocked down a free throw and put back a rebound for a 3-0 lead. Morgan Hall and Courtney

Burke hit back-to-back hoops for the Raiders to give them a 4-3 lead but Parsons hit another free throw to tie the game at four.

Lena Rodrigues put the Raiders back in front with a hoop, but Maddie Stewart answered for the Eagles to tie the game again at six. Rebecca Fleming hit a free throw for the Raiders but Stewart came back and drained a three-pointer and a field goal to give the Eagles the 11-7 lead.

Hall finished off the first quarter scoring by converting a three-point play, cutting the Kennett lead to 11-10 after one quarter of play.

Catherine Chick for Kennett and Fleming for Belmont exchanged hoops to start the second quarter but from there, it was all Kennett. The Eagles outscored Belmont 19-2 the rest of the quarter.

Jaelin Cummings hit a free throw and Stewart followed with two of her own. Cummings then hit back-to-back baskets and Sydnie Chin finished off an Ella Chandler steal

and then finished off her own steal, pushing the Kennett lead to 24-12.

Stewart drained a field goal to keep the Eagle lead growing before Emma Roberts hit a hoop for the Raiders to get them back on the board. Stewart and Chin then drained consecutive three-pointers to close out the first half for a 32-14 lead for Kennett at the break.

The Eagles outscored the Raiders 15-2 in the third quarter, though neither team scored until almost halfway through the frame. Stewart hit the first hoop for Kennett and after Savannah Perkins hit a hoop for Belmont, Chick hit two free throws at the other end.

Kennett then got three three-pointers in a row, one from Stewart and two from Chin and then a hoop from Hope Elias to close out the third quarter with a 47-16 lead.

Sam Habert opened the fourth quarter with a hoop for the Eagles and after Alyssa Edgren hit a hoop for Belmont, Chick

answered at the other end. Edgren followed with a free throw for Belmont and then Kaylee MacLellan drained a three-pointer for a 54-19 lead.

Habert converted a three-point play and also finished off her own steal, sandwiched around a hoop by Parsons and then Chick finished out the scoring with a basket to close out the 63-19 final.

"I don't know what it is with the first three or four minutes," said Meader. "But it was good to see them get out and run."

"I do think we need to clear up our rebounding," the Eagle coach added.

Meader noted it was good to get all the players in the game and get them in the swing of things. With the situation every team is facing, it's possible that any player could be missing from the lineup.

"I am fortunate that I've got 13 quality varsity players, it's a good problem to have," the Eagle coach said. "It's

not tough to put them all in the game."

"The kids played hard, I can't complain about that," said Andriski. "We had a good first quarter, but after that, we just couldn't buy a basket."

"But I'm happy they kept playing hard," he added.

Andriski noted that Hall picking up her third foul in the second quarter didn't help, since she is the team's best rebounder. Hall coming out of the game was right as the Eagles went on their big run to close out the second quarter.

"I saw some good things tonight," the Belmont coach noted. "They could've given up and they didn't."

He also pointed out that the team would hopefully be welcoming back their best shooter, Molly Sottak this week.

Stewart led all scorers with 19 points on the night while Chin added 13 for the Eagles. Hall led the Raiders with five points.

Kennett is scheduled to be hosting Plymouth

today, Thursday, Feb. 4, at 7 p.m. and next week is scheduled to play Moultonborough, at home on Monday, Feb. 8, and on the road on Thursday, Feb. 11, both at 6 p.m.

The Raiders are scheduled to be at Winisquam on Friday, Feb. 5, at 6 p.m. and will play Prospect Mountain next week, at home on Monday, Feb. 8, and on the road on Thursday, Feb. 11, both at 6 p.m.

KHS 11-21-15-16-63
BHS 10-4-2-3-19

Kennett 63
Cummings 2-1-5,
Stewart 7-2-19, Habert 2-1-5, Elias 1-0-2, Parsons 2-2-6, Chin 5-0-13, MacLellan 1-0-3, Chick 3-2-8, Totals 23-8-63

Belmont 19
Perkins 1-0-2, Fleming 1-1-3, Hall 2-1-5, Rodrigues 1-0-2, Burke 1-0-2, Edgren 1-1-3, Roberts 1-0-2, Totals 8-3-19

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

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University of New Hampshire’s announces Dean’s List for Fall 2020 Semester

DURHAM — The following students have been named to the Dean’s List at the University of New Hampshire for the fall 2020 semester:

Alexus Day of Belmont, earning Highest Honors
Seth Rupp of Belmont, earning Highest Honors
Michael Marrone of Belmont, earning High Honors
Hailley Simpson of Belmont, earning Honors
Cole Contigiani of Belmont, earning High Honors
Kaitlynn Delisle of Belmont, earning High Honors
Alise Shuten of Belmont, earning Highest Honors
Skylar Ruelke of Belmont, earning High Honors
Trevor Hunt of Belmont, earning Highest Honors
Noah Longval of Sanbornton, earning Highest Honors
Daisy Burns of Sanbornton, earning High Honors
Mackenzie French of Sanbornton, earning High Honors
Jason Plant of Sanbornton, earning Highest Honors
Harrison Parent of Northfield, earning Highest Honors
Joshua Shevlin of Northfield, earning High Honors

ors
Brianna Turner of Tilton, earning High Honors
Sarah Marcoux of Northfield, earning Honors
Felicia Blodgett-Duran of Northfield, earning Highest Honors
Michael Roy of Northfield, earning Honors
Alexa Beaulé of Northfield, earning High Honors
Ila Bartenstein of Northfield, earning High Honors
Mary Thomas of Northfield, earning Highest Honors
Christopher Hanson of Tilton, earning High Honors
Cameron Banks of Northfield, earning Highest Honors
Nathaniel Wilson of Tilton, earning Highest Honors
Anthony Syhabout of Tilton, earning High Honors
Olivia Dill of Tilton, earning High Honors
Isabel Cropsey of Tilton, earning High Honors
Kimberly Lowrey of Tilton, earning Highest Honors
Kylee Rock of Tilton, earning High Honors
Gavin Riley of Tilton, earning Honors

Students named to the Dean’s List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH’s research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

To learn more about the opportunities at the University of New Hampshire visit: www.unh.edu.

Central New Hampshire VNA & Hospice announces community awards

REGION — Central New Hampshire VNA & Hospice recently announced the recipients of their Annual Agency Awards.

The Leavitt/Knight Volunteer of the Year Award, named in honor of longtime employees Charlotte Leavitt and Doreen Knight. Both Charlotte and Doreen spent time working with the volunteers of the agency and this award honors their commitment to volunteer service and

the agency mission. The award was given to David Barth for his many years of volunteering in the Hospice program, in particular for his work with the Veterans in our care.

The Millham Leadership Award, named in honor of Alida Millham and her continued leadership throughout NH’s Lakes Region was awarded to John Beland. This award was in recognition of John’s leadership and persistent ef-

orts during the COVID pandemic. Lisa Dupuis, Central VNA CEO praised John for his work, both with Central VNA but also with the community at large.

The Shirley Bentley Outstanding Clinician Award, named in honor of Shirley Bentley for her years of dedication to the agency and the nursing profession. Shirley, a retired VNA administrator and RN, had served as a trustee and was very involved

with the agency. The award was presented to Heidi Loring, an employee of the agency for more than 27 years, who embodies the ideals and values that Shirley Bentley herself displays ... empathy, compassion, and high standards of care.

About Central New Hampshire VNA & Hospice

The Mission of Central New Hampshire VNA & Hospice is “Promoting dignity, indepen-

dence, and well-being through the delivery of quality home health, hospice and community-based care services.” Central New Hampshire VNA & Hospice serves Lakes Region communities in Belknap and Southern Carroll County and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hos-

pice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.

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Late goal gives Lakers win over Knights



JOSHUA SPAULDING

Kingswood's Ethan Mosher and Laconia-Winnisquam-Inter-Lakes' Zach Spicuzza battle for possession in action on Saturday.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood boys' hockey team was playing in its first game of the season, while the Laconia-Winnisquam-Inter-Lakes hockey team missed a couple of games because Kennett had to cancel.

So, when the two teams took to the ice this week, it felt pretty good for everyone.

The teams met up in the chilly air of the Pop Whalen Arena on Saturday night, with the visiting Lakers getting a goal in the final 30 seconds from Carter Smith to skate off with the 4-3 win.

"We scored two goals in the last five minutes, that's good intestinal fortitude," said LWI coach Paul Wheaton. "We work on character and we work on teamwork and it paid off."

"That's night and day from the first game for us," said Kingswood coach Mike Potenza. "And I think Laconia played better than they did the other night too."

The two teams exchanged chances early on, with Nick Potenza sending a couple of shots just wide of the

net for the Knights while Kameron Young and Devin Schwarz getting bids for the Lakers. Cody Emerson had a shot on net for the Knights that Laker keeper Evan Rollins stopped and Bailey Savage sent the rebound wide of the net.

Cam DeVito sent the puck through the crease for the Knights while Andrew Spicuzza, Austin Keenan and Smith all getting chances, but Kingswood keeper Oleg Sheahan held his ground. Ethan Mosher had a shot denied by Rollins and Zach Cafarella sent a shot wide for the Lakers.

Kingswood took the game's first penalty with 7:06 to go in the first period and Spicuzza and Ryan Bousquet had chances go wide of the net and Shaw Swinerton had a nice clear for the Knights. Bousquet had another chance that Sheahan denied, killing off the penalty.

With 3:41 to go in the first period, the Knights got on the board, as Potenza passed the puck right across the crease to Savage, who had a wide open net to put the puck in, giving Kingswood the 1-0 lead.

However, just a minute and a half later, it was the Lakers finding the back of the net, as Smith picked up his first goal of the game on assists from Andrew Spicuzza and Cafarella on a two-on-one break to tie things up.

The Knights took a late penalty and the Lakers had the man-advantage for the final two minutes of the period and had some good chances, with Bousquet and Ethan Bickford getting the best looks. DeVito and Cam Kean had good clears for the Knights to close out the period with the score tied at one.

DeVito and Young exchanged chances early in the second period and Kingswood took a penalty with 12:39 to go in the period. Andrew Spicuzza, Zach Spicuzza and Young had the best power play chances but could not convert, with Sheahan making the saves. Swinerton had a nice clear and Potenza had a shorthanded bid to help kill off the penalty.

Andrew and Zach Spicuzza and Bickford continued the Laker pressure but the visitors took their first penalty



Devin Schwarz controls the puck during action against Kingswood Saturday.

of the game with 9:03 to go in the second. Savage, Potenza and DeVito teamed up for some good chances early in the power play, but Rollins was up to the challenge. Andrew Spicuzza had a shorthanded bid stopped by Sheahan and Mosher and Case Rogers had shots denied by Rollins as the power play finished off.

The Lakers were able to take the lead with 6:26 to go in the second. Young got the original shot on net that Sheahan stopped but Bickford was there to put the rebound home for the 2-1 lead. The Lakers continued to pressure, with Smith, Cafarella and Andrew Spicuzza getting bids while at the other end, Potenza and Emerson had chances. Braden Cash also had a chance for the Knights but good defense from Bickford helped out his keeper. Savage also had a bid denied by Rollins and Kean sent the puck through the crease on another chance.

With 8.7 seconds to go in the second, the Knights were able to convert on their pressure, with Swinerton feeding Savage, who buried the puck for his second goal of the game, sending the

game to the final period with the teams tied at two.

The Knights grabbed the lead just 43 seconds into the third period, as Potenza ripped a shot from the circle for the 3-2 lead. Young and Bickford led the way for the Lakers as they battled back, but Sheahan held tight in the Kingswood net. Potenza and Cash had chances for the Knights that Rollins stopped and Kean had a centering pass cleared out by the defense.

Schwarz and Zach Spicuzza had chances for the Lakers but couldn't convert and then Andrew Spicuzza and Smith teamed up on a chance that Sheahan stopped.

Kingswood took a penalty with 6:01 to go and before the penalty was up, the Lakers had tied the game, as Young netted the power play goal on assists from Zach Spicuzza and Bousquet, pulling the visitors even at 3-3.

Savage had a good chance for the Knights but Rollins held tight and Bickford had a chance for the Lakers that Sheahan stopped.

However, with 22 seconds to go, Smith got the go-ahead goal on an assist from Andrew Spicuzza to take the 4-3 lead.

erton getting a chance for the tying goal, but Rollins made the stop and the Lakers had the 4-3 win.

"That was an exciting game for everybody," Wheaton said. "They're (Kingswood) a good club, they're well-coached."

"Down with five minutes to go and we came back," the LWI coach continued. "It was a team effort."

"It took everything we had to win tonight and fortunately, we did," Wheaton added.

"I expected this to be a close game tonight," said Potenza. "We don't have the depth we've had in the past."

"We've got a lot of young kids learning," the Knight coach continued. "But they've gotten ice time and shown some promise."

"Experience will come, and all of them will get the opportunity to play," Potenza stated.

Kingswood is scheduled to be at Kennett on Saturday, Feb. 6, at 5:30 p.m. and will be at Berlin for a game on Wednesday, Feb. 10, at 6 p.m.

The Lakers are scheduled to visit Kearsarge-Plymouth on Friday, Feb. 5, at 7:30 p.m. and will be taking on Belmont-Gilford on Wednesday, Feb. 10, at 4:30 p.m.

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

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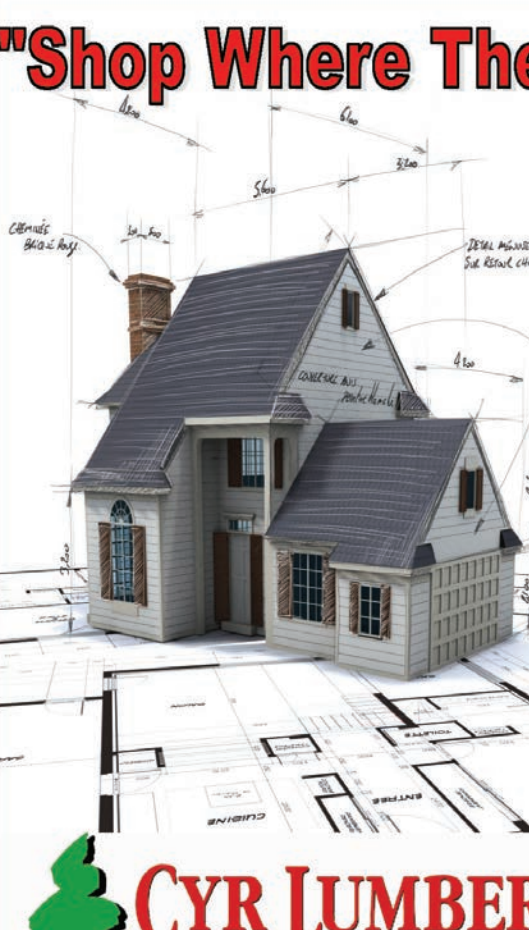
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