



Five candidates for two open positions on the Tilton Board of Selectmen who will be on the ballot next Tuesday participated in a Candidates Forum at the Town Hall last Thursday. From left to right are Jason Wright, incumbent Jon Scanlon, Stanley Brown, Lynn Marcoux and Eric Pyra.

Select Board candidates introduce themselves to Tilton voters

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – During the Candidates Forum in Tilton last Thursday, five people who will be on the March 10th ballot for two openings on the Board of Selectmen offered their explanations on why they were running for office as well as their views on topics that were presented to them by Town Moderator Chuck Mitchell, and answered a few questions from the public.

Jon Scanlon is the current chair of the selectmen, who is seeking CANDIDATES, PAGE A9

Life Safety Building renovations lead off Sanbornton warrant

BY DONNA RHODES
drhodes@salmonpress.news

SANBORNTON – Next week, registered voters in Sanbornton will be asked to consider lending their support to any of the town residents seeking election, or reelection in some instances, on March 10, then participate in the Wednesday, March 11 town meeting where they will then discuss and vote on nine articles listed on the remainder of their 2020 town warrant.

The first three articles, which will be listed on the Tuesday ballots, will address Planning and Zoning Board amendments that pertain to Floodplain Conservation and the redefinition of the Historical Preservation District. On Wednesday, however, the discussion will begin with the biggest item up for consideration this year, which will be a \$4,326,294 municipal operating budget, recommended by both the Budget Committee and the Board of Selectmen.

“They both worked really hard on this together to come up with the best budget they could for the town,” said Town Administrator Trish Stafford.

Article 2 will then ask voters to approve modifications to the Life Safety Building for the price of \$175,000 that would come from the Unexpended Fund Balance and not affect tax rates. The money is being requested to add shower and locker facilities for First Responders along with a secured entrance to the building, which currently has non-potable water, and address any other minor modifications as necessary.

Capital Outlay expenditures this year are being presented as a total of \$709,951. Those funds would be used to make lease payments on highway department as well as improvements to town roads. That measure has also been approved by both the Budget Committee and the Selectmen.

Article 4 will ask the town to raise and appropriate \$40,000 over the coming year for the purchase and set-up of a new police cruiser. The older cruiser would then be decommissioned and put up SEE WARRANT, PAGE A9

Ed Gerety is an author and one of the top professional youth speakers and leadership trainers in the U.S. Through his personal experiences, inspirational stories, and powerful lessons, Ed teaches life skills that are essential for our youth to develop as leaders in school and in life. Come hear how to reach your full potential and that your past doesn’t determine your future. You have the power to choose!

Stand Up Winnisquam presents Ed Gerety

Franklin Savings Bank honors four employees with Vision Award

FRANKLIN — Franklin Savings Bank recognized four employees with a Vision Award during its recent annual employee recognition event. The award is presented each year to individuals who make a difference with their customers and co-workers by embodying the bank’s vision. This year’s recipients are Brian Lamontagne, Branch Manager in Gilford; Gloria Pickering, Personal Banker in Franklin; Linda Deleel, Commercial Loan Documentation Manager; and Shelbie Swanson, Personal Banker in Gilford.

During his remarks, Ron Magoon, President & CEO, commented, “This event is one I look forward to each year as I am always impressed by the individual accomplishments and contributions of our honorees.

This year’s recipients truly demonstrate their commitment to being the very best at what they do each day. Their dedication has a meaningful impact on the success of Franklin Savings Bank and the lives of our customers and the communities we serve.”

Brian Lamontagne was honored with an award for his commitment and dedication to his customers, staff and community. He comes to work each day with a smile on his face that resonates through his voice. He creates an environment in which his customers and his staff feel welcomed and valued. Further, Brian is respected, trusted and well-liked by his peers

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Pictured (l-r): Shelbie Swanson, Personal Banker; Brian Lamontagne, Branch Manager; Gloria Pickering, Personal Banker; and Linda Deleel, Commercial Loan Documentation Manager are the recipients of a Vision Award from Franklin Savings Bank. They were each bestowed an award in front of their peers at the bank’s annual Employee Recognition Night.

HALL MEMORIAL LIBRARY HIGHLIGHTS

March at Hall Memorial Library Tilton/Northfield

Weekly Adult Programs

Chess Club - Mondays from 2-5 p.m.

Spanish Club - Tuesdays from 10-11:30 a.m.

Sewing - Tuesdays at 10 a.m.

Tech Tuesdays from 2-4 p.m. - Get help from Jenna with your device.

Sit and Knit - Friday from 2-5 p.m.

Weekly Youth Programs:

Mondays at 4 p.m. for Grades 3 and up: After School Board Game Club

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

Tuesday Self-Care Session for Teens - 3 to 4 p.m.

Join us for an hour of self-care on Tuesday after school!

Weekly Programs for Children

Storytime - Wednesdays at 10:30 a.m.

March 4

March 11

March 18

March 25

March Calendar of Events

Saturday the 7th, 10:30 a.m. - noon

Babywearing 101 - Join Cassidy Dion of Blooming You Doula Services to learn about

the benefits of babywearing and how to wear different types of carriers safely. Parents and caregivers will have the opportunity to try on soft structured carriers, wraps, slings, and hip seats or may bring their own for assistance with fitting.

Monday the 9th at 5 p.m.

Trustees Meeting - Open to the public

Wednesday the 11th at noon

Scrabble in the Afternoon - A great way to spend a day... friends and a leisurely game. Adults Only.

Wednesday the 11th at 4:30 to 5:30 p.m.

Reading with Jellyroll - Drop in for a ten-minute slot to read with Jellyroll, the dog!

Monday the 16th at 6 p.m.

The Bookers - "Normal People" by Sally Rooney

"Connell and Marianne grew up in the same small town, but the similarities end there. At school, Connell is popular and well liked, while Marianne is a loner. But when the two strike up a conversation, something life-changing begins. A year later, they're both studying at Trinity College in Dublin. Marianne has found her feet in a new social world while Connell hangs at the sidelines, shy and uncertain. As she veers into self-destruction and he begins to search for meaning elsewhere, each much

face how far they are willing to go to save the other. Normal People is the study of mutual fascination, friendship and love. It takes us from that first conversation to the years beyond, in the company of two people who try to stay apart but find they can't." (Amazon)

Thursday the 19th at 4 p.m.

Craft & Connect: Mason Jar Craft

Drop in to make a lid coaster and we'll decorate the jar for use as a vase or for starting seeds. While supplies last or bring your own jar.

Monday the 23rd at 6 p.m.

Crime Junkies Book Group - "The Poisoner's Handbook" by Deborah Blum

"A fascinating Jazz Age tale of chemistry and detection, poison and murder, The Poisoner's Handbook is a page-turning account of a forgotten era. In early twentieth-century New York, poisons offer an easy path to the perfect crime. Science had no place in the Tammany Hall-controlled coroner's office, and corruption ran rampant. However, with the appointment of chief medical examiner Charles Norris in 1918, the poison game changed forever. Together with toxicologist Al-

exander Gettler, the duo set the justice system on fire with their trailblazing scientific detective work, triumphing over seemingly unbeatable odds to become the pioneers of forensic chemistry and the gatekeepers of justice." (Amazon)

Tuesday the 24th at noon

Nooners Book Group - "Before We Were Yours" by Lisa Wingate

"In Memphis, 1939, the Foss children live aboard a Mississippi River shantyboat and until one stormy night when the eldest, Rill, is left in charge. Their parents must leave, rushing to the hospital, and strangers arrive in force. Taken to a Tennessee Children's Home Society orphanage, the children are assured they will be reunited with their parents - but they quickly realize the dark truth. In present day South Carolina, Avery Stratford enjoys a successful career as a federal prosecutor and will soon be married in a lavish wedding to her handsome fiancé. But when she returns home to help her father weather a health crisis, a chance encounter leaves her with uncomfortable questions and compels her to take a journey through her family's long-hidden history, on a path that will ultimately lead to either devastation

or to redemption. Based on one of America's most notorious real-life scandals-in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country-Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong." (Amazon)

Wednesday the 25th at noon

Pen to Paper Planners - Join us for a fun hour of chatting about planners, journals, and ideas for making yours work for you. We'll have some tips, books, and fun stationery stuff to share so bring your favorite supplies and a notebook or planner.

Wednesday the 25th at 4:30 to 5:30 p.m.

Reading with Jellyroll - see above for details

Wednesday the 25th at 4 p.m.

Books and Brews - "Never Have I Ever" by Joshilyn Jackson

Meet us at Kettlehead to discuss this month's pick! "Amy Whey is proud of her ordinary life -teaching diving lessons, baking cookies for new neighbors, helping her best friend run their local book club. But Amy's sweet, uncomplicated life begins to unravel when the mysterious and alluring Angelica

Roux arrives on her doorstep one book club night. Sultry and magnetic, Roux beguiles the group with her feral charm. She keeps the wine flowing and lures them into a game of spilling secrets. Everyone thinks it's naughty, harmless fun. When they're alone, Roux tells her that if she doesn't give her what she asks for, what she deserves, she's going to make Amy pay for her sins. To protect herself and her family and save the life she's built, Amy must beat the devil at her own clever game, matching wits with Roux in an escalating war of hidden pasts and unearthed secrets. She could lose the game, but what terrifies her is everything she could lose if she wins. A diabolically entertaining tale of betrayal, deception, temptation, and love filled with dark twists leavened by Joshilyn Jackson's trademark humor, Never Have I Ever explores what happens when the transgressions of our past come back with a vengeance." (Amazon)

Thursday the 26th at 6 p.m.

Pen to Paper Planners - See above for details

Friday the 27th from 10:30 a.m. - 12:30 p.m.

Gameschool - Home-school families are invited to join us for some board game fun. We have a variety of great games for all ages to choose from, or feel free to bring your own.

HALL MEMORIAL LIBRARY HAPPENINGS

Tilton/Northfield

Monday, March 9

Chess Club, 2 - 5 p.m.

After-School Board Game Club, 4 p.m., for grades three and up

Trustees Meeting, 5 p.m.

Tuesday, March 10

Spanish Club, 10 a.m.

Sewing Group, 10 a.m.

Tech Tuesday, 2 to 4 p.m.

Self-Care for Teens, 3 to 4 p.m.

Wednesday, March 11

Storytime, 10:30 a.m.

Scrabble, noon

Friday, March 13

Sit & Knit, 2 to 5 p.m.

New Items

"When You See Me" by Lisa Gardner

"Sisters by Choice" by Susan Mallery


"Saint X" by Alexis Schaitkin

"The Other Mrs." by Mary Kubica

"A Divided Loyalty" by Caroline & Charles Todd

"Above the Bay of Angels" by Rhys Bowen

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SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 41 calls for service and made the following arrests during the week ending Feb. 29.

Paul Carney, age 32, of Laconia was arrested on Feb. 26 for Operating Without a Valid License. He was released on a summons, and is scheduled to appear in Franklin District Court on April 6.

Jonathan Wood, age 21, of Laconia was arrested on Feb. 28 for Driving After Revocation, a Suspended Registration, and violating Driver's License Prohibitions. He is scheduled to appear in Franklin District Court on April 6.

The breakdown of the remaining calls was as follows: one alarm, one report of criminal trespassing, one violation of driver's license prohibitions, one report of driving after revocation, one fire, one house check, one report of a bad check, one medical call, three requests for motorist assistance, one motor vehicle summons, 23 motor vehicle warnings, one report of operating without a valid license, two requests for police information, one report of reckless operation, one road hazard complaint, and one suspended registration.

NORTHFIELD POLICE LOG

NORTHFIELD — During the time frame of Feb. 17 – Feb. 23, the Northfield Police Department received 299 calls for service.

Taken into Custody:

Rudolph Labranche 36, of Northfield for Driving after Revocation/Suspension.

Michael Fecteau 36, of Laconia on a no bail warrant for failure to appear for the charge of Acts

Prohibited.

Jennifer Doherty 41, of Franklin for Criminal Trespass and a Bench Warrant for Non-Appearance in Court for Violation of Protective Order.

Rachel Coffey 33, of Northfield for Operating w/o Valid License and Driving after Revocation/Suspension.

Mark Bourbeau 50, of Northfield for DUI-im-pairment.



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Sun.: 10:15 AM, 12:45, 3:45, 6:45 PM		Sun.: 10:30 AM, 1:00, 4:00, 7:00 PM	
Mon. - Thur.: 12:45, 3:45, 6:45 PM		Mon. - Thur.: 1:00, 4:00, 7:00 PM	
		SONIC THE HEDGEHOG	PG
		Fri.-Sat.: 12:20, 2:40, 5:00, 7:15, 9:30 PM	
		Sat.: 10:00 AM, 12:20, 2:40, 5:00, 7:15, 9:30 PM	
		Sun.: 10:00 AM, 12:20, 2:40, 5:00, 7:15 PM	
		Mon. - Thur.: 12:20, 2:40, 5:00, 7:15 PM	

Find us online at: BarnZs.com





DONNA RHODES

Maple Weekend around the corner

The Proulx family of Tilton have been busy placing sap lines and readying Just Maple Farm for the annual Maple Weekend celebration of New Hampshire’s maple industry. On March 21 & 22, sugarhouses throughout the state will be providing tours, samples and sales of their products. At Just Maple, there will even be some live entertainment, kids activities, maple cotton candy, maple-glazed donuts, and lunch items like sap-boiled hot dogs and maple baked beans for sale. More information on other events and locations that weekend can be found by visiting www.nhmapleproducers.com.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 911 calls for service and made the following arrests from Feb. 17 to March 1. Arrested during this two-week time period were Matthew Huck-

ins (for Driving After Suspension), Makenzie Moody (for Possession of Drugs), Joshua Page (in connection with a warrant), Leah Jameson (for Willful Concealment), Charles Anzaldi (in connection with a warrant), Shane Cutting (for Resisting Arrest and Simple Assault), Margaret Smith (for Driving After Suspension and a Suspended Registration),

Courtney Littlefield (for Operating Without a Valid License), Kameron Fowler (for Driving After Suspension), Vincent Scott (for Driving After Suspension), Erich Snider (in connection with a warrant and for driving a vehicle with a false inspection sticker), Shannon Lundy (in connection with a warrant and for Conspiracy to Commit Theft), Jonathan

Gilman (for Possession of Drugs, Driving After Suspension, and in connection with a warrant), Marissa Monsante (in connection with a warrant), Zachary Lucas (for Possession of Drugs), Kellani Catstellez (in connection with a warrant), Andrew DeCormier (in connection with a warrant), and Joseph Locke (for Driving After Suspension).

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Feb. 21-28. Jessica Daigle, age 34, of Concord was arrested on Feb. 21 for Possession of Controlled/Narcotic Drugs, and in connection with a bench warrant issued by Concord District Court. Matthew J. Michaud, age 34, of Center Barnstead was arrested on Feb. 21 for Bail Jumping. Scott Michael Johnson, age 25, of Belmont was arrested on Feb. 22 for Domestic Violence-Assault. Austin Braley, age 25, of Franklin was arrested on Feb. 23 for Driving After Revocation or Suspension and a Suspended Registration (operating-misdemeanor). Marissa Monsante, age 24, current address unknown, was arrested on Feb. 26 in connection with a warrant. Nathan E. Greene, age 50, current

address unknown, was arrested on Feb. 26 in connection with a warrant, and for three counts of Possession of Controlled/Narcotic Drugs. Mishawn MacDonald, age 32, of Gilford was arrested on Feb. 27 for Possession of Controlled/Narcotic Drugs, Falsifying Physical Evidence, Resisting Arrest or Detention, and in connection with a warrant issued by the Laconia Police Department. Lindsay M. Thayer, age 32, of Belmont was arrested during the same incident for Possession of Controlled/Narcotic Drugs, Resisting Arrest or Detention, Falsifying Physical Evidence, and in connection with a bench warrant issued by Franklin District Court. Scott R. Tilton-Fogg, age 30, of Tilton was arrested on Feb. 27 in connection with a bench warrant issued by Plymouth District Court.



High Time—Celtic Trio

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STRATEGIES FOR LIVING

Socialism: Dream or nightmare?

BY LARRY SCOTT

The socialist dream currently being offered America is an offering that has all the earmarks of a national disaster. Bernie Sanders and his followers have the right to make such a pitch, but what astounds this writer is the ready acceptance it is enjoying by a significant portion of the American electorate.

Free health care for all, a free education, forgiveness for the millions carrying educational debt, and a liberal in the White House dealing with our social problems from a progressive point of view sounds to me like a sure deathblow to the American way of life. The Socialist States of America doesn't appeal to me in the least.

Touted as "Democratic Socialism," a moniker calculated to soften the threat, what is being championed is neither democratic nor socially beneficial. Democratic Socialism is, in fact, an oxymoron, a contradiction of terms. If it is democratic, it can't be socialism, and if it is socialism, it won't be democratic.

The theory sounds great on paper, or on the stump to a gullible public. Everybody working together for the overall good of the nation, prosperity evenly spread among all the workers, everyone serving according to their ability and being rewarded according to their need ... now who is going to object to that?

Except that it's a pipe-dream. Every human activity involving a group of people will inevitably need a leader; someone to make the final call on decisions that can't be ignored. In a socialist economy that comes down to the state, and most generally, to the head of state.

And how are you going to pay for all of this? Cut military spending? America's democratic heritage has produced some powerful enemies. Our military might and willingness to use it when needed has, at least to a small extent, kept in check forces that would like to bring "death to America." A weakened military will do little but embolden those determined to destroy us and our American way of life.

And, "Oh, yes!" Tax the rich. That seems to be the promise that resonates but only with those who would like to have someone else pay for their freedom. Sorry, but not even the "rich" could fund the billions being promised. Don't let the rhetoric obscure the truth: funding for a socialist America will come from you and me ... and we will pay big!

As threatening as I find the socialist agenda to be, and I would presume you would like to challenge some of what I have written, I am not one of those who believe the best thing for the Republican Party is a Bernie Sanders for President party ticket. We have been told by knowledgeable political pundits, "Be careful what you wish for!"

Now I will grant that if Jesus were head of state, my attitude would be remarkably different. But we have no such leader emerging from our society, and Bernie Sanders isn't it!

Wake up, America! Our national mindset is such that a socialist make-over of our great nation is not beyond question. If you don't take notice, if you won't take seriously the threat that is being touted against our American way of life, or if, in November, you stay home and leave the fate of our nation to others, you may well get what you deserve.

We live in a great nation with great liberty and great opportunity for all. Let's keep America great!

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

Send your letters!

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DONNA RHODES

Tilton Town Report dedicated to longtime selectman

The 2019 Tilton Town Report is being dedicated this year to outgoing selectman Katherine Dawson, who has dedicated 18 years to the Board of Selectmen along with holding positions on numerous other town offices and committees. Dawson was presented with the first copy of the Town Report at a selectmen's meeting last week. Joining her for the surprise presentation were selectmen Pat Consentino, Joe Jesseman, chair Jon Scanlon, and Peter Fogg.

LETTERS TO THE EDITOR

I care about the town of Northfield

To the Editor:

I am running for Selectman because I care about our town, and I care about the people in our town.

I served you as Fire Commissioner from 2007 to 2010, and as Selectman from 2013 to 2016; I currently serve on the TNFD and Northfield Budget Committees, Northfield Zoning Board of Adjustment and CIP Committee, as well as the TNFD 2019 Fire Station Committee. I have also served as Trustee of the Trust Funds.

Being a fiscal conservative who is highly focused on want VS need. I am very concerned with the tax rate and all the budgetary components and constraints that affect our residents' quality of life. I analyze everything and make decisions based on input from the people who the particular decision will affect, solid research and sound financial practices. I am known to be a person of integrity, always striving to do the right thing. I have a great deal of admiration and respect for our town departments, employees and the jobs that they do.

The primary function of the Board of Selectmen is to carry out the business of the town as directed by Town Meeting. I believe that the Board of Select-

men should be a cohesive unit where the board members respect one another's right to speak, be heard, and participate equally. No one Selectman is more important than another and should not be off doing things on his own. I will see to that by bringing stability, integrity and transparency to the board.

I approach this endeavor with an open mind and no agenda whatsoever. If elected, I pledge to you that everyone gets a fair shake and everything gets due consideration.

I have received a great deal of very much appreciated encouragement and support from many highly respected members of our community. I am happy to answer any questions and address any concerns you may have. You are welcome to contact me via Facebook Messenger; text or call me at 455-9069, email me at kevin1waldron@gmail.com or I will meet you in person at a location of your choice to speak to you personally. Thank you for your consideration. I would appreciate your support at the polls on March 10.

Respectfully
Kevin Waldron
Northfield

We deserve a better return on our investment in education

To the Editor:

I owe you all an apology because I was not able to attend the City Council Meeting earlier this month, because of a family obligation.

I do want to share with you a major concern that impacts our children and you the taxpayer. That is the performance of Franklin students on the National Assessment of Educational Progress (the Nation's Report Card). The NAEP is administered every year to the students to show proficiency in the area of Reading and Math. In 2018-19, the results for the 11th grade students were 36 percent at grade level in Reading and 16 percent at grade level in Math. This is indicates that six out of 10 students at the 11th grade are functionally unable to read proficiently, and less than one out of eight proficient in math.

I've had more than one person relate to me a situation where they are in a store making a purchase. The total of their bill is \$8.75. A \$10 bill is presented, but the cash register computer is malfunctioning. The young person behind the counter is totally at a loss, not at all able to give the dollar and quarter in change. Unable to do the math.

Practically speaking, if a person cannot decode words proficiently to read, they cannot complete a job application, nor can they write a report to their employer. A person who cannot do simple math calculations results in the scenario above. Employers and Human Resource personnel repeatedly indicate that five of every 10 applicants are rejected because

they cannot read, write or compute.

Children who cannot decode words, do not have the tools necessary to fully develop their language comprehension. Children who are handicapped in this manner loose self-confidence, are more likely to drop out of school, get in trouble with authorities, and turn to drugs and gangs. Our children deserve better.

You, the taxpayer, deserve better also because you invest your dollars in the school so that when the child graduates from school they will be able to function in the community. Whether they choose to go on to higher education or enter the work force, the taxpayer relies on their ability to function in the community. Our children deserve better. You deserve a better return on your investment than 64 out of 100 who cannot function.

In an effort to improve transparency and stimulate community conversations with parents, districts, legislators, and others about the state of their local school system, the State

Department of Education has established iPlatform. Please take the time to explore this site. <https://www.education.nh.gov/iportal/index.htm>

If at any time you would like to contact me, I can be reached at karen@sanbornhall.net or at 934-7111.

Regards,
Karen Testerman
Franklin City Council, Ward II

FRANKLIN VNA & HOSPICE'S HEALTH CORNER

March is National Kidney Month

Full disclosure: I'm a registered nurse, and I know what human kidneys look like. But when I close my eyes and picture my kidneys, I imagine them as small kidney beans, in white lab coats, efficiently checking things off on a clipboard. Yes, they are also wearing glasses and have pocket protectors. This image embodies, to me, all the amazing things

my kidneys are actually doing rather than what they look like they're doing, which is honestly not much.

In reality, our kidneys are quite busy balancing fluids in our body, making sure we don't have too much or too little salt, helping us to recycle parts of our red blood cells so that we can make new ones, regulating our blood pressure, balancing

the calcium and phosphorus in our blood by way of activating vitamin D, filtering anything gross and unneeded out of our blood so that we can continue to be happy and healthy and so much more! For two unassuming bean-shaped organs in our lower back, that's a lot of tasks. And because they have so many jobs, when kidneys are damaged

NORTH COUNTRY NOTEBOOK

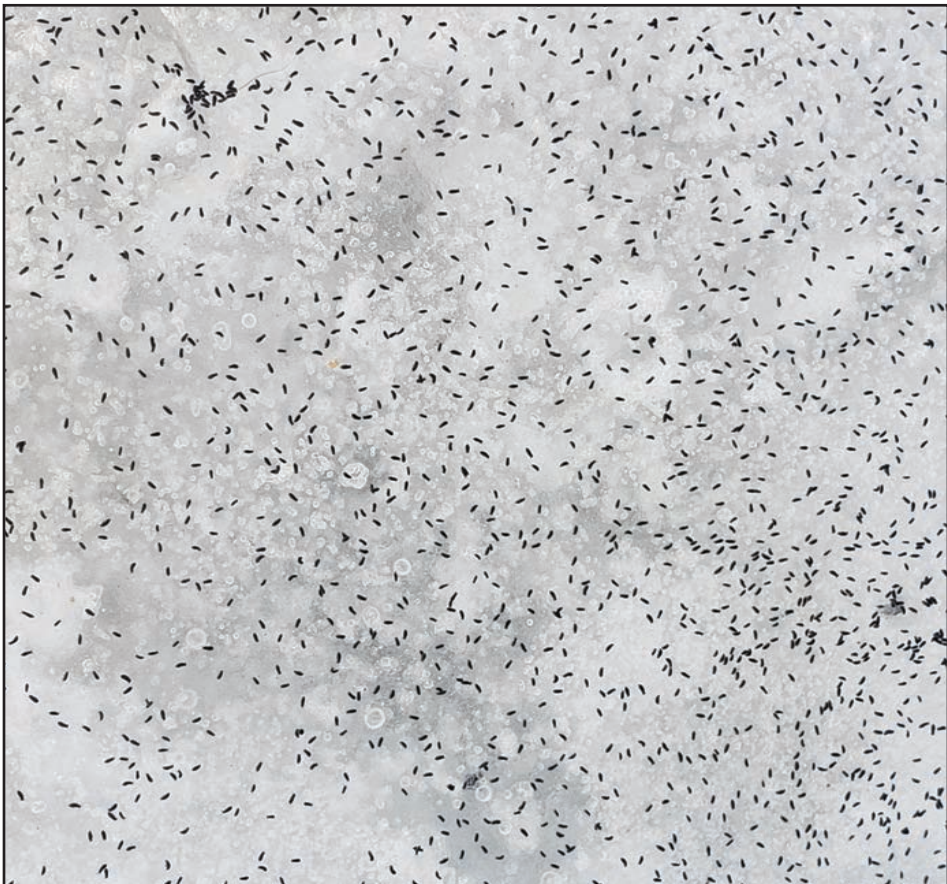
Just look down at your feet, please, and pause a moment for snow fleas



By JOHN HARRIGAN
COLUMNIST

This is the time of year when, whenever you go out, you can see snow fleas. Maybe. Under certain conditions. On the snow. At certain times. In some places. “If you hold your mouth right,” as long-time canoe partner Earl Bunnell liked to say. But here’s the biggest condition of all: You have to look down. Or, even better, back at your own footsteps. Now there’s a novel thought. What is it about snow fleas that make some people think, automatically, that it’s some kind of joke? They look at you twice--the double-take--

then with a suspicious squint. “What, are you trying to put something over on me?” That’s when I want to jump up and down, waving my arms criss-cross above my head in the old international sign of distress, and shout “For Pete’s sake, don’t you ever look down? Or even back at your own trail?” Because the snow fleas are there for all to see, by the hundreds--no, thousands--no, hundreds of thousands--no, millions. Literally. They are the not-so-short-lived phenomenon of the north. Near-neighbor, logger, master carpenter and fellow outdoor writer Gerry Allen is (fortunately for me) a kindred soul when it comes to snow fleas. During a recent bloom of these little insects, he was out and about and I wasn’t, and he took a photo, which is hard to do. Mostly, the photos look like someone upended a pepper-shaker onto a blank sheet of paper. So Gerry sent me this picture of a whole bunch



GERRY ALLEN — COURTESY
On a recent sunny day, Gerry Allen took one of the best photos of snow-fleas I’ve ever seen. But you know what? It still looks like someone just held a pepper shaker over a sheet of white paper.

of snow fleas he noticed erupting all over the surface of the snow when he was out slogging around near his home the other day. It was a gorgeous, sunny, late-February afternoon, perfect for snow fleas. Gerry’s photo looked just like (guess what?) someone took a giant pepper shaker and (but you know the rest). These tiny creatures

are not fleas at all, but are members of the springtail family, and exist on the detritus (decaying vegetation) on the forest floor (or in pastures and fields--just about anywhere there’s something to eat. When they release their tails, which are normally carried tucked under the body, they catapult themselves for incredible distances. For us, it would be many times the world-record long-jump. Think Armstrong and Aldrin and Shepard & Co., bouncing around on the moon at 16.6% of earth’s gravity. But the moon-shots cost billions. You can see snow fleas for nothing--all you have to do is get out there on a sunny day, make a footprint in the snow, and look down. (Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

MARK ON THE MARKETS
Any excuse



BY MARK PATTERSON
The equity markets had gotten ahead of themselves over the last couple of months. What I mean is that while the overall economy was still in good shape, the stock market was trading above its expected average growth. So, picture a left to right ascending line that represents the expected growth of the S and P 500 index that is the benchmark the stock market. The actual performance of the stock market had moved above that line significantly. But as we have discussed here and, in my workshops, eventually all reverts to the mean or average. This latest market correction may overshoot the average to the downside, however, in time should come back to meet it. Market analyst have blamed the Corona virus, but I have also heard that the prospect of a Bernie Sanders democrat nomination is also affecting the markets, citing that United healthcare is down more than the S and P 500 index itself. Whatever reason or combination of reasons are responsible, the fact remains that we are due for a pull-back in the equity markets. Recently there have been indications that we

were going to correct, such as negative convergence, bond yields at historic lows and the uncertainty of US elections thrown together for a good excuse for a correction. If you have been positioned properly in the equity and debt markets, using modern portfolio theory, that is using a combination of non to low correlated asset classes to build your portfolios, you need not make drastic changes to your investment mix. If you are in mutual funds from the same fund family or all in stocks, then you will feel some pain. If you don’t need this money for 10 years or more, ride it out and make those changes in the future. If you are inside five years of retirement and stuck in limited choice 401k’s or 403b’s then I suggest you consider in-service distribution, that allows you to move money from your plan (most plans allow after 59 and a half) to an IRA while still participating in your plan. Once these assets are in the IRA you should have far more options to structure your plan to work for you! If you are going to need this money for retirement income, then you can do this much more effectively in the IRA. Choices for growth will very likely be broader, cost efficient and more abundant than a typical plan with very limited choices. 401k and 403b plans are good for early accumulation and hopefully some match from employer, but as we approach retirement, the in-service distribution option is, in

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers
We all know that we feel better when we eat well. Good eating habits, and being mindful of healthy eating goals, can improve mental and physical health, and give us the energy we need to do the activities we love. Unfortunately, too many seniors are not having their nutritional needs met. Changes in our bodies as we age, and changing dietary needs, can make healthy eating more difficult for older adults. One in three hospital patients is malnourished upon admission and almost one-third of U.S. patients (31 percent) experiences declines in nutritional status while in the hospital. The health risks associated with malnutrition can be especially concerning for seniors. Symptoms can include: Weakened immune system Poor wound healing Muscle weakness Weight loss Dental issues If engaging in good eating habits is a struggle, there are steps any-

one can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns, they can also try the following tactics to get back on the right track: Make meals a social occasion – Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can look like making something healthy and delicious for others or reaching out to people that love to cook healthy food and offering them your company. Make healthy eating fit your budget – Good food doesn’t have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future. Shop for healthy foods – Having a kitchen stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet. Encourage people to ask for help – If someone you know has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren’t getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals. SEE COMFORT, PAGE A8

18th Annual
Summer Camp 2020

11 Publications for 4 Weeks!
March 11th & 12th, 18th & 19th
March 25th & 26th, April 1st & 2nd

The Meredith News, The Record Enterprise, Granite State News, The Baysider, Carroll County Independent, Coos County Democrat, The Littleton Courier, Gilford Steamer, Winnisquam Echo, Berlin Reporter, and Newfound Landing.

Looking for Summer Help? Counselors, Life Guards or Ice Cream Window Help?
Advertise Your Summer Registration: **SPACE IS LIMITED!**
Advertise your Day Camp, Sleepaway, Summer Daycare Program, Tennis and More!
Deadline: March 4th
* Price Per Week: 2x2-\$80 | 2x3-\$120 | 2x4-\$160 | 2x6-\$250 | 2x8-\$300 | 3x5-\$250 | 3x10.5-\$400
* Four Week Buy Required

Contact Tracy or Lori at 444-3927 | tracy@salmonpress.news or lori@salmonpress.news

PET OF THE WEEK

Meet Goldie! Goldie is a very timid and sweet 1 yr. old mix breed who originally came on transport from the south. She is a petite girl at only about 40 lbs. Goldie was not properly socialized as a pup and now needs some help from someone patience and kind who is willing to take the time to help her building confidence and learn! She would do best in an adult only home and may do best in a home with another confident canine friend. No kitties for her - too fun to chase!

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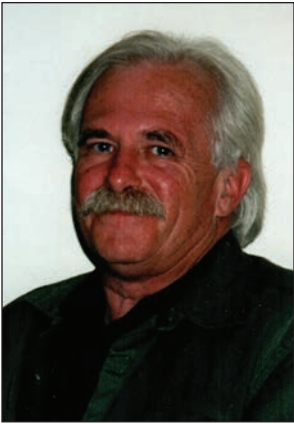
Albert S. Greene, 71

NORTHFIELD — Albert S. Greene, 71, of Northfield passed away at home on Tuesday, Feb. 25, 2020 surrounded by family.

He was born on Oct. 7, 1948 in Norwalk, Conn., the son of Charles H. Baxter, Jr. and Marion (Poole) Green.

Albert, fondly known as “Al” and “Albie,” was a man of many talents and interests. As an architectural engineer he designed grand spaces that will forever live on in homes across New England. Al enjoyed photography; landscape photography being his forte. Most weekends you would find him on a driving adventure with his wife and camera. Al was also a lover of the written word. You’d be hard-pressed to find a surface in the house that wasn’t covered with books of varying titles.

Members of his family include his loving wife of 13 years, Pamela Greene;



daughter, Shayla Greene and her partner, John Wielgus of Brookline; sons, Christopher Greene and his partner, Crystal Presock of Frisco, Texas, Shayne Greene and his fiancé, Brianna Goulet of Bow, and Sayre Greene and his wife, Sarah of Sandown; stepchildren Lauren Faria and her husband, Claudio of Medfield, Mass. and Greg Meyer of Nashua; and four grandchildren, Lucas, Emma, Isla and Chloe.

He was predeceased by his parents, Charles H. Baxter, Jr. and Marion (Poole) Green, and a

brother, David Baxter.

A funeral service will be held at Concordia Lutheran Church, 211 N. Main St., Concord, on Saturday, March 7, 2020 at noon. A private graveside ceremony is planned in the spring.

In lieu of flowers, memorial contributions may be made in Albert’s name to The Friendly Kitchen, PO Box 373, Concord, NH 03302.

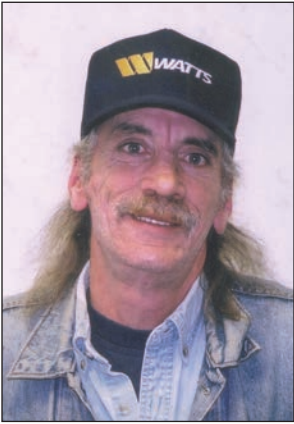
Arrangements are entrusted to the Bennett Funeral Home of Concord. Fond memories and expressions of sympathy may be shared at <https://www.BennettFuneral.com> for the family of Albert Greene.

Charles Elmer Wiggin, 66

NORTHFIELD — Charles E. Wiggin, 66, a longtime resident of Northfield, died at his home with his family by his side on Thursday, Feb. 27, 2020.

Charles was born in Franklin on Dec. 11, 1953, the son of Frank “Pete” and Ethel Mae (Griffin) Wiggin. He was a machine operator for Webster Valve Company in Franklin for 26 years, earning employee of the month in November 2003. Charlie enjoyed living life to the fullest!

He was predeceased by his mother Ethel and a sister, Linda Shaw,



who died on April 30, 2018.

His family includes his father, Frank “Pete” C. Wiggin, and his wife Jeanette (Young) Wiggin; his three sisters, Roseanna Bartlett of Northfield, Emma Shaw

of Laconia and Laura Shaw of Plymouth. He is also survived by several nieces and nephews.

Calling hours will be held on Saturday, March 7, 2020 from 2 to 4 p.m. at the William F. Smart Sr. Memorial Home, Tilton-Franklin Road (584 West Main St.) in Tilton. Burial will take place at a later date when family gathers.

Memorial contributions in memory of Charlie, may be offered to a charity of one’s choice.

For more information, go to www.smartfuneralhome.com.

LRAA offers Building Realism with Acrylics course



TILTON — Self-taught, highly acclaimed artist Acacia Rogers, a member of the Lakes Region Art Association (LRAA) is offering beginners and intermediate skilled artists to sign-up for her six week course on painting with acrylics.

Her beginner friendly course is designed to accommodate any new artist and with a repertoire builder for the intermediate artist to learn her time-tested combination of proven academic techniques for improving and refining one’s painting skills. Her course will cover everything from what materials are needed and how to select them, color mixing and values, choosing references to using layers of paint for building dimensions, plus much more. She’ll guide and teach using one-on-one easel time with all students, to a final group critique at the conclusion of her course. Her classes will be held every Tuesday beginning March 17 to April 28, 11 a.m.- 2 p.m. Class size is limited to the first eight to sign-up.

To register, contact Acacia Rogers at 965-5551, or: acaciarogers@gmail.com.

The Lakes Region Art

Association/Gallery is located in the Tanger Mall, Laconia Road, Suite 132, Tilton. The Gallery is open Thursday-Sunday, 10 a.m.-6 p.m.

Artists of the Month

At its February meeting, members of the Lakes Region Art Association/Gallery voted on selecting their choices for ‘Artists of the Month’ based on the paintings and photography entered into the judging. The best of the best are (L-R) Sherwood Frazier-his entry now on display at Northway Bank, Meredith, Duane Hammond-Meredith Village Savings Bank, Meredith, Susan Merritt-Northway Bank, Laconia, Gail Brunt-Laconia Public Library. Seated, (LR) Martha AuCoin-Bank of New Hampshire, Gilford Village and Phyllis Meinke-Franklin Savings Bank, Franklin. Not pictured are: Audrey Rougeot-Franklin Savings Bank, Franklin and Kat Pieschala-Northway Bank, Tilton. Their chosen entries are for sale and on display until the end of March. The Lakes Region Art Association/Gallery is located in the Tanger Mall, Laconia Road, Suite 132, Tilton. The gallery is open Thursday-Sunday, 10 a.m.- 6 p.m.



A New Year at the Belmont Library

BELMONT — The Belmont Library has received two state grant awards to complete the brickwork restoration on the 1928 National Register building, the Conservation License Plate Grant (also known as the Mooseplate grant) and a grant from the Land and Community Heritage Investment Program (LCHIP). “We are very pleased to have demonstrated the importance of the library building to the community,” observed library director Eileen Gilbert. “These grants help us preserve our historic building without putting the whole burden on Belmont taxpayers.” The non-fiction book group reads “The Secret History of Wonder Woman” by Jill Lepore: A riveting work of historical detection revealing that the origin of Wonder Woman, one of the world’s most iconic superheroes, hides within it a fascinating family story—

and a crucial history of twentieth-century feminism. – March 12 at 1 p.m. Tuesday book group tackles “[a] short, darkly funny, hand grenade of a novel about a Nigerian woman whose younger sister has a very inconvenient habit of killing her boyfriends.” – “My Sister the Serial Killer” by Oyinkan Braithwaite March 17 at 10:30 a.m. Our Friday Fiction book group meets on Friday, March 20 at 10:30 a.m. The stunning debut novel “Did You Ever Have a Family” from bestselling author Bill Clegg is a magnificently powerful story about a circle of people who find solace in the least likely of places as they cope with a horrific tragedy.

Preschool-age story-time features stories, movement, music, and crafts to encourage early literacy skills Wednesdays at 10:30am. The Belmont Library invites all fifth through eighth graders to cre-

ate with washi tape on Wednesday, March 18 at 3 p.m.

The Friends of the Library are planning a bake sale during the Library’s “Welcome Spring!” event on Saturday April 11. Contact the Library to contribute. The Friends meet Wednesday, March 11 at 12:30 p.m. All are welcome.

The Belmont Public Library is open six days a week and any time at

www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont’s community library.

For more information, contact:

Eileen Gilbert
267-8331
bpl@belmontnh.org
PO Box 308
Belmont NH 03220

NHTI announces fall graduates

CONCORD— The following students graduated from NHTI-Concord’s Community College, during the Fall 2019 term:

Center Harbor
Rebecca Hart

Franklin
Cynthia Cyr, Arian-na Hancock, Meaghan Moro

Gilford
Nathan Cobis

Gilmanton
Christopher MacArthur

Gilmanton Works
John Skehan

Hill
Gerald Marcoux

Lancaster
Samuel Newton

Lisbon
Steven Tompert

New Hampton
Nicholas Chapman, Caitlyn Danahy

Northfield
Tyler Murdough, Li-anna Pelletier

Pittsburg
Adam Young

Tilton
Richard Estes, Dakota Messer

Winnisquam
Savanah Bastis

NOTICE TO VOTERS OF THE WINNISQUAM REGIONAL SCHOOL DISTRICT

The Winnisquam Regional School Board has a vacancy it seeks to fill from the town of Northfield until the 2021 annual meeting of the school district. Interested candidates must be a resident of Northfield and a registered voter.

Those wishing to apply should send a letter stating their intentions by March 20, 2020 to:

Chairperson

Winnisquam Regional School Board
433 West Main Street, Tilton, NH 03276



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Belmont Legion provides support to Camp Resilience

GILFORD — The American Legion, Belmont Post 58 presented a \$500 check to support Camp Resilience. The Patriot Resilient Leader Institute, which operates Camp Resilience, based in Laconia, provides sustained, comprehensive programs to help wounded warriors recover their physical, mental and emotional well-being. Camp Resilience uses the scenic beauty of the Lakes Region of New Hampshire as its home base, and operates sports, adventure activities, and life skills programs for wounded veterans.

“The American Legion Post 58 is very pleased to provide yearly financial support to this outstanding organization that truly makes a positive impact on our wounded veterans,” said Vice Commander Russell Fabian.



to the right of the American flag is the Post 58 Vice Commander, Russell Fabian (US Army Vietnam veteran), presenting a check to Kurt Webber (LTC Retired US Army), the Camp Resilience Board Chairman. On the far left is Lee Cheshire (Retired USAF), the Post 58 Chaplain, and on the far right is Jeff Gaudet (US Navy Vietnam veteran), and member of the Camp Resilience Board.

The American Legion was created in 1919 by an act of the US Congress and its key purpose is to provide this type of support to American veterans from all wars, recently redefined by

Franklin Animal Shelter announces fundraising events

FRANKLIN — The Franklin Animal Shelter’s fundraising events are filling our calendar with many exciting programs.

Our calendar begins with FUNds4Paws 2020 Indoor Triathlon. The Saving Animals 16th annual indoor triathlon is being held on Saturday, March 21 at 10 a.m. until 4 p.m. in Weirs Beach, and the Franklin Animal Shelter has been added to the list of recipients. The competitions include bowling, miniature golf & games. Trophies and prizes will be awarded at the end of the competition. All team members get a 2020 Triathlon shirt & a free pizza lunch. Support the animal shelter by signing up with your

team. Teams who bring in pledges get tickets for the Super Pledges Prize. More pledges = more entries! 2020 Super Pledge Prize at the end of the competition is a 5-day cruise to the Bahamas or Caribbean for two. There will also be 50/50 raffle tickets available. Join the Fun... Sign up today. Limited number of team spots available. A four-person team entry fee is \$200. For more information: FunspotNH.com or FUNds4paws.org.

The Franklin Animal Shelter Dinner Dance is being held at the NEW Franklin Lodge of Elks 1280 on April 11. Cocktail hour will begin at 5:30 p.m., followed by dinner at 6. DJing the evening playing your

favorite music will be Lakes Region Entertainment. There will be a silent auction and a 50/50 raffle. Tickets are available by contacting Christine Dzujna, on line, and at the shelter and are \$35 per person. Please note no tickets will be sold at the door.

How about getting those sneakers ready for the annual Animal Shelter 5K? The race is being held on Sunday, May 24 at Paul Smith School, 41 Daniel Webster Dr. in Franklin. Bib pick up and same day registration kicks off at 8 a.m. and will close at 8:50 p.m. The course is U.S. track and field certified.

Mark your calendars for this exciting line up.

The Franklin Animal Shelter provides a place where Good Samaritan rescuers and those no longer able to care for pets can turn for help. The Shelter provides food, warm beds, needed medical attention and loving care.

The Franklin Animal Shelter is a 501 (c) (3) tax-exempt organization. Tax deductible contributions may be made through the website, www.franklin-animalshelter.com, or mailed to PO Box 265, Franklin, NH 03235

Be the set of hands that saves a set of paws. For more information, please contact Christine Dzujna at 934-7163.

Senate candidate Don Bolduc to address Belknap County Republicans

LACONIA — The Belknap County Republican Committee (BCRC) has scheduled their next monthly meeting to be held on Wednesday, March 11 at 6:30 p.m. The meeting will be held at the Laconia VFW Post 1670, 143 Court St., Laconia.

This month’s guest speaker will be US Senate candidate, Brigadier General Don Bolduc. General Bolduc served in the US Army for 36 years and led one of the first groups in Afghanistan after the 9/11 attacks, riding on horseback to take control of the southern Afghan region from the Taliban. He was one of the few survivors of both a helicopter crash and a 2,000-pound bomb that inadvertently targeted on his position by friendly fire. His services included assignments as Commander, Combined Joint Special Operations Component Commander in Afghanistan, as Deputy Director for US Africa Command (USAFRICOM) and as Special Operations Command-Africa (COMSOCAFRICA). General Bolduc was raised on the Bolduc Family Farm in Laconia, where his father served as a long time city councilor and Mayor. General Bolduc has 3 children and 3 grandchildren, and lives in Stratham with his wife Sharon and his service dog, Victor. General Bolduc will share his reasons for running for US Senate, and his goals, if he wins the US Senate primary in September and then goes on to defeat the current Democrat US Senator, Jeanne Shaheen, in the November election. He will also take questions after addressing the Committee.

Belknap County GOP meetings are open to all Republicans and like-minded Independents.

Once again, the Committee strongly encourages its members to continue to bring non-perishable food items for donation to local food pantries.

For more information about the Committee, please check the Committee’s Web site at www.Belknap-CountyGOP.org or send an email to alan.glassman@gmail.com.

Congress as a continuous state of war since WWII.

For more information on Camp Resilience visit the following sites:

- <https://www.camp-resilience.org>
- Facebook: Camp Resilience

For more information about Post 58’s outreach programs or volunteer opportunities, call Richard Nowak, Post 58 Service Officer at 443 994-0947 and visit the following internet sites:

- <http://www.belmonthn.org/aboutveterans.asp>
- Facebook: American Legion Post 58 Belmont NH

Aging workshop presentation March 10 at Taylor Community

LACONIA — Growing old is an inevitable part of life. Because aging is a gradual process, it often becomes an inactive thought until an unexpected decline or loss occurs. Aging only becomes an active thought when it is necessary, and such unexpectedness is often accompanied by shock and unnecessary stress.

Join us as Gerontologist Dr. Khanh Lai, presents an interactive discussion on the common losses associated with aging, and hear her suggestions on ways to adapt and cope with aging declines. This free, public event will be held Tuesday, March 10 at 6:30 p.m. in Taylor Community’s Woodside Building.



Dr. Khanh Lai

Doctor Lai was born in Vietnam, immigrating to the U.S. when she was 9 years old. She resided in Nebraska most of her life prior to coming to Plymouth and joining the Social Work faculty at Plymouth State University. She obtained her bachelor’s in Social Work at Creighton University and earned her master’s in Social Work and doctorate in Gerontology at the University of Nebraska in Omaha. She worked as a Medical Social Worker, attending to older adults, at healthcare facilities for more than seven years.

Doctor Lai’s research focuses on cognitive aging among older married couples, examining the influence of lifestyle activities, personality traits, psychological health, and memory outcomes. Currently, she is working on a cluster project with the Psychology and Nursing Programs at PSU on the “Music and Memory” project at Glencliff Home.

Follow Taylor Community on Facebook to keep up with all our free, public events. Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

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Shaker Regional School District

Serving the Communities of Belmont & Canterbury

CHILDFIND CLINIC

Are you concerned about your child’s development? Do you suspect that your child may have a disability? We will be holding a “Child Find Clinic” on Monday, March 16, 2020 at Canterbury Elementary School from 1:00 – 3:00 pm for children age birth through 6 years old. Certified staff will screen students for possible learning disabilities, speech and language disabilities, motor skills, and overall developmental functioning. The clinic is open to any resident of Belmont or Canterbury, but APPOINTMENTS ARE REQUIRED. Please contact the SAU office at 267-9223 ext. 5306 for additional information or to make an appointment.

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HEALTH

CONTINUED FROM PAGE A4
aged, or kidney disease becomes chronic, our health is impacted in significant and hazardous ways.

There are two main types of damage our kidneys suffer, acute and chronic.

Acute Kidney Injury is caused by a sudden event like dehydration, major blood loss, septic shock, poisoning, or taking certain medications. People usually recover, but a 2017 study in *Néphrologie & Thérapeutique* found that there is a very strong link between having had an Acute Kidney Injury and developing the second type of damage, Chronic Kidney Disease.

Chronic Kidney Disease is irreversible damage to how your kidneys function that occurs over time. This damage can cause heart attacks, high blood pressure, stroke, weak bones, nerve damage, low red blood cell count, cardiovascular disease, and even kidney failure.

With all the essential things our kidneys do for us, and all the severe effects we can suffer if they aren't working right, you would think it would be easy to tell if our kidneys are getting damaged, but because our kidneys are so good at what they do, they can become significantly damaged before we notice changes. This is

why it's extra important for people at risk for kidney disease to get some simple tests done, because early detection is key to better outcomes.

If you have diabetes, high blood pressure, any family history of kidney disease, are older than 65, or have a history of Acute Kidney Injury, your health care provider can test your blood creatinine level, your urine protein, and your blood pressure to see if they point to kidney damage having occurred. If any of these come back with concerning levels, they may indicate a need for an ultrasound or other testing.

Krystin Albert, Franklin VNA & Hospice's Director of Homecare and Hospice, reminds us, "If you notice swelling in your face, blood in your urine or foamy urine, difficult or painful urination, you should contact your healthcare provider to find the cause because these can be some of the early symptoms that occur with kidney disease."

Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice.

Choose local. Choose Excellence. Choose Franklin VNA & Hospice.

For more information, call Franklin VNA & Hospice at 934-3454 or visit www.FranklinVNA.org.



exhibits are visually delightful and take you back in time as well as depicting a vision for the future. We invite you to come visit this incredible walk through time and history!

COURTESY

Threads of Evolution exhibit now open at Belknap Mill

The Belknap Mill's 'Threads of Evolution' exhibit takes you on a visual journey of the Mill from 1823 to the present day. A restored version of the 'Belknap mini-Mill' has taken on a whole new look thanks to the countless hours of Peter Ellis, the Mill's 'master tinkerer' who dedicates so much of his time to our museum. Both of these

Murray Academy of Irish Dance performs at Taylor Community March 14

LACONIA — The Murray Academy was founded in 2005, bringing Irish step dancing to New Hampshire's Seacoast Region. The Academy provides young students with the opportunity to discover and participate in the wonderful world of Irish Dancing.

The Academy is home to more than

150 dancers – a cohesive group of dedicated teachers, assistant teachers, supportive parents and wonderful students, committed to learning and growing. The skills taught in Irish dance prove to be invaluable. Through their dance experiences, students learn more than the art and sport of the

dance; they build lasting friendships and learn life lessons they can apply in so many arenas.

Join us as New Hampshire's Own World-class Irish Dancers Perform Saturday, March 14 at 2 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

Follow Taylor Community on Facebook to keep up with all our free, public events. Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

COMFORT

CONTINUED FROM PAGE A5

For those concerned about their nutrition, or the eating habits of a senior loved one, speaking to a medical professional is critical.

Comfort Keepers®

Can Help

For seniors struggling to maintain healthy eating habits, Comfort Keepers caregivers can help with meal planning, grocery shopping, meal preparation and support for physician-prescribed diets. Our custom care

plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

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AWARDS

CONTINUED FROM PAGE A1

and customers.

Gloria Pickering was chosen for a Vision Award for her superior customer service and volunteerism. She consistently looks out for the best interest of the bank's customers in addition to developing long-lasting relationships. For many years she has organized the bank's annual community yard sale, which raises funds for local charity, and has devoted countless hours managing the bank's participation in the Toys for Tots drive in partnership with the Franklin Police Department. Her civic engagement embodies FSB's commitment to ensuring resources remain locally invested for the benefit of those we serve.

Linda Deleel was recognized for her significant contributions to growth, customer retention, quality control, and overall customer experience, which have contributed to the growth of the bank's commercial loan portfolio over the past few years. Her timeliness, detail and accuracy of her work is very much appreciated by her peers and customers.

Shelbie Swanson was selected for a Vision Award for continually excelling on her sales goals, passion for providing quality service, willingness to assist other offices when staffing

needs arise, along with her volunteer efforts. She never hesitates to go 'above and beyond,' whatever the need. In addition, she consistently volunteers a significant amount of her personal time to support the bank and its customers.

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Longtime volunteer cherishes auction connections

LACONIA—After Paul Daisy retired and moved from New Jersey to Moultonborough, he went looking for volunteer opportunities to fill his time. He got connected to St. Vincent de Paul and later learned that the Greater Lakes Region Children’s Auction helped to support his new, favorite nonprofit.

So, Daisy signed up as an Auction volunteer, too, working at the fundraising event each day from start to close. That was back in 2003, and 17 years later, Daisy is still working all week with Jennifer McGreevy, the first Auction volunteer he met on his first day. And he’s also working alongside Jennifer’s children—and other young people Daisy has watched grow up over the years.

It’s these connections Daisy values most about his work with the nonprofit.

“You meet people who you only see once a year, and yet it seems like you’re reconnecting with an old friend, year after year,” Daisy said. “Just like with Jennifer, I’ve watched her family grow along the way.”

Daisy, now 79, settled in Moultonborough in 2001, having recently retired from running his own business, working as a consultant on business process re-engineering with Fortune 500 companies around the United States. In his business he helped clients transition from paper to electronic exchange of common business transactions.

It seems fitting, then, that Daisy’s early role with the Children’s Auction involved the processing of donations, which has now become more high-tech. Daisy helped donors document their donation, indicating their



Paul Daisy

name, a description of the item and its estimated worth. Another volunteer inputted the information and sorted the donations by category, with Daisy acting as the go-between. After the items were auctioned off, he would carry them to the pick-up area.

Functionally, it still all works similarly now, but computers, digital photography, and scanners are involved.

Daisy said, from his vantage point, the recent Children’s Auctions now dwarf the efforts of past years

in terms of volume of donations and the total amount raised. The annual event now supports 62 nonprofits in the Lakes Region. While it raised \$2,100 in its first year, it brought in \$600,032 this year, its 38th.

“It is enjoyable because of the people I work alongside,” Daisy said again. “A lot of people put in way more than a week of time to ensure the Auction was well set up and then ran smoothly. It’s an extremely worthwhile event.”

Having moved from a metro area where auctions were broadcast on the radio and on television, often raising millions for a cause wasn’t unusual in Daisy’s former world. But in a more rural environment like New Hampshire, he has always been impressed by the Children’s Auctions’ fundraising.

“I came here, and I found that, comparatively, we actually blew the amount of money being raised in metro areas out of the water,” he said. “It’s mind-boggling, and it’s because people are just so motivated to support our local children.”

At the 2020 Children’s Auction, you’ll likely find Daisy collecting donated items, taking photos of them and otherwise helping behind the scenes. He’s also convinced some of his friends and loved ones—like close his friend Lisa Cornish, someone he met through St. Vincent de Paul, and his late wife, Gwen—to lend a hand, too.

“Since I started, the Children’s Auction has become more popular. A lot of people are interested in being part of it,” he said. “I’ll continue to volunteer myself for as long as I can. It’s an inspiring effort to raise money for the children who need it most.”

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SPORTS

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COURTESY

Hayden Parent holds two game pucks signifying his 100 career assists and his 68th assist, which broke the single season Bulldog record.



COURTESY

The Bulldogs honored their seniors last week in the final home game of the season. From left to right is Cam Jarvi, Nate Shirley, Joey Blake, coach Charlie Gallagher, Will Robarge, Hayden Parent and coach Jason Parent.

Parent sets single-season assist record for Bulldogs



BOB MARTIN
(Left) Owen Guerin brings the puck up the ice against Hollis Brookline/Derryfield last week.

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – Hayden Parent of the Belmont/Gilford hockey team made history last week by recording his 68th career assist in a shutout win over Sanborn/Epping, breaking the team record previously held by Jeremy D'Amour.

The game on Saturday was a 6-0 victory for the Bulldogs and it helped secure the number two seed in the upcoming Division 3 state tournament. This was the league leading seventh shutout for Colin McGreevy, who had 14 saves.

The Bulldogs jumped up on the board with three goals at the end of the first period. Nate Shirley scored two of

them, with assists going to Logan Moulton and Owen Guerin. Bradley McIntire scored as time was winding down in the period, with an assist by Zoltan Stefan.

Belmont/Gilford got on the board twice more in the second period with goals by Dylan Flannery and Griffin Tondreau. The Flannery goal was assisted by Trevor Chassie and

SEE HOCKEY, PAGE B2



BOB MARTIN

Zoltan Stefan fires off a shot for the Bulldogs.

Hibbert wrestles at Meet of Champions

BY BOB MARTIN
Bob@Salmonpress.news

NASHUA – After placing second in the 220-pound weight class at the Division 3 state meet, Winnisquam's Chaz Hibbert made his way to the Meet of Champions last week.

Hibbert got a win by fall over Dylan McIntyre but lost by fall to Griffin Ostrom of Merrimack and by 4-2 decision to Rory O'Connor of Milford.

Coach Tom Osmer was pleased with the performance of Hibbert, who in his junior year put up some lofty standards for his final season next year.

"I was very happy with the way Chaz wrestled at MOC and through the entire season," said Osmer. "He was won win shy of being a D-3 champion and at MOC was two wins short of All-State status. I expect his unrealized goals to motivate him in the off-season and into his senior campaign."

Osmer said it will not be easy, as he will need to do plenty of work to



JOSHUA SPAULDING

Chaz Hibbert competed at the Meet of Champions last week in the 220 weight class.

close the gap between himself and other big wrestlers in Division 3, which includes state champions and high school All-Americans.

"It is much too early to know which weight classes Chaz and his competition will be at next, but we know in wrestling nothing is given," said Osmer. "It all must be earned and taken away from someone else who wants the same thing as you do."

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Winnisquam boys win final two, earn fifth seed

BY BOB MARTIN
Bob@Salmonpress.news

TILTON – The Winnisquam basketball team has been playing some great basketball down the stretch, and the team locked up a five seed and a home playoff game after a pair of wins last week.

The Bears took on Inter-Lakes in what was a good test against a playoff bound team

on Feb. 25 and cruised to a 59-47 victory. Phil Nichols led the way with 15 points and Anthony Robbins added 14 points in the win. Caleb Bushway was also in double figures with 10 points.

The Bears led 17-8 after a quarter and then 37-24 at the half, and then dominated the third quarter 12-5. However, Inter-Lakes made

it interesting, outscoring Winnisquam 18-10 in the final quarter but the Bears were able to hold on for the win.

“It was a solid win for us,” said coach Kevin Dame. “Early on the offense got us going but the defense needed some work. The third quarter is where we really clamped down on them and played some tremendous defense.”

The fourth quarter was used by Dame to play some different guys and find roles for them in certain scenarios, he said, but he admitted they called have played better to end the game.

“All in all, though, the game was positive,” said Dame. “We shot the ball well and utilized all our weapons in that game. It

was nice that we were shooting the ball and shooting it well, and if we continue that we will have success in the postseason.”

The Bears finished off the regular season on the road and won 76-33. Dame said it was good to get contributions from his whole team, noting that nine players scored. Caleb Bushway and Gunnar Horman led the team with 18 and 16 points respectively. Nichols pitched in with nine

points.

“This is a great group of kids who are hard working,” Dame said. “Other than losing (Garret) Mango earlier in the season, we are relatively healthy. I think we had a few games go earlier in the season that we could have had, but we did well enough to host a home game and that was one of our goals. Hopefully we can continue to play well and achieve more of those goals.”

HOCKEY

CONTINUED FROM PAGE B1

the Tondreau goal was assisted by Guerin and Parent.

The final goal of the game came with 2:17 left in the third period by Joey Blake, assisted by Parent.

“Playing all four lines and six defensemen allowed many players to get some on ice experience for the Bulldogs,” said coach Jason Parent.

Earlier this season Parent became only the fifth player in Bulldog history to reach the 100-point mark, and he is now in fourth all time behind Caleb Drouin, Jeremy D’Amour and Harrison Parent.

The Bulldogs celebrated Senior Night to honor five senior players and a pair of managers in what coach Parent said was an emotional night for parents and players.

“It has been a great run for these young men on the ice and we couldn’t do what we do without our team managers Haley (Tremer) and Karin (Desrosiers),” said coach Parent. “They keep us all on the right track.”

Earlier in the week, the Bulldogs faced Hollis Brookline/Derryfield in a game that was a battle between second and third place teams separated by one win. While it was a strong effort by the Bulldogs, with the game tied 2-2 at the end of regulation, Aidan Chretien gathered a rebound and put a nice close wrist shot in the back of the net for



Cam Jarvi makes a move to the net for the Bulldogs last week.

BOB MARTIN



Colin McGreevy covers up a puck for the Bulldogs. He leads all Division 3 goalies with seven shutouts.

BOB MARTIN

the game winner with 1:31 left in overtime. The shot came off a rebound coming off of McGreevy’s right leg.

The game was tight throughout, with both teams held scoreless after a period. It was a physical matchup with both teams getting several shots off and providing big hits near the

boards, but the defensive play on both sides kept things close.

The second period had the Bulldogs go up 1-0 with a goal by Parent, assisted by Guerin with 12:31 left in the period. With 6:54 left Hollis Brookline/Derryfield’s Paul Vachon scored to tie the game. Just 12 seconds later the

Bulldogs took the lead with a goal by Shirley, assisted by Moulton and Blake. Nick Dapolito scored for Hollis Brookline/Derryfield to tie it up again with 1:31 on the clock.

“Penalties late in the game put Hollis on back to back 5-3 power plays and allowed them to get back into the game and

Red Raider boys earn 12th seed in tourney

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont boys’ basketball team finished up its regular season last week with a pair of losses, but the Red Raiders still made the playoffs as a 12 seed and coach Jim Cilley said he has hopes of surprising people in the state tournament.

“We got to Winnisquam in the five vs. 12 matchup Tuesday,” said Cilley. “They are very good but we have seen them twice and understand where our adjustments need to be made. Hopefully we can execute and shock everyone, and play Friday night in a quarterfinal game.”

The Golden Eagles of Gilford traveled to Belmont on Feb. 25 and came away with a 53-43 victory. It was a 13-2 Gilford lead after one quarter and the Golden Eagle defense played well to stifle Belmont’s shooting. While Belmont’s Jackson Ruelke put up 22 points, the Red Raiders went only 4/26 from behind the arc.

It was a big night for Riley Marsh of Gilford, who put up 11 points but was also excellent defensively with six steals. Adrian Siravo had 14 points

and Connor Sullivan added 10 points in the Gilford win.

On Friday, Belmont played Conant and Cilley said the team played some of its best basketball since losing starter Nate Sottak to a wrist injury. It was anyone’s game, but he said a deciding factor was Conant’s impeccable free throw shooting as the team went 11/12 from the line down the stretch to seal the 59-52 win.

“We wanted to contain first team All-State guard Anthony Gauthier and make the other guys beat us,” said Cilley. “Unfortunately guys that hadn’t hit shots all year did against us. We held Gauthier to 16 and other guys stepped up for them. We were balanced and Jack again was fantastic.”

Ruelke led the team with 19 points and played well against Connor Hart, who is known as one of the best defensive players in the position. Cilley called Ruelke’s game “poised and efficient.” Keith Landry scored 14 points in the game.

The playoff game was on Tuesday after deadline and results will be in the next edition.

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Kam Young makes a rush to the goal for the Lakers against Pembroke/Campbell.



Matthew Nichols is a senior for the Lakers this season and had a hat trick on senior night.



Blake Dunlap (25) celebrates with teammates after a goal against Pembroke/Campbell.



Carter Smith skates after a puck against Pembroke/Campbell.



Maxwell Quinn battles for a puck against the boards.



Ethan Bickford brings the puck up for the Lakers.

Overtime loss leaves Lakers on outside of playoffs

BY BOB MARTIN
Bob@Salmonpress.news

CONCORD – The Laconia/Winnisquam/Inter-Lakes hockey team went into the final game of the season knowing that there was a potential playoff spot on the line. While the battle between the Lakers and Pembroke/Campbell went into overtime, Pembroke/Campbell came out on top 5-4 to put the Lakers in eighth place and negated a chance at a postseason run.

The Lakers started the game hot out of the gate with an unassisted goal by Kam Young on a breakaway play assisted by Andrew Spicuzza. It was tied up at 9:48 when Pembroke/Campbell snuck the puck by goalie Evan Rollins.

About 1:20 later, Carter Smith scored to take the lead 2-1, with assists by Young and Matthew Nichols. Just 20 seconds later, with eight minutes left, Blake Dunlap shot

to the top right of the goalie to go up 3-1 with an assist by Zachary Spicuzza and Ryan Bousquet.

The Lakers were held scoreless in the second period but was a potential playoff spot on the line. While the battle between the Lakers and Pembroke/Campbell went into overtime, Pembroke/Campbell came out on top 5-4 to put the Lakers in eighth place and negated a chance at a postseason run.

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Andrew Spicuzza gathers the puck against Pembroke/Campbell.

sity in the game by regrouping and pressing to send the game into overtime.

“We had all the momentum late in the game outshooting Pembroke 22-4 in the third and then 8-2 in overtime,” said Wheaton. “Unfortunately, they

capitalized on their one scoring chance and our season is over. I am proud of this team and I see good things for this team in the future.”

Earlier in the week, the Lakers had a blow-out win over Sanborn/Epping on senior

night. Nichols, a senior, had a hat trick in the win, while fellow seniors Dunlap and Hannah Max scored a goal each.





Other goal scorers were Bousquet, two by Bickford, two by Young and one by Spicuzza.

“Our seniors have



led by example,” said Wheaton. “They have done whatever was asked of them and they put the team first. Our team has come a long way and has developed into a united group largely due to the unselfish efforts of our seniors.”

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Interlakes Community Caregivers, Inc.

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SAU #58
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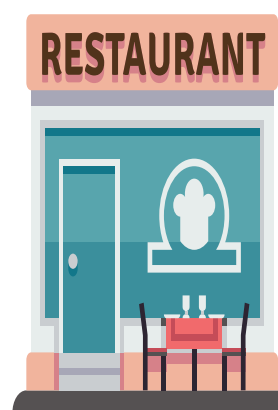
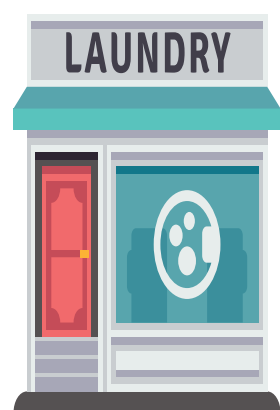
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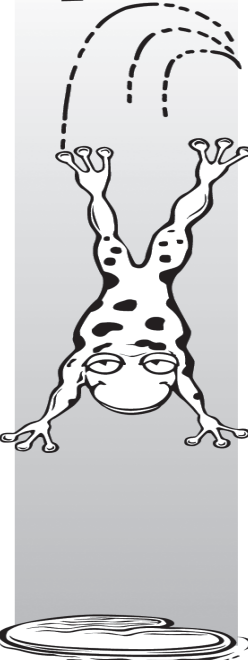
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Belmont girls fall in opening round

BY BOB MARTIN
Bob@Salmonpress.news

ALTON – Seventh-seeded Prospect Mountain hosted 10th-ranked Belmont in the opening round of the Division 3 girls' basketball tournament, and while the Red Raiders had a tie game at the end of the third quarter, Prospect Mountain had a big late fourth quarter surge to take a 44-36 win.

Prospect Mountain took an early 7-3 lead, but then the Red Raiders cut the lead to 7-6 with a free throw by Becca Fleming and a basket by Courtney Burke. Prospect Moun-

JOSHUA SPAULDING
(Right) Courtney Burke goes after a rebound for the Red Raiders.



JOSHUA SPAULDING
(Left) Becca Fleming rips down a rebound for Belmont.

6-1 run to open the second quarter, highlighted by a three-pointer by Savannah Perkins. A basket by Molly Sotak put the Red Raiders on top 14-13 with 5:20 left. Belmont scored the last five points of the half and had a 19-15 lead at halftime.

It was a low scoring third quarter but Prospect Mountain scored the final six points on four free throws and a basket to tie the game. Perkins started off the fourth quarter with a free throw but Prospect Mountain responded with three baskets, including one from behind the arc to go up 30-24. Belmont went on a six-point run to tie things up 30-30 with 3:50 on the clock, and then 32-32 with three minutes left. However, Prospect Mountain went on a roll from here outscoring Belmont 12-4 including three buckets in a row that helped seal the win.

Burke led the scoring for the Red Raiders with 14 points to go with 12 rebounds for a double/double, and Perkins added 10 points.



JOSHUA SPAULDING
Morgan Hall goes up for a block attempt against Prospect Mountain.

tain then went on a 5-1 run to end the quarter with a 12-8 score. Belmont went on a

Coach Mark Dawalga said Prospect Mountain did a good job making the fouls shots needed to seal the game down the stretch. He praised the play of freshmen Lena Rodrigues and Alyssa Edgren, who helped step up off the bench. He also said Fleming played very well on defense, even in times when she was out of position.

"In a game that could have gone either way, Prospect was able to make a couple of more plays than us down the stretch," said Dawalga, who added that the team got into early foul trouble that affected the course of the game. "I was very proud of our kids' effort tonight as we had to go to a lineup that we had not used all year, and the team did a great job of adjusting and taking the lead into halftime."

Three racing series added to Flat Track 2020 lineup

LOUDON — Three new series have been added to The Flat Track lineup during New Hampshire Motor Speedway's three major event weekends, giving race fans more summertime racing. King of Dirt Crate Modified Series, Sprint Cars of New England and the Granite State Mini-Sprint Racing Club will debut at The Flat Track as part of June's Motorcycle Week at NHMS, July's NASCAR race weekend and September's Full Throttle Fall Weekend.

"We are excited enhance our major event weekends by adding more racing for our fans," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "Last year's events at The Flat Track were a lot of fun, and we're looking forward to even more fun in the dirt this summer."

The King of Dirt Crate Modified Series will bring the first ever dirt modified stock car race to The Flat Track on Friday, Sept. 11 as a part of Full Throttle Dirt. This event kicks off New Hampshire Motor Speedway's third annual Full Throttle Fall Weekend, which continues on Saturday, Sept. 12, at the historic 1.058-mile oval. This new dirt event will bring the top Sportsman Modified racers from all around New England and New York for a 40-lap main event, marking King of Dirt's first appearance in New Hampshire and the farthest east the tour has ever traveled.

Sprint Cars of New England will debut a pair of 30-lap races on the 0.25-mile Flat Track at Full Throttle Dirt on Friday, Sept. 11 and wrapping up Motorcycle Week at NHMS on Saturday, June 20. The competitive racing club was founded in 2002 and features 600-horsepower alcohol-injected winged sprint cars that race in New Hampshire and Vermont.

The Granite State Mini-Sprint Racing Club will take to the track for 20-lap races on Saturday, June 20, during Motorcycle Week and return on Friday, July 17, for Friday Night Dirt Duels presented by New England Racing Fuel to kick off the NASCAR Cup Series Foxwoods Resort Casino 301 race weekend. This family-oriented racing club was formed in 1984 and uses motorcycle engines and drive components.

Improvements to the racing surface are under way for The Flat Track's 2020 season, which will include adding banking and 10 feet of width to the corners and approximately 2,000 yards of new natural clay surface, courtesy of Devil's Bowl Speedway in West Haven, Vt.

The Flat Track is the first track to be built in New England in the last 25 years. Crews turned roughly 186,095 square feet of ground and 3,000 tons of clay to build the 0.25-mile track, which first opened in June 2019. The Flat Track, located directly behind the North East Motor Sports Museum, is the fourth racing surface on New Hampshire Motor Speedway's 1,200-acre property, which already includes the famed 1.058-mile NASCAR oval, 1.6-mile road course and 0.25-mile mini-oval.

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