

## Bear girls battle by Belmont in vacation week tilt



Winnisquam's Isabella Sargent fires off a shot over the outstretched hand of Belmont's Courtney Burke in action on Dec. 28.



Winnisquam's Emma Griffin works hard underneath the basket in action at Belmont last week.



Savannah Perkins drives along the baseline in action against Winnisquam on Dec. 28.

BY JOSHUA SPAULDING  
Sports Editor

**BELMONT** — The Belmont and Winnisquam hoop girls were scheduled to play just before the holiday break, but the winter weather kept them off the court.

The two teams were able to make up the game on Tuesday, Dec. 28, in Belmont, with the visiting Bears coming out with the 46-36 win.

Winnisquam led 18-10 after one and 27-19 at the halftime break. The game stayed close through the third with the Bears up 32-28, but Winnisquam pulled away in the third quar-

ter for the 10-point win.

“We really got ourselves in trouble in the third,” said Winnisquam coach Mark Dawalga. “Give Belmont credit, they played hard all night.

“I really thought tonight we took a big step forward with staying with the game plan,” the Bear coach added.

“We jumped out to a 9-4 lead early, but we couldn’t get anything to fall,” said Belmont coach Mike Andriski. “The kids worked hard all night, they came out of halftime and cut the deficit from eight down to four by attacking the

basket and getting to the free throw line, but we couldn’t take advantage.

“We need to get back at it and continue to improve every time we lace them up,” the Raider coach pointed out.

Lauren MacDonald led the way for the Bears with 15 points on the night, while Victoria Kelly had 11 points and four rebounds and Triniti Carter had 10 points and five rebounds. Mackenzie Philipp added nine points and five rebounds while Dawalga noted that Emma Griffin was strong on the defensive

SEE GIRLS, PAGE A7

## Tilton Police Chief released from contract

BY DONNA RHODES  
Contributing Writer

**TILTON** — Six months after her hiring, Tilton’s Board of Selectmen announced on Dec. 20 that their Police Chief, Corey Piser, was being released from her contract with the town, effective as of that day.

After a closed door session that afternoon, Select Board Chair Eric Pyra made the following announcement: “The Tilton Board of Selectmen made a decision to exercise its right under the Employment Contract with Chief Corey Piser and as such, effective Dec. 20, 2021, she is separated from her employment as Chief of Police for the Town of Tilton.

“The Board is confident that our core group of employees [within the police department] will continue to provide the same high level of professionalism and service to our community that we have all come to expect.”

Piser came to Tilton last summer with 26 years of experience in law enforcement, which encompassed, among many accolades, prior positions as a Staff Sergeant in the Florida Army National Guard, which held Secret Security Clearance during that time. Her extensive resume also included numerous degrees, awards, medals and special recognition in her career in both the military and law enforcement during her previous career. Impressed by her resume and in-person interviews, Piser was sworn in as Tilton’s Chief of Police on June 26, the same day as the ribbon cutting for the town’s new police station occurred.

Within her contract however, there were requirements that the town asked her to fulfill within the first six months after hire. Six months later the Board of Selectmen determined that those requirements had not been met and ultimately decided last month to release her from that contract.

During his announcement, Pyra went on to say that, as the town’s highest ranking officer, Lt. Abraham (Abe) Gilman would lead the department until selectmen were prepared to initiate the next recruitment process to find a new police chief.

As chair of the board, Pyra finished his announcement by saying, “The selectmen wish Ms. Piser the best of luck in future endeavors.”

## Franklin man dies in explosion

**FRANKLIN** — New Hampshire State Fire Marshal Sean P. Toomey, Franklin Fire Chief Mike Foss, and Franklin Police Chief David Goldstein announce that the identification of the victim discovered at 32 New Hampton Rd. in Franklin following an explosion on Dec. 31 has been determined.

Following the autopsy conducted on Jan. 1, the Office of the Medical Examiner has positively identified the victim as 44-year-old Nathaniel Krauz, who was at home at the time of his death. The cause of death was determined to be blunt force trauma, and the manner of death is accidental.

Fire Marshal Toomey would like to remind everyone to use fuel containers only in their intended manner. Any further inquiries can be directed to the NH State Fire Marshal’s Office – Bureau of Investigations, Investigator Anthony Booth or District Chief Shana Clark at (603) 223-4289.

## HealthFirst Family Care Center receives Governor’s Designation as Recovery Friendly Workplace

**FRANKLIN** — New Hampshire’s Recovery Friendly Workplace (RFW) Initiative led by Gov. Chris Sununu, challenges stigma and encourages workplaces to provide support for employees in recovery and all those impacted by substance use disorder (SUD). On Dec. 15, HealthFirst Family Care Center became the most recent organization in NH to receive the Governor’s designation as a recovery friendly workplace.

Kim Haney, MAT Program Manager, stated, “HealthFirst places a high value on assuring a welcoming, inclusive environment and culture



COURTESY  
The HealthFirst MAT Team of Nancy Nemcovich, Kelley Watkins, Kim Haney, Kristie Curtis - Recovery Friendly Workplace Advisor, and Tricia Furbish are shown accepting the Governor’s Recovery Friendly Workplace designation.






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## Another record-breaking year for Mix 94.1 FM's Cash & Cans

COURTESY  
 Austin and Lily stopped by one of the many live broadcasts during Mix Cash & Cans week to make a donation. Mix 94.1 FM's Fred Caruso happily accepts.



in prizes on the calendar, were all donated by area businesses and individuals. Our Funspot gift-card fundraiser generated close to two thousand; Den Brae Golf Course donated one thousand dollars through a benefit golf tournament; we had a fun time during our last broadcast trying to match the two thousand dollars donated by Seufert Law and Grevior Furniture. And we did! Just amazing."

Caruso said donations ranged from \$6,000, to kids with their piggy bank money, to kids bringing in one canned good.

"And the kids at area schools raised more food than ever before. It truly is a grass-roots effort and we thank each and every person and business who made a donation. We live in a magical area," he added.

All proceeds stay in our local area, benefiting the Twin Rivers Interfaith Food Pantry; Tilton/Northfield/Sanbornton Christmas Fund; Meredith Food Pantry; Bread & Roses Soup Kitchen; Every Child Is Ours; St. Joseph's Food Pantry; Franklin Police Toys for Tots; Belmont Police Santa's 'Lil Helpers; The Santa Fund of the Greater Lakes Region; St. Vincent DePaul and the Northfield/Tilton Congregational Church Food Pantry and American Legion Post 49's food basket program.

For more information about the Mix Cash & Cans Program, contact Caruso at fred@mix941fm.com. Cash and Cans donations are accepted year-round through Venmo at Mixcashandcans and checks, made payable to Mix Cash & Cans. Mix Cash & Cans is a public service of Northeast Communications Corporation, a locally owned and operated Northeast Communications Radio Group.

REGION — Despite the on-going pandemic and economic uncertainty, the 35th annual Mix 94.1 FM Cash and Cans Money and Food Drive for the holidays had another record year. \$61,111.34 was raised along with thousands of pounds of non-perishable food, all donated to local organizations and non-profits to help those in need.

"When we started this in 1987, we never imagined it would grow into this," said founder Fred Caruso who, along with morning co-host Amy Bates, accepted listener donations by broadcasting at 18 central New Hampshire locations the week of Dec. 13-17. "It's

amazing to me this fundraiser, in its 35 years, has always raised more than the year before, which enables us to help more people through the organizations that benefit from our listeners' generosity. And, we can't thank the business community enough. Everyone was just so generous."

This year's campaign was jump-started by the sale of the ten-dollar, Mix Cash & Cans Prize Calendar.

"All those ten-dollar bills really added up," Caruso said. "We sold more than ever before, over 1,100, which generated over \$11,000 for Cash and Cans. And, the close to five-thousand dollars

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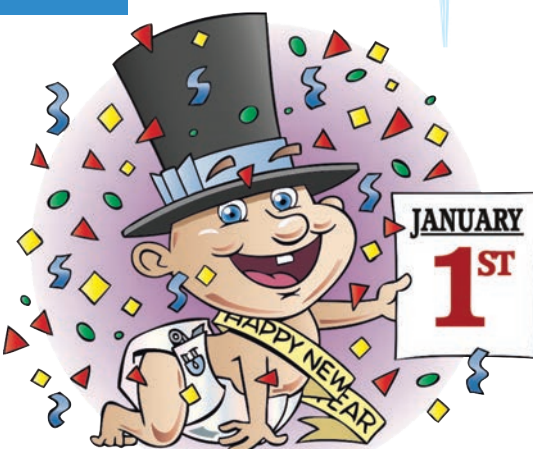
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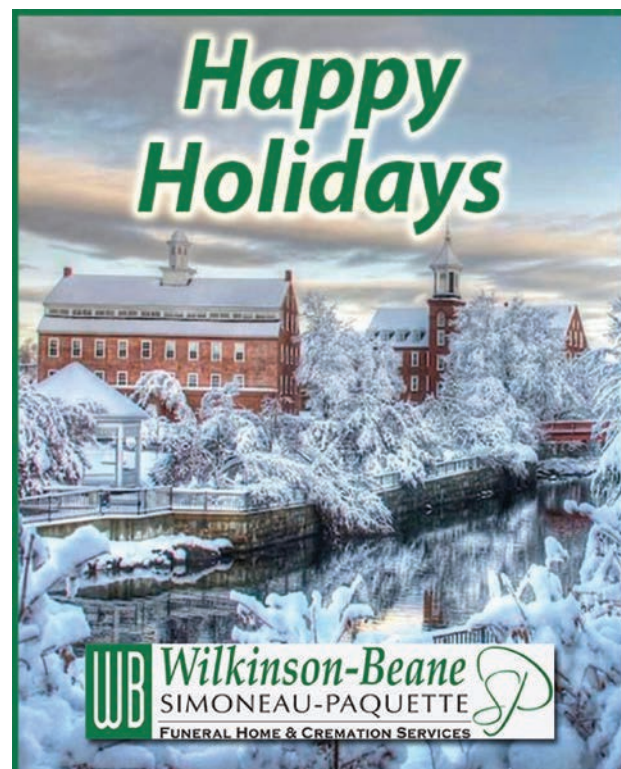
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# Bulldogs have strong showing in inaugural holiday tournament



**BY JOSHUA SPAULDING**  
Sports Editor

LACONIA — The Belmont-Gilford hockey team hosted the first Brady Sullivan Christmas Tournament over the vacation week at Merrill Fay Arena, welcoming Spaulding, Kearsarge-Plymouth and Pembroke-Campbell to town for three days of games.

The Bulldogs had a successful tournament, allowing three goals over the course of the three games and scoring 13 total.

“It was a success, everyone seemed to have fun and enjoyed it and want to come back,” said B-G coach Jason Parent. “That’s a step in the right direction.

“Brady Sullivan gave us the money to get it going, they’re a great organization,” the Bulldog coach added.

The Bulldogs closed out the tournament with a 3-2 in over Pembroke-Campbell, in a game that ended a few seconds early after a Pembroke-Campbell player had to be helped off the ice following a hit behind the net.

The Bulldogs got an early centering pass from Aidan McKenzie that just missed connection in front and keeper Colin Logan made a few saves at the other end of the ice. Owen Guerin made a good run in the zone that was turned away and Dylan Flannery had a chance in the zone.

McKenzie had a bid

denied and Evan Guerin made a run into the zone that was turned away. Logan made a couple of saves and PAC sent a puck wide of the net.

With 7:15 to go, the Bulldogs were able to get on the board, as McKenzie made a nice feed from behind the net to Owen Guerin in front and he buried the puck for the 1-0 lead.

It didn’t take long for the Bulldogs to double the lead, as Brendan Folan sent a shot on net that was saved, but Evan Guerin was there to bury the puck and Belmont-Gilford was up 2-0 with 5:52 to go.

Adam Ribeiro and Andrew Rowleiy had chances that were denied by the PAC keeper and Owen Guerin and McKenzie also had shots stopped. Logan made a save in the net and Nathan Gerbig had a shot go wide of the net. Logan also made a diving save in the Bulldog net and McKenzie and Owen Guerin had late chances as the first period came to a close with Belmont-Gilford up 2-0.

The second period was divided in half, with ice made in between the two halves. Pembroke-Campbell was able to get on the board just about three and a half minutes into the

first half of the second period to cut the lead to 2-1, but the Bulldogs didn’t back down.

After bids from Flannery and Jaxson Embree, the Bulldogs got their third goal of the game with 1:33 to go in the first half of the second period, as McKenzie popped the puck home on assists to Owen Guerin and Folan for the 3-1 lead. Belmont-Gilford took a late penalty and Logan made a save in net as the first half of the game came to a close.

PAC had a 1:15 power play to start the second half of the second period and Folan had a good clear to send the puck out of the zone. Logan turned away a couple of PAC bids before the penalty was killed off.

Evan Guerin had a couple of bids that were denied while McKenzie also had a shot saved and Logan kept the visitors off the board to close out the period, sending the Bulldogs to the third period with a 2-1 lead.

Logan made a number of early saves in the third period to keep the Bulldogs up by a pair of goals while Evan Guerin and Embree had chances denied at the other end.

With 11:03 to go in the game, PAC was able to slip their second goal of the game in the net to

cut the lead to one. After a Folan bid was denied, Belmont-Gilford took a penalty with 8:10 to go and after a couple of Logan saves, took another penalty that gave PAC a two-man advantage with 7:55 to go.

Logan held his own with a couple of saves before PAC went to the box to make it a short five-on-four power play and then a short four-on-four situation before a one-minute Belmont-Gilford power play. However, despite good chances from Owen Guerin, Embree and Evan Guerin, the Bulldogs could not score on the advantage.

Owen Guerin, Folan and Bradley McIntire teamed up for late chances, but the Bulldogs couldn’t add to the lead and Belmont-Gilford had the 3-2 win.

“We’re still short eight players, so it will be great to finally get everyone here,” Parent said.

The Bulldogs will be back in action on Saturday, Jan. 8, at 4:20 p.m. at Lebanon and will host Kearsarge-Plymouth on Saturday, Jan. 12, at 5 p.m.

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

JOSHUA SPAULDING  
Colin Logan reaches down to make a save in his team’s win over Pembroke-Campbell in the Brady Sullivan Christmas Tournament.

## HIGH SCHOOL SLATE

Thursday, Jan. 6

BELMONT  
Boys’ Hoops vs. Laconia; 6  
GILFORD  
Unified Hoops vs. Berlin; 3:30  
WINNISQUAM  
Girls’ Hoops vs. Fall Mountain; 7

Friday, Jan. 7

BELMONT  
Boys’ Hoops vs. Mascoma; 6  
Girls’ Hoops at Mascoma; 6:30  
GILFORD  
Alpine Skiing at Gunstock; 10  
Boys’ Hoops at Somersworth; 7  
Girls’ Hoops vs. Somersworth; 6  
WINNISQUAM  
Boys’ Hoops at Fall Mountain; 6:30

Saturday, Jan. 8

BELMONT-GILFORD  
Hockey at Lebanon-Stevens; 4:20  
WINNISQUAM  
Hockey at Pembroke-Campbell; 3:30  
Wrestling Home Meet; 9

Monday, Jan. 10

BELMONT  
Boys’ Hoops vs. Prospect Mountain; 6  
Girls’ Hoops at Prospect Mountain; 6  
WINNISQUAM  
Boys’ Hoops vs. Raymond; 7  
Girls’ Hoops at Raymond; 6:30  
Tuesday, Jan. 11  
WINNISQUAM  
Wrestling at Plymouth; 6

Wednesday, Jan. 12

BELMONT  
Nordic Skiing at Proctor; 3  
BELMONT-GILFORD  
Hockey vs. Kearsarge-Plymouth; 5  
GILFORD  
Boys’ Hoops vs. Newfound; 6  
Girls’ Hoops at Newfound; 6  
Nordic Skiing at Proctor; 3  
WINNISQUAM  
Boys’ Hoops at Prospect Mountain; 6  
Girls’ Hoops vs. Prospect Mountain; 7  
Thursday, Jan. 13

BELMONT  
Boys’ Hoops at White Mountains; 6:30  
Girls’ Hoops vs. White Mountains; 6

*All schedules are subject to change.*

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Getting healthier this year? Some facts about the human body

The new year is here, and with that come New Year's resolutions. Many people view Jan. 1 as a new slate, a new beginning.

We hear the same resolutions every year — less screen time, workout more, eat healthy, kick smoking, kick sugar, reach out to friends and family more and to write more handwritten notes, to name a few. Most resolutions, however, come back to health. With that in mind, we thought it would be fun to get to know how our bodies work with some interesting facts in the new year, in hopes to give a new and different perspective to things you may want to change, or keep the same.

The largest bone in the human body is the femur, which can support 30 times the weight of a person's body. The femur is stronger than steel. Interesting to note a person's little finger contributes to 50 percent of the hand's strength.

It would take an individual who types 60 words per minute, eight hours per day for 50 years to type the human genome.

Messages from the brain travel along nerves at a speed of 200 miles per hour. If a person's DNA was uncoiled it would travel the distance of 10 billion miles, essentially from Earth to Pluto and back again.

It takes roughly 200 muscles to take one step and a human skeleton renews itself every ten years. By the time we reach the age of 70, we will have consumed 12,000 gallons of water. Time to break out the scope, good or bad, there is more bacteria in the human mouth than there are people in the world.

We can detect taste in only a fraction of a second, faster than the time it takes to blink. Our taste buds rejuvenate new taste cells every two weeks. Our brain consists of 86 billion nerve cells that are joined by 100 trillion connections. That's a lot of wiring. The brain uses as much energy as a 10-watt light bulb.

The strongest muscle in the human body is the jaw muscle. The liver is the only organ in our bodies that can regenerate. If damaged enough though, the liver will refuse to function.

The lining in our stomachs is replaced every four to five days so as not to digest itself.

When someone sneezes, it could travel up to 100 mph. Our fingernails grow faster on our dominant hand.

An adult who weighs 150 pounds has a skeleton that weighs roughly 21 pounds. The average human will walk roughly 100,000 miles in a lifetime, comparable to walking around the earth four times.

On average, we have about five pounds of bacteria in our digestive systems. Blood circulates in our bodies roughly 12,00 miles per day, and a human heart beats over three billion times over the course of our lives.

Humans spend roughly 33 percent of their lives asleep, while a dog spends about 44 percent asleep. And forget about cats!

A person takes about 23,000 breaths per day. The human eye can distinguish between approximately 10 million different colors.

Fingers do not have muscles that facilitate movement. The tendons in our fingers are moved by the muscles in our forearms.

We hope our fun and interesting facts will instigate a shift to a healthier lifestyle in the new year.



Brendan Folan corrals the puck as he makes his way into the zone in action in the Brady Sullivan Christmas Tournament in Laconia on Dec. 29.

STRATEGIES FOR LIVING

A thought for the New Year

BY LARRY SCOTT

At about five feet tall, the smiling, diminutive Gonxha Agnes Bojaxhiu looked to be the model of peace and tranquility. At the pinnacle of her success, the guest of both the powerful and the poor, she was admired around the world. The founder of the Missionaries of Charity, however, fought a personal battle few knew anything about. In "The Private Writings of the 'Saint of Calcutta,'" better known as Mother Teresa, Brian Kolodiejchuk quotes (page 187) an article she wrote as a prayer and sent to Father Picachy on July 3, 1959:

"The loneliness of the heart that wants love is unbearable. — Where is my faith? — Even deep down, right in, there is nothing but emptiness & darkness. — My God — how painful is this unknown pain. It pains without ceasing. — I have no faith. ... I am told

God loves me — and yet the reality of darkness & coldness & emptiness is so great that nothing touches my soul."

A saint she may have been, but life was no cakewalk for even this dedicated lady of the Church. Like the rest of us, she was human and had her own battles to fight, but she learned from her experiences, held steady amid the pressures, and the world has benefited from the result.

Christianity does not propose a life of ease and tranquility. Jesus Himself forewarned His disciples, "In this world you will have trouble. But take heart! I have overcome the world." Life, the daily routine of living, is the crucible in which character is developed.

Maturity does not come easy. I know of no way to learn those fundamental qualities of life so necessary for our

development such as patience, kindness, honesty, integrity, humility, self-discipline, perseverance ... and I could go on. These important indicators of a stable character are developed only amid the pressures of life. There is no easy out!

I must tell you from personal experience that life can sometimes throw us some very wicked curves. And not always because we have done something stupid, lost our common sense, or indulged in something we knew was wrong. Sometimes life just hits us between the eyes. Talk to me about bankruptcy, about cancer, about nightmarish days, and sleepless nights. Believe me when I tell you I, too, have been there. Life is tough! The question is not whether we have reached depths of despair we cannot even put into words; the question is, what did we do about it?

Fortunately, there was and is, for many of us, a light at the end of our tunnel. I take seriously a promise Jesus made when He said, "Come to me, all you who are weary and burdened, and I will give you rest."

There is something real and life-changing that comes with a relationship with Jesus Christ. But Christianity is not something I believe in because it's convenient. To be honest, that's not always the case. When a person, however, is conscious of living under the watchful care of a loving God, there is peace of mind, rest despite life's pressures, and the exhilarating promise that heaven awaits.

It is, then, with reason, I believe 2022 will be the best year of my life ... and I can hardly wait!

For more thoughts like these, please follow me at indefenseoftruth.net.

LETTERS TO THE EDITOR

How is abortion a protection of anyone's "rights?"

To the Editor:  
Referring to Lynn Rudmin Chong and her Dec. 9 letter re: anti-abortion legislation and "get rid of Republican males legislating as if this is the 1800s": Assuming Ms. Chong is a reasonable and well educated woman, I would ask the definition of health! Is killing an unborn baby health care? And why does she, zero, in, on Republican, males?, The polls show ...

women want restrictions on abortion, and you do know America has the most permissive laws allowing killing unborn up and through nine months of pregnancy. We are in league with China and North Korea. Even Europe has limits.

I fail to get Ms. Chong's logic of Roe v. Wade being a protection for women's lives. Does she now that the FDA is now giving a pass to the horrific abortion pill to be sent in the mail? No M.D., no support, dangerous bleeding potential and possible ER & death. How is all this a protection of women's health?

There is a never a right to kill a defenseless human being or vulnerable baby. Good this is not her body! The baby intra-utero is a separate human being with its own DNA.

I applaud the pro-life Republicans for their abiding in "Thou shalt not kill" and the right to life, liberty and pursuit of happiness.

Sincerely,  
Carol L. Seely  
Winnisquam

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# Notes from all over the place, and the peopling of the West



By JOHN HARRIGAN  
COLUMNIST

As 2021 drew to a close, many people who watch a lot of television must have been wondering about their own sanity. They could have been forgiven for thinking that they were seeing the same ads over and over, hour after hour, and day in and out.

They were. Under federal licensing permits for using public airwaves, stations agree to devote a certain amount of air-time to public service announcements, or PSAs. For TV stations in Maine, New Hampshire, and Vermont, these included PSAs for the Ad Council (a tremulous singer), clean water advocates (a petulant child), and a Girl Scout Boy Scout organization (indecipherable because the sound-mix was so bad).

Viewers were seeing the same “voluntary” ads over and over because stations were struggling to air as many of the free ads as possible before the year ran out. As the year ends, they struggle with a steadily closing window of opportunity to volunteer the requisite amount of free air-time. They select the easiest and most manageable of the lot to squeeze in as the year ends, and run

the same ads over, and over, and over.

+++++

Whenever I see it, I wonder why television news producers fuzz the faces of so many alleged illegal entrants into the country. Increasingly, the faces of people at the Rio Grande are fuzzed out, and whenever we see comparatively rare footage from an incident on our own border up here in the frozen tundra, they are too.

Way back a half-century ago, I was taught that anyone in a public place is fair game for a photograph, and as far as I know the rules haven’t changed. These desperate people are only accused of doing this or that to evade or take advantage of the law, not guilty of it, and will have their day(s) in court.

What are they going to do, after all? Sue the media? As any American who’s tried to bring suit in a foreign country knows, good luck.

+++++

If the TV industry is going to force viewers to sit through endless commercials, the least they could do is give awards out for the best and worst, and let viewers decide.

I’d give MacDonald’s a big hurrah for its “working stiff” commercial, which shows a sound-asleep guy in the passenger seat snoozing away while his co-worker magnanimously orders coffee for two. Millions of wee-hour workers will empathize.

A big “boo,” meanwhile, to news producers who were overly worried about White House groundskeepers blowing leaves and driving by with tractors and otherwise intruding on their precious packaging and placid background. It was a working-world situation, and you’d think the news crews would have reveled in it.

+++++

In most years, many a small town can be forgiven for just not wanting to hear much from Concord, period. It’s not that all news from the boys and girls under the State House Dome and in the Annex and the Legislative Office Building is bad, every year, year in and year out, but...

One thing the towns always do want out of Concord every single year in timely fashion, however, is the tax rate. The information goes south, more or less in timely fashion, and then the individual towns wait until the Secretary of State’s office, or the state budget people, or for all we know the Governor’s office, says it’s “okay” or otherwise authorizes the “release” of the tax rate. Meanwhile, newspaper presses and TV crews are kept in constant vigilance for the authorized, sanitized, choreographed “release” of what is, after all, the people’s news.

What would happen, we’ve always wondered, if the towns and the news media just decided to tell the state government pooh-bahs to go pound sand?

+++++

Public relations lingo: “Good optics” means “good visuals,” which is media advisor lingo for “good images,” and producer lingo for “sexy,” which comes down to the station-hype promo “Film at eleven!”

+++++

Crass class thought: Every new “sustainable” lifestyle initiative seems to involve small-town and countryside yeomen and serfs doing all the work while somebody else has all the fun.

+++++

The peopling of the Western Hemisphere—the how of it all—has long fascinated historians, and has been a favorite topic in this column. The most recent Ice Age, about 15,000 years ago, and the resultant locking up of so much of the Earth’s water in the glaciers and the lowering of the oceans, and the emergence of the Bering Land Bridge, have long constituted the most convenient answer.

However, there have always been certain holes in this theory, which came across to many people as just a bit too neat and convenient. Sweet potatoes and tobacco, for instance, seem to have switched hemispheres over the millennia, each ultimately being found where it theoretically did not belong.

Last year, a preliminary blitz of information indicated (and a more recent spate confirmed) that final evidence has



COURTESY

Kids walking around a now-extinct lake at White Sands National Park in New Mexico left these footprints in the mud-flats 22,000 years ago. (Courtesy Dan Odess, National Park Service)

surfaced indicating that the Bering Strait Land Bridge theory will no longer work. Fossilized human footprints were discovered at New Mexico’s White Sands National Park dating to 22,000 years ago, effectively throwing the 15,000-year Ice Age theory out the window.

It was in a precarious position anyway. Reports of a 35,000-year-old charcoal and hearth discovery in northeastern Brazil had cast all sorts of doubt, as had finds of Clovis points in Canada and the U.S. that made the timing of it all pushing plausibility.

Now, after the confirmation of the White Sands footprints, there is no doubt that archaeologists and anthropologists must re-think their theories. The footprints, originally made by teen-

agers and children in muddy areas around a lake, were found below and above strata containing aquatic plant seeds radiocarbon dated to 23,000 and 21,000 years.

The Cornell University archaeologist who led the footprint project seemed rueful about the long and often painful road that finally led to the old theory’s defeat. “Scholars can question whether a stone or a bone artifact was actually shaped by humans,” he said, “but there’s no mistaking who made a human footprint.”

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

## Comfort Keepers

# How seniors can enhance mental health

BY MARTHA SWATS  
OWNER/ADMINISTRATOR  
Comfort Keepers

No matter what age we are, living a life of purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult.

Why is it important for seniors to focus on their mental health?

Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation (Forbes).

The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).

Depression in the elderly is associated with increased risk of cardiac diseases and risk of death from illness (WebMD).

For older adults that want to improve their quality of life through enhanced mental health,

there are a few things they can do to kick off their healthy habits.

Exercise– Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain.

Connection– At any age, many people find joy in spending time with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren’t able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help.

Volunteering– Sharing time and talents doing volunteer work can bring a sense or purpose and fulfillment. Many organizations have programs and volunteer opportunities specifically

geared to older adults.

Spending time on joyful activities– Everyone has a different interest or hobby that brings joy, whether that’s music, art, dance, gardening or games. Seniors should try to spend time doing something that brings them happiness on a daily basis to improve their quality of life.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care

that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide transportation to community events, support physician-prescribed exercise regimens, provide companionship and help families stay connected through technology. We strive to elevate the human spirit through quality, compassionate,

joyful care.

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

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance,

nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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### Edward Jones: Financial Focus

**What should you know about investment risk?**

When you invest, you incur risk – there’s no avoiding it. But the concept of “risk” may be more expansive than you realized. And by understanding the different types of investment risk and how these risks can be addressed, you can improve your skills as an investor. The most common perception of investment risk is simply the risk of losing money. When you invest in stocks and stock-based vehicles, such as mutual funds, there are no guarantees that your principal – your initial investment amount – will be preserved. Generally speaking, if you hold stocks or mutual funds over a period of years, and even decades, you can reduce the likelihood of sustaining losses that could send your investments’ value to zero. Hopefully, the value of your investments will rise over time. And it’s worth noting that, since the Great Depression, U.S. stocks have averaged 9.59% annual returns, according to Morningstar Direct, an investment research service. However, past performance can’t guarantee future results.

In any case, this type of risk is real, and it’s a factor to consider when making your investment decisions. But you can’t avoid all risk by avoiding stocks and putting your money into other types of investments. Consider bonds, for example. When you purchase a bond, you typically receive regular interest payments and you get back your initial investment when the bond matures, provided the issuer doesn’t default. But if interest rates go up and you want to sell your bond before it matures, you’ll have to offer it at a “discount,” because no one will pay the full price for your bond when they can buy new ones at a higher rate. You can help manage this type of interest rate risk by owning a variety of bonds with different maturities. When interest rates are rising, you can reinvest your short-term bonds at the new, higher rates.

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.

And in a falling-rate environment, you can still benefit from your longer-term bonds, which typically pay higher interest rates. Foreign or international investments also contain specific risks. When you purchase foreign stocks, you’ll find that fluctuations in the value of currencies relative to the U.S. dollar can affect your returns. Also, international investments may carry political risk, since some foreign governments and political systems may change in ways that work against businesses in those countries. To contain these types of risk, you’ll want to maintain an appropriate allocation of international holdings and diversify across regions. Ultimately, your most broad-based defense against all types of risk is to build a diversified portfolio containing U.S. stocks, international stocks, corporate bonds, mutual funds, government securities and other investments. Diversification works because it helps reduce the impact that market volatility can have on your portfolio if you only own one type of asset, such as domestic stocks. (However, diversification can’t guarantee profits or protect against all losses.) And you’ll also want your portfolio to reflect your individual tolerance for risk. By being aware of the different types of risk, and taking steps to mitigate them, you can create a strategy that offers the potential to help you achieve your important goals, such as a comfortable retirement. And by doing so, you’ll avoid the greatest risk of all: not investing for your future.

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# Bear boys hang on to edge rival Belmont



Winnisquam's Caleb Bushway tries to pass the ball around Belmont defenders Anakin Underhill (left) and Jamison Gaudette.

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam and Belmont boys' hoops teams put on a back and forth battle for 32 minutes on Tuesday, Dec. 28.

In the end, the host Bears survived a couple of late Belmont chances to earn the 44-43 win in a game rescheduled from the previous week.

"We basically had seven guys, really six and a half because one had to leave at half-

time," said Winnisquam coach Kevin Dame. "As angry as you get when they don't execute down the stretch, you realize they've been playing 32 minutes, so they're tired.

"Depth was a little issue, but they didn't foul out," the Bear coach added. "They found a way to not foul out and to make one more play than the other team and that was the margin."

"I told them (after the late missed chances) you can't be too upset about



Anthony Robbins soars to the hoop for two of his 17 points against Belmont last Tuesday night.

those chances," said Belmont coach Jim Cilley. "You put yourself in the position to make those plays.

"Mental toughness is what I've talked to them about," the Raider coach added. "They did great with that, they fought back, we'll win plenty of basketball games if we keep that up."

The visiting Raiders got out to the quick start, opening up an eight-point lead after one quarter of play. Sam Reposa started things out for Belmont with a three-pointer and after Anthony Robbins finished off his own steal at the other end, Jamison Gaudette added a hoop for Belmont for a 5-2 lead.

Caleb Bushway hit a free throw for the Bears but Anakin Underhill answered at the other end with two from the free throw line and then added a bucket for a 9-3 lead. Keegan Martinez drained a hoop for the Raiders for an 11-3 lead before Robbins got a three-pointer for the Bears to cut the lead to 11-6.

However, Gaudette converted a three-point play to close out the first quarter and Belmont had the 14-6 lead after eight minutes of play.

A Gaudette free throw started the second quarter, pushing the lead to nine before Robbins got a hoop for the Bears. After another Gaudette hoop pushed the lead to

nine again, Winnisquam got a three-pointer from Christopher Biancardi and a hoop from Bushway to cut the lead to just four.

Martinez put back a rebound for Belmont but a three from Caleb Robdau pulled the Bears within three. Reposa hit two free throws at the other end, but a three and a traditional field goal from Robbins pulled Winnisquam even at 21 with 1:42 to go in the first half.

Gaudette got Belmont back in front but Bushway drained a three to propel the Bears to the lead by a 24-23 score. Juan Montoya hit one from the line to tie the score, but a free throw from Robbins and a bucket from Anthony Boomer gave Winnisquam the 27-24 lead at the halftime break.

Bushway came out of the half with a three-pointer to push Winnisquam's lead to six before Tylor Carroll answered with a three-pointer for Belmont and Martinez put back a rebound, cutting the lead to just one.

Robbins hit another hoop but Martinez answered for the Raiders, Leighton Morrison found the bottom of the net for Winnisquam and Gaudette sank a free throw for Belmont, cutting the lead to 34-32 for the hosts.

Boomer drilled a three-pointer to push the



Sam Reposa fires off a shot during action in Tilton last week.

lead to five but Montoya got the final basket of the third quarter for Belmont and Winnisquam's lead was 37-34 heading to the fourth quarter.

Montoya hit a hoop to start the fourth quarter, pulling Belmont within one, but Bushway hit a hoop and Boomer drained a free throw at the other end, putting Winnisquam back up by four points.

A basket from Reposa pulled Belmont within two, but Bushway had a basket and Robbins drained two from the free throw line to put the hosts up by a 44-38 score.

Gaudette finished off a steal and with 1:45 to go, Underhill put a ball in the net to cut the lead to two. Underhill then made a diving play for a loose ball to get Belmont possession again, but Winnisquam stood strong defensively on an inbounds play. The Raiders were able to get the ball inbounds with less than four seconds to go, but they missed two shots in close and then missed a free throw in the final second. Martinez did add one free throw to close out the scoring at 44-43.

"Belmont, they're a good squad, they've got some young size and some nice guards," Dame stated. "It's nice to get out of here with a W.

"Offensively, we got some nice contributions from different people," the Bear coach contin-

ued. "We found a way to gut it out and I'll take it."

Dame and Cilley both pointed out they were happy to get the rescheduled game in over the break, since the Lakes Region Holiday Hoop Tournament was cancelled.

"I definitely didn't want any more three-game weeks later in the season," Dame said.

"I felt we needed more practice instead of the Christmas tournament," Cilley said. "And we were happy to get a game in this week too.

"We do have to iron some things out," the Belmont coach continued. "I told them I was proud of them. When Jamison fouled out, he's our leader, but they all stepped up.

"If we can get one or two next week, I feel good about where we'll be," Cilley added.

Robbins led the way with 17 points on the night, while Bushway added 13 for the Bears. Gaudette paced the Raiders with 13 points.

Belmont will be in action on Friday, Jan. 7, at home against Mascoma and Monday, Jan. 10, at home against Prospect Mountain, both at 6 p.m. before hitting the road to White Mountains on Thursday, Jan. 13, at 6:30 p.m.

Winnisquam is at Fall Mountain on Friday, Jan. 7, at 6:30 p.m., hosts Raymond on Monday, Jan. 10, at 7 p.m. and visits Prospect Mountain on Wednesday, Jan. 12, at 6 p.m.

WRHS 6-21-10-7-44  
BHS 14-10-10-9-43

Winnisquam 44  
Boomer 2-1-6, Robbins 6-3-17, Biancardi 1-0-3, Morrison 1-0-2, Bushway 5-1-13, Robdau 1-0-3, Totals 16-5-44

Belmont 43  
Carroll 1-0-3, Reposa 2-2-7, Gaudette 5-3-13, Montoya 2-1-5, Underhill 2-1-5, Martinez 4-1-9, Totals 16-8-43

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

## Belknap Mill to host monthly Young Performers Open Mic

LACONIA — The Belknap Mill, in collaboration with NH Music Collective, is launching a Young Performers Open Mic at the Mill. This free, family-friendly event will be held monthly on the fourth Sunday, beginning Jan. 23 through May 22. The two-hour open mic will start at 2 p.m., and is open to all middle and high school students in the Lakes Region.

"The arts are core to our mission and programming at the Belknap Mill," said Tara Shore, Belknap Mill's Program & Operations Manager. "An open mic opportunity for Lakes Region youth is an exciting and comfortable way for young musicians and singers to practice and improve their performance skills."

The two organizations are thrilled to be introducing this program in 2022!

"I ran a Young Performers Open Mic for 5 years, before relocating to the Lakes Region," said John McArthur of NH Music Collective. "Now, some of those same open mic performers are full-time professional musicians and play at venues throughout New Hampshire."

For questions or to sign up, contact John McArthur at john@nhmusiccollective.com.

## PETS OF THE WEEK



Tate

Tate is a highly intelligent Australian cattle dog (also known as the blue heeler). Like most cattle dogs, Tate is a dog that needs a job, and will need lifelong training and activities to keep him happy and healthy. Tate is hearing impaired, but that doesn't stop him from learning new tricks! Tate responds to hand signals for sit, down, stop, speak, stay, and paw, and is working on more! He is both toy and food motivated. Tate will need lots of mental and physical stimulation to keep him happy- he will need much more than walks or a game of fetch! Tate can be selective with which people he trusts, and can be reactive towards new people. We have started working with Tate to help him make positive choices and build trust. He is making progress and is looking for an adopter who wants to continue this work. He loves to train, play fetch, play tug of war, and once he builds trust with you, loves to cuddle. Tate is looking for a home without kids ( he can play a bit rough), no cats ( too fun to chase!), and he may do ok with the right dog friend but can be picky



Cuke Roll

If this picture doesn't tell you how adorable I am then I don't know what will. Me and my adorable face came to NH Humane from living as a stray, so there is not much in the way of background. I am FIV+, meaning I would need to be the only pet in the household or living with other FIV+ cats.

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## HEALTHFIRST

CONTINUED FROM PAGE A1

of health that optimizes work and life potential for all our staff and the clients we serve. In keeping with this value, we are committed to creating a healthy, safe, and stigma-free work environment through our participation in the New Hampshire Governor’s Recovery Friendly Workplace Initiative. We want to encourage an environment where our employees, their families, partners, and our communities collaborate to create positive change and eliminate barriers to recovery for those impacted by addiction.”

The Recovery Friendly Workplace Initiative provides no-cost benefits for participating workplaces that include trainings on how to create and support a RFW culture for all employees. Additionally, it partners with RFW advisors to help meet customized

business needs related to SUDs and it connects employees to an array of community prevention, treatment, and recovery resources.

Haney continued, “To achieve a high level of employee health, wellness, safety, and productivity, HealthFirst is working to build an office culture where we support our employees and their family members who have been directly and/or indirectly impacted by substance use as we would in the case of any other serious health condition. We will foster this culture by supporting healthy lifestyle choices. We will also provide resources to make it easier to access services to support recovery from substance use disorder and support those both directly and indirectly impacted by substance use. We at HealthFirst should strive to be inclusive through our words and actions.”

The RFW Initiative has shown to produce positive outcomes for participating workplaces which include healthier employees, increased productivity, less absenteeism and turnover, greater employee satisfaction, increased customer loyalty, a more supportive culture, increased morale, and overall improved communication.

“Participating in the Governor’s RFW Initiative just helps to solidify HealthFirst’s existing integrated model of caring for the whole person. We’ve been offering these services to our patients, but it is time we do this for our own employees as well. By accepting the Governor’s designation, we will work diligently to reduce the stigma for those in recovery, while providing them enabling services to support their recovery all while maintaining employment,” said Audrey Goudie, Di-

rector of Marketing & Communications.

If you or someone you know needs support services, HealthFirst offers Medication Assisted Treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders. This combination of therapies is effective and can help some patients to sustain recovery. HealthFirst first

initiated its medication assisted treatment program to address the ongoing opioid crisis. People from all walks of life have become dependent on opioid medications and substances. HealthFirst’s patient-centered approach values and encourages treatment of the whole patient, including mind and body, physical and emotional. They have assembled a specialized team dedicated to helping patients achieve sobriety and live

a life free of substances with a goal to help patients learn to live without drugs by developing healthier coping skills during their course of treatment.

To learn more about HealthFirst’s MAT program or to schedule an appointment, call 603-934-1464 or visit <https://healthfirstfamily.org/contact-us/> to complete our patient appointment request form.

## GIRLS

CONTINUED FROM PAGE A1

side of the ball with seven rebounds and Sophia Day and Isabella Sargent both played well.

“Victoria Kelly and Triniti Carter were huge in the fourth and we needed them to be, scoring 11 of our 14 fourth quarter points,” Dawalga said. “Lauren MacDonald had a great game running the point all night.”

The Bear coach noted that Philippy picked up her fourth foul in the third and a lot of the ball-handling duties fell to MacDonald, who really stepped up and carried the load.

“A great team win on the road,” he said.

The Raiders were led by 11 points from Savannah Perkins while both Lena Rodrigues and Courtney Burke finished with nine points. The Raiders shot just nine for 47 from the field and were just 15 of 28 from the free throw line for the game.

Belmont will be back in action on Friday, Jan. 7, at Mascoma at 6:30

p.m. and will be at Prospect Mountain at 5 p.m. on Monday, Jan. 10, before returning home to host White Mountains on Thursday, Jan. 13, at 6 p.m.

Winnisquam is back in action today, Jan. 6, at home against Fall Mountain at 7 p.m., will be at

Raymond on Monday, Jan. 10, at 6:30 p.m. and will be hosting Prospect Mountain on Wednesday, Jan. 12, at 5:30 p.m.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Dec. 20-27.

Melssa R. Gosselin, age 39, current address unknown, was arrested on Dec. 20 on multiple counts of drug possession (subsequent) and multiple counts of Control of a Premises Where Drugs have been Kept. Otto B. Keller, age 38, of Moultonborough was arrested during the same incident for Receiving Stolen Property valued at less than \$1,000.

Troy R. Marcoux, age 20, of Belmont was arrested on Dec. 21 for Criminal Liability for the Conduct of Another.

Caleb B. Elliott, age 25, of Gilmanton was arrested on Dec. 23 for Breach of Bail.

Joseph T. Coutu, age 26, of Franklin was arrested on Dec. 25 for Driving After Revocation or Suspension (subsequent).

Jennifer L. Connor, age 49, of Laconia was arrested on Dec. 25 for Driving After Revocation or Suspension (subsequent) and Suspension of Vehicle Registration.

Haley Jodoin, age 23, of Ossipee was arrested on Dec. 26 for Driving Under the Influence-Impairment.

Robbie Lane Green, age 45, of Woodsville was arrested on Dec. 26 for Driving After Revocation or Suspension.

Ulimatu Kamara, age 47, of Manchester was arrested on Dec. 26 for Suspension of Vehicle Registration.

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## Public Hearing Notice

The Public Hearing for the 2022-2023 Shaker Regional School District proposed budget will be held Wednesday, January 19, 2022 at Canterbury Elementary School at 6:00 pm and Thursday, January 20, 2022 at Belmont Middle School at 6:00 pm.

**Live broadcast available on the Shaker Regional School District YouTube Channel**  
**To access the YouTube channel visit SAU80.org**

A Public Hearing Book containing information about the proposed budget is available on the district website, [www.sau80.org](http://www.sau80.org) or by contacting Kim Haley at 603-267-9223.

## BLOOD DONATION WORD SEARCH

A L R N C L U K E G N I R Y S O C S B B  
Y K K N A B O O T H E R A P Y E L D A E  
U C I S M I P S P E T R Y K L D O N N D  
P A K U G R T I M E T S R L M R I G M D  
B U D M E D O S A G E N S C U L R O S U  
A I L A I L E H T O D N E E U A C I S P  
L D S A T Z N S P E G Z N B D B A B C D  
L Y A N T I B O D Y A E O S U H L G M O  
E S B T U B I Y Y I T L O Y T A I A L R C  
L E O I P Z B L U I G R K L S N B Y R I  
E M T G G R H E C I P I A Y D C R H E H  
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R N Y I B L N R I Z P Z U L O U T O O O  
P H D T A S Z E I G S T M N N K K R D L  
H L U M P H K D P D I S E A S E Y C Z B

Find the words hidden vertically, horizontally, diagonally, and backwards.

## BLOOD DONATION WORD SEARCH

ADSORPTION, ALLELE, ANTIBODY, ANTIGEN, ANTIGLOBULIN, BANK, BLOOD, CALIBRATION, CELLS, CODOMINANT, CROSSMATCH, DISEASE, DONATION, DONOR, DOSAGE, ENDOTHELIAL, ENZYMES, GENETIC, GROUP, HEALTH, STEM, SYRINGE, THERAPY, TYPE

## Notice to Citizens of the Winnisquam Regional School District

### Filing for School District Office

Adele Chertoff, Acting Clerk of the Winnisquam Regional School District, announces the time limits for filing declaration of candidacy for school district officers. In order for the name of the candidates to appear on the ballot, written declaration of candidacy must be filed with Mrs. Chertoff from 8:00 am – 4:00 pm January 19th through January 27th, 2022 and 8:00 am – 5:00 pm January 28th, 2022 at the Winnisquam Regional School District SAU Office, 433 West Main Street, Tilton.

The Winnisquam Regional School District Officers to be elected this year are as follows: Moderator, one moderator, one-year term, ending 2023 (resident of any three towns). School Board Members: Northfield, one member, three-year term ending 2025 Sanbornton, one member, three-year term ending 2025, and Tilton, one member, three-year term ending 2025. Budget Committee Members: Northfield, one member, three-year term ending 2025, Northfield, one member, one-year term ending 2023, Sanbornton, one member, three-year term ending 2025, and Tilton, one member, three-year term ending 2025.

All members shall be elected at-large, and all members representing each of the three towns must be residents of that town. Any qualified voter in the school district is eligible to file. The elections will take place on Tuesday, March 8, 2022. Residents of each town will vote at the same time and place as the election for town offices. Although the voting will take place at the regular town elections, voting for school district offices will be by separate ballots.









# REAL ESTATE



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Just listed in The Gables at South at Lakeside at Pausg Bay on Lake Down Shores. This 3-BR + loft, 3-level Winnepesaukee. This 3BR unit has an town home has lake views, a gas FP, upgraded kitchen, private deck, granite 3-season porch & private lake amenities! \$899,900 MLS# 4859305



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Misty Harbor Condos on Lake Winnepesaukee in Gilford. Year-round, end unit w/ lake and mountain views! Misty Harbor Resort is a year-round community with indoor and outdoor pools, jacuzzi, sauna, shuffleboard, basketball, volleyball, and tennis courts











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 <p>DBL WIDES List Price: \$113,995 <b>\$109,995</b> 40' x 3 Bed, 2 Bath</p>	 <p>DBL WIDES List Price: \$127,995 <b>\$124,995</b> 48' x 3 Bed, 2 Bath</p>	 <p>DBL WIDES List Price: \$132,995 <b>\$118,995</b> 48' x 3 Bed, 2 Bath</p>
 <p>MODULARS List Price: \$134,995 <b>\$134,995</b> 3 Bedroom (Base Price)</p>	 <p>MODULARS List Price: \$141,995 <b>\$141,995</b> 2 Bedroom</p>	 <p>MODULARS List Price: \$191,995 <b>\$191,995</b> 1,900 sq. ft. 2 Story 1st Floor Master Bedroom</p>

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Bean Group: [www.beangroup.com](http://www.beangroup.com)  
Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)  
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Coldwell Banker: [www.cboldmill.com](http://www.cboldmill.com)  
Coldwell Banker Residential Brokerage  
[www.newenglandmoves.com](http://www.newenglandmoves.com)  
ERA Masiello: [www.masiello.com](http://www.masiello.com)  
Exit Lakeside Realty Group: [www.exitolakeside.com](http://www.exitolakeside.com)  
Granite Group Realty Services:  
[www.granitegrouprealty.com](http://www.granitegrouprealty.com)  
Gowen Realty: [www.gowenrealty.com](http://www.gowenrealty.com)  
Kressy Real Estate: [www.kressy.com](http://www.kressy.com)  
Lakes Region Realty: [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)  
Lamprey & Lamprey Realtors: [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)  
Maxfield Real Estate: [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)  
McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)  
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Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)  
Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)  
Peabody and Smith: [www.peabodysmith.com](http://www.peabodysmith.com)  
Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)  
Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)  
Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)  
Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)  
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# HELP WANTED

## JOB POSTING Deputy Town Clerk Town of Plymouth, NH

The Town of Plymouth seeks to fill a permanent, part-time (34 hours/week) Deputy Town Clerk position. Under the general direction and supervision of the Town Clerk, the Deputy Town Clerk is responsible for helping to administer motor vehicle and boat registrations, dog licenses, vital statistics and elections. The Deputy Town Clerk also provides support to the Town Clerk in certifying the actions of the Select Board and other Town Officials, making official reports and collecting fees; acts as an assistant for all Town Clerk duties and is therefore subject to statutory requirements.

Applicants must have strong office and interpersonal skills with an emphasis on customer service, an ability to multitask and other basic computer knowledge in Microsoft Office, email management, data entry, digital calendar, and social media management. Applicants must have the ability to obtain Municipal Agent and Boat Agent certifications within 3 months of employment, and must be able to work extra hours per the request of the Town Clerk.

Grade 4 pay range is \$17.78 to \$24.89/hour with a competitive benefit package. Must be a Plymouth resident due to statutory requirements. The position will remain open until Friday, February 4, 2022.

Please submit a cover letter and resume with 3 references included to Town Clerk Jaseya Ewing at Town of Plymouth, 6 Post Office Square, Plymouth, New Hampshire 03264.



### Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

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- |                     |                  |                   |                 |
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| ▶ Competitive Wages | ▶ Paid Vacation  | ▶ Paid Holidays   | ▶ Paid Time Off |
| ▶ Health Insurance  | ▶ Profit Sharing | ▶ Store Discounts | ▶ 401k          |



### Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

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- |                     |                  |                   |                 |
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Machine Operators – 2<sup>nd</sup> and 3<sup>rd</sup> Shift - Starting Pay \$14.50

Process Technician – 2<sup>nd</sup> Shift - Starting Pay \$19.00

Spray Painters – 2<sup>nd</sup> and 3<sup>rd</sup> Shift - Starting Pay \$16.00

Sanders 1<sup>st</sup> Shift - Starting Pay \$14.50

\$ .75 per hour shift differential on 2<sup>nd</sup> shift.

\$ 1.50 per hour shift differential on 3<sup>rd</sup> shift.

**\*\*\$1,000 SIGN ON BONUS FOR FULL TIME EMPLOYEES**

**\*\*\$500 SIGN ON BONUS FOR PART-TIME EMPLOYEES**

**\*\*SUBJECT TO TERMS AND CONDITIONS\*\***

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at [www.psimp.com](http://www.psimp.com).

You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com), please be specific as to what shift and position.

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|--------------------------------------|--------------------------------------|
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| Central Sterile Technician           | Health Unit Coordinator              |
| Clinical Application Specialist      | LNA/Health Unit Coordinator          |
| General Float                        | Licensed Nursing Assistant           |
| Environmental Services Technician II | Paramedic                            |
| Department Manager – Patient Access  | Registered Nurse                     |
| Patient Access Representative        | RN – Day Shift                       |
| Occupational Therapist               | RN – Night Shift                     |
| Physical Therapist                   | RN Nurse Manager – ED/Med-Surg       |
| Certified Surgical Tech              | RN Nurse Educator                    |
| Medical Assistant                    | RN Nurse Manager – Surgical Services |
| Multi-Modality Radiologic Tech       |                                      |

#### APPLY ONLINE

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Upper Connecticut Valley Hospital  
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[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
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#### LNA

(Full Time with Benefits)  
Mon. – Fri. 8:00am to 4:30 pm

For more information, please contact  
Linda Elliott, Human Resources at [lelliott@nchhha.org](mailto:lelliott@nchhha.org)  
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Benefit to include:

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### Precision Lumber Inc.

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To view all career opportunities at MSA Globe go to  
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\*Terms and conditions apply. HOURLY ASSOCIATES HIRED FROM JUNE 1, 2021, THROUGH DECEMBER 31, 2021

16-6493-MCP / 11.2021

## FRAMERS AND LABORERS WANTED FOR INDOOR WORK

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We currently offer health insurance, vacation pay, and a retirement plan, monthly bonuses for good attendance and have plans to offer more benefits in the near future. We will also train those who don't yet have experience.

Apply in person at 1525 US Route 4 in Danbury NH or call 768-5900 to set up an appointment.

## Wallace

### Full-Time Installers Assistant

Energysavers Inc, a 46 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. **LEARN WHILE YOU EARN!**

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

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### PERMANENT FULL TIME PLANNING/ZONING & ASSESSING COORDINATOR

The Town of Campton, NH is seeking candidates for the position of Planning/Zoning & Assessing Coordinator. Applicants must have a high school diploma or equivalent; 3 to 5 years of office experience, preferably in municipal government; or any equivalent combination of education or experience which demonstrates possession of the required knowledge, skills, and abilities. Applicants must enjoy working with the public. This is a full-time position with benefits with an hourly pay range from \$19.45 to \$23.69, depending on experience.

A full job description and application form is available at [www.camptonnh.org](http://www.camptonnh.org)

**Applications must be submitted by  
January 10, 2022, to:**

Corey J. Davenport, Town Administrator  
12 Gearty Way, Campton, NH 03223  
[Toc.cd@camptonnh.org](mailto:Toc.cd@camptonnh.org)

The Town of Campton is an equal opportunity employer. The position will remain open until filled.



# LRMHC to launch 24/7 Mobile Crisis Response Team

LACONIA —Lakes Region Mental Health Center (LRMHC), the community behavioral health center serving Belknap and southern Grafton counties, announces its launch of a 24/7 Mobile Crisis Response Team program which will significantly enhance the organization's Acute Services Program. Because it is a statewide initiative that will involve all ten community mental health centers, Granite Staters in the midst of a mental health crisis will be able to call a single, statewide number to be connected with mental health and addiction care professionals that can provide immediate access to crisis support via telephone, text, chat or by dispatching LRMHC's Mobile Crisis Response Team to respond to the person in crisis in the community. This initiative is an effort to make access to care easier and faster, reduce the overall number of suicides, opioid overdoses and other causes of preventable mortality, ensure improved outcomes for crisis patients, reduce hospitalizations and incarcerations, and become a first-responder crisis community resource for our region.

"Every community should have robust mental health crisis services so that mental health crises are treated like any other medical emergency: with people receiving the best possible care that helps them on a path toward recovery," said Maggie Pritchard, Chief Executive Officer at Lakes Region Mental Health Center.

Beginning on Jan. 1, individuals can call 833-710-6477 and be provided 24/7 phone support by trained clinicians who can to help resolve a behavioral health crisis, provide referrals to outpatient services or dispatch a Mobile Crisis Response Team to respond to a mental health and substance misuse crisis situation in the community.

Beginning on July 1, individuals will be able to call 988 for assistance with a mental health crisis, or you can contact the Rapid Response Access Point directly by calling 833-710-6477, by texting to 888-888-8888 or by visiting NH988.com.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Acute Services to include Emergency Services and Mobile Crisis Response 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 603-524-1100 or visit the Web site at [www.lrmhc.org](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

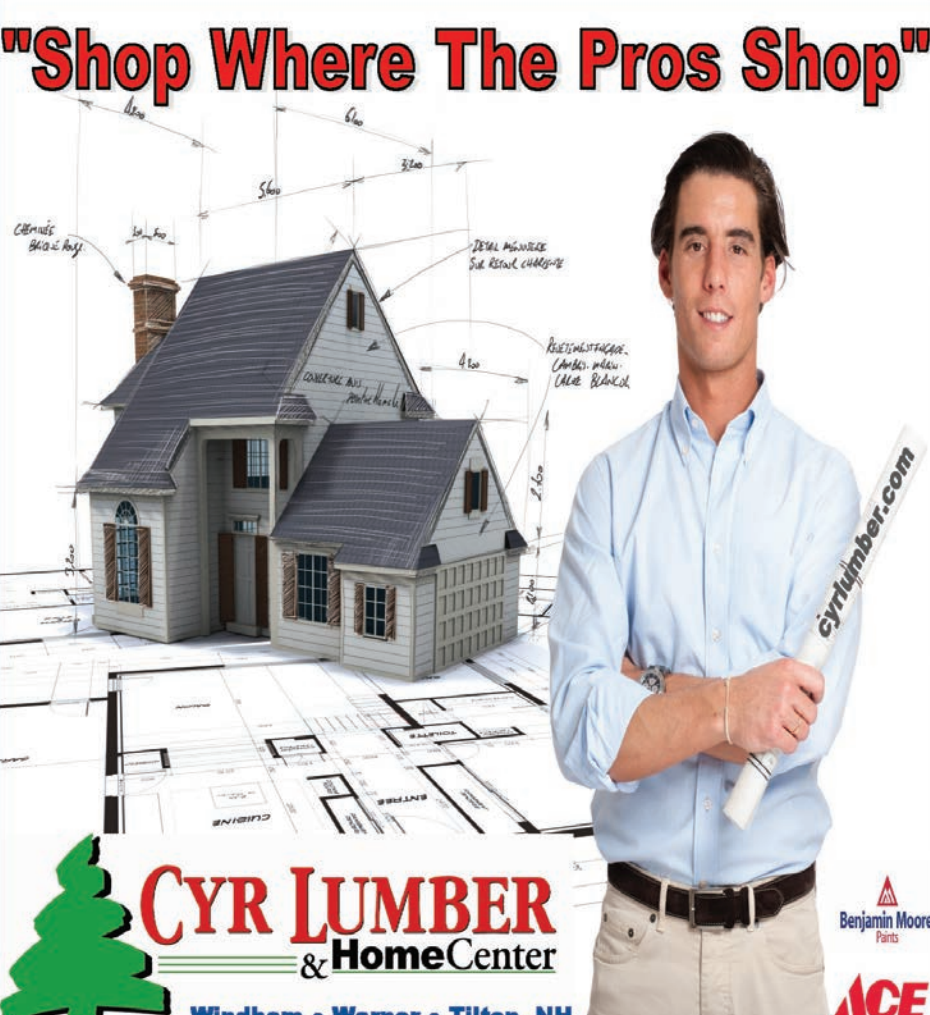
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