

Police station proposal dominates Belmont Deliberative Session

BY DONNA RHODES
dhrhodes@salmonpress.news

BELMONT – With 31 articles on the 2020 Belmont Town Warrant, there were only two that prompted substantive discussion from the 50 or so voters who attended last weekend’s First Deliberative Session, before final decisions are made at the polls on March 10.

The first to draw comments from town officials and voters alike was Article 2, calling for the town to raise and appropriate \$3.5 million to construct a new police



Belmont Police Chief Mark Lewandoski spoke to voters at last Saturday’s First Deliberative session about this year’s warrant article proposal to build a new police station, along with the many safety, security and space issues his department deals with in their current location.

station.

Belmont Facility Committee member Carmen Lorenz presented the proposal to tax payers last Saturday, explaining that after two years of intensive study, they are recommending that the

SEE **DELIBERATIVE**, PAGE A8

Slate of candidates in place for local elections

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – The filing period for those interested in running for town offices closed last Friday afternoon, and town clerks in each of the four towns in the Winnisquam region have now disclosed who voters will see on their ballots at the 2020 March elections.

In Belmont, incumbent Claude “Sonny” Patten will face a chal-

lenge from George Condodemetra for a three-year term on the Board of Selectmen. A two-year seat on the Budget Committee has Mark Ekberg running unopposed for re-election, with Roland Coffin, Norma Patten, Gary Grant and Tina Fleming each running for the four three-year seats on the committee. Another one-year position remains vacant. Richard Pickwick and Peter Harris have

filed for re-election to the two three-year openings on the Planning Board and Alvin Nix has also signed up to run for another two-year term as Town Moderator.

Norma Patten is running unopposed once more for Cemetery Trustee, Mary-Louise Charnley is interested in keeping her position as Library Trustee and Tom Garfield is seeking a three-year

SEE **CANDIDATES**, PAGE A10



Lorna Piche

Meet your local providers Franklin VNA & Hospice

Lorna Piche is a Nurse Practitioner for Laconia Clinic in Laconia, where she specializes in Gerontology. We are excited to be able to interview her and grateful for the chance to hear her thoughts.

Q: You specialize in Gerontology. What does that specialty entail, and what spurred your interest in it?

A: I have been a nurse since 1991. I have always enjoyed dealing with elderly patients. I find that they hold a wealth of knowledge that we can all learn from every day. I very much enjoyed the experience of listening to their stories and how their lives were so different then from ours today. Gerontology is the study of older adults. I only see patients 18 and up. I specialize in the types of changes that the human body takes on as you develop in age. For example, certain medications must be significantly lower than if you were 25. As you age, your ability to metabolize, or clear medications from your body, changes, and if the provider is unaware of that, you may be getting an overdose of a medication that could potentially be unsafe.

Q: If people are looking for a new primary care provider, what considerations should weigh into that decision?

A: Family practice PCPs can treat patients of all ages, including children. Internal medicine physicians only practice on people 18 years and older, and specialize in adult-gerontology typically. As you age, you may have more illnesses and comorbidities than you did when you were say, 25. So it is important that you recognize that as you age, your needs in a primary care provider will change.

Q: What drew you to this area to practice in?

A: As I said, I have been a registered nurse since 1991 when I graduated from New Hampshire Technical Institute, the first time with my associate's degree in nursing. One of my nurse instructors was a nurse practitioner, and she had her own practice. I found that career path quite interesting, and I always dreamed that eventually, I would be able to have my own patients and to be able to care for them throughout their lifetime and to help keep them healthy and strong and then to help them transition into the next stages of their life.

SEE **PROVIDERS**, PAGE A10



Crews from Tilton-Northfield and Belmont fire departments were called to Lake Winnisquam in Tilton last week to rescue a dog who was stranded on the ice.

Dog rescued from ice on Lake Winnisquam

BY DONNA RHODES
dhrhodes@salmonpress.news

TILTON – When people spotted a dog stranded on the ice on Lake Winnisquam last Thursday morning, they did the right thing by notifying Tilton-Northfield Fire & EMS who came prepared to journey out onto the treacherous ice and rescue the animal.

The call to the department came in at 8:49 a.m. on Jan. 30 stating that a dog could be seen

off the Anchorage Resort at 7251 Laconia Rd. (Rte 3) in Tilton. Upon arrival crews from both Tilton-Northfield and Belmont Fire Department pulled out their binoculars and spotted the dog out in the middle of the lake, lying down on the ice and not moving. They quickly donned their cold-water rescue suits and headed out to help.

After walking approximately a quarter

of a mile out on the lake, encountering several places where the ice was weak, they eventually reached the dog. It got up as they approached and, with some encouragement, followed them slowly back to shore, taking care to avoid any open water along the way.

Once they reached the shore, Deputy Chief Tim Joubert said the dog set out deliberately in the direction of what

the rescuers believed to be home.

“This was a great outcome because the animal was safe and the public did not put themselves in danger attempting to help,” said firefighter Nick Baker.

Both Tilton-Northfield and Belmont EMS and firefighters would like to remind everyone that ice thickness varies and should never be assumed to be safe.

INDEX

Classifieds.....	B4-6	Volume 121 • Number 4
Editorial Page	A4	18 Pages in 2 Section
North Country Notebook...	A4	©2020, Salmon Press, LLC.
Obituaries.....	A6	Call us at (603) 279-4516
Sports	B1-3	email: steamer@salmonpress.news

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 24-31. Please note that due to space constraints, we are unable to list every incident to which the department responded during this time period, only those that resulted in an arrest.

Dale A. Twardosky, age 33, of Laconia was arrested on Jan. 24 in connection with a bench warrant issued by Laconia District Court.

Marissa Monsante, age 24, no known current address, was arrested on Jan. 24 in connection with a warrant issued by Belknap County Superior Court.

Johanna K. Patterson, age 31, of Belmont was arrested during the same incident for Willful Concealment, Obstructing Government Administration, and in connection with a bench warrant issued by Laconia District Court.

Nichole R. Brackett, age 31, of Alexandria was arrested on Jan. 25 in connection with a bench warrant issued by Franklin District Court.

Paige Fuller, age 28, of Belmont was arrested during the same incident for Disobeying an Officer.

Nicholas D. Godbout, age 31, of Belmont was arrested on Jan. 26 in connection with a warrant.

An adult female whose name has been withheld from publication was arrested on Jan. 26 in connection with a civil warrant issued by Laconia District Court.

Emma A. Wilcox, age 26, of Franklin was arrested on Jan. 27 for Possession of Drugs and two counts of Possession of Controlled/Narcotic Drugs.

Kara L. Lamontagne, age 50, of Sanbornton was arrested on Jan. 27 for Driving While Intoxicated.

Cortney I. McMurray, age 32, of Rochester

was arrested on Jan. 28 for Driving After Revocation or Suspension and Speeding.

Leo A. Chagnon, age 60, of Laconia was arrested on Jan. 30 in connection with a warrant issued by the Tilton Police Department.

Katelyn M.J. Lewis, age 35, of Laconia was arrested on Jan. 30 on three counts of Bail Jumping.

Monica Rae Kemper, age 35, of Laconia was arrested on Jan. 30 for Resisting Arrest or Detention and in connection with a warrant issued by Belknap County Superior Court.

Eric J. Collins, age 49, of Northfield was arrested on Jan. 31 for Loitering, Criminal Trespassing, Possession of Controlled/Narcotic Drugs, Possession of a Controlled Narcotic Drug with Intent to Distribute, and for being a Felon in Possession of a Dangerous Weapon.

HALL MEMORIAL LIBRARY

Tilton/Northfield

Monday, Feb. 10
Chess Club, 2-5 p.m.
After-school Board Game Club, 4 p.m., for kids grades three and up
Trustees Meeting, 5 p.m.

Tuesday, Feb. 11
Spanish Club, 10 a.m.
Sewing Group, 10 a.m.
Tech Tuesday, 2 to 4 p.m.
Self Care Session for Teens, 3 to 4 p.m. - Teens, join us for an hour of self-care!

Wednesday, Feb. 12
Storytime, 10:30 a.m.

- for preschoolers with a caregiver. This week, will have Valentine's Day stories, rhymes, and a related craft.
Blanket Forts, 1 p.m.
- Kids and teens, join us to make blanket forts. Build forts, hang out, and read!

Thursday, Feb. 13
Craft & Connect, 4 p.m.: Heart Art and Craft Time - drop in to make paper heart arts and crafts while supplies last. Fun for all ages!

Friday, Feb. 14
Sit & Knit, 2 to 5 p.m.
Craft Time for Teens

Ages 12-18, 3 p.m. - Valentine BINGO

Looking ahead: We'll be closed on Monday the 17th for Presidents' Day!

New Items
"All the Ways We Said Goodbye: A Novel of the Ritz Paris" by Beatrix Williams
"No Fixed Line" by Dana Stabenow
"Big Lies in a Small Town" by Diane Chamberlain
"Highfire: A Novel" by Eoin Colfer
"When You See Me" by Lisa Gardner

“DIY Science” Series at Prescott Farm

LACONIA – Spending time in nature leads to a lot of questions. Prescott Farm Environmental Education Center educators will guide learners in getting answers through hands-on experiments and outdoor exploration during the new series, DIY Science.

The series kicks off with “Snow Science” on Saturday, Feb. 8 from 10 a.m.–noon. The white stuff that falls from the sky and gives us hills to sled down is more than a pretty coating on the landscape. This DIY Science program will introduce learners of all ages to the fascinating properties of snow by identifying common shapes of snow crystals, dissecting a snowpack, and more. The majority of the hands-on learning will take place outside, so participants will need to dress for the weather.

DIY Science features activities and inquiries specially designed for children and adults to enjoy together. Future program topics include Homemade Weather Stations (Saturday, April 4), Build a Terrarium (Wednesday, July 15), Make & Use a Compass (Saturday, Sept. 12) and The Granite

in New Hampshire (Saturday, Oct. 17).

For more information or to register visit prescottfarm.org or email info@prescottfarm.org.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

NORTHFIELD POLICE LOG

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

22 Motor Vehicle Stops
12 Motor Vehicle Complaints
3 Welfare Checks
3 Thefts from Buildings
5 Suspicious Activities/Persons/Vehicles
12 Citizen & Other Agencies Assists
Animal Complaints, Assault, Property Checks, Civil Standbys, Drug Overdose, Fraud, Harassment, Juvenile Complaint, Neighbor

Dispute, Suicide Attempt, Scam, Shots Fired and a Wanted Person.

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

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

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

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 21 calls for service and made the following arrests during the week ending Feb. 1.

Joshua Partington, age 35, of Northfield was arrested on Jan. 30 for Driving After Revocation or Suspension. He is scheduled to appear in Franklin District Court on March 16.

Beau S. Huntoon, age 29, of Sanbornton was arrested on Jan. 31 in connection with a warrant for failure to appear in court. He is scheduled to appear in Franklin District Court on March 16.

one fire/medical call, one house check, one medical emergency, one money relay, one motor vehicle summons, seven motor vehicle warnings, one request for police information, two thefts, and one V.I.N. verification.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 421 calls for service and made the following arrests from Jan. 13-26.

Arrested during this time period were Richard Cross (for Driving After Suspension), Jacob

Deveno (for Theft and Criminal Trespassing), Dyllon Laundry (in connection with a warrant), Albert Lynch (for Possession of Drugs, Sale of Drugs, and Falsifying Physical Evidence), Timothy Kingsbury (for Driving After Suspension), Augusta Guarrancino (for Receiving Stolen

Property and Criminal Liability), Rueben Martin (for Willful Concealment and Falsifying Physical Evidence), Robyn Dipietro (for Driving After Suspension), and Derek Hardy (in connection with a Habitual Offender warrant).

BARNZ's **MEREDITH CINEMAS**
Meredith Shopping Ctr. • 279-7836
844-4BARNZS

Week of 2/7 - 2/13

BIRDS OF PREY R **LITTLE WOMEN** PG
Fri.: 1:15, 4:15, 7:15, 9:50 PM
Sat.: 10:30, 1:15, 4:15, 7:15, 9:50 PM
Sun.: 10:30, 1:15, 4:15, 7:15 PM
Mon.-Thurs.: 1:45, 4:15, 7:15 PM

1917 R **A BEAUTIFUL DAY IN THE NEIGHBORHOOD** PG
Fri.: 12:45, 3:45, 6:45, 9:40 PM
Sat.: 10:15, 12:45, 3:45, 6:45, 9:40 PM
Sun.: 10:15, 12:45, 3:45, 6:45 PM
Mon.-Thurs.: 12:45, 3:45, 6:45 PM

Join us for the advance Screening of **SONIC THE HEDGEHOG**
On Thursday 2/13 at 5:00pm

Find us online at BarnZs.com [Facebook](https://www.facebook.com/barnzs)

THE WINNISQUAM ECHO:
The next best thing to word of mouth advertising!

MEET YOUR SALES REPRESENTATIVE

TRACY LEWIS


603-616-7103

Call Tracy today at (603) 279-4516 ext. 182 or e-mail tracy@salmonpress.news

Our advertisers trust us, our readers trust our advertisers!

www.salmonpress.com




Winnisquam Echo

ADVERTISE WITH US
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SEND US YOUR NEWS AND PICS
MyEcho@SalmonPress.news

TO FAX THE ECHO:
CALL (603) 279-3331

TO PRINT AN OBITUARY:
E-MAIL: news@salmonpress.news

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: news@salmonpress.news

TO SUBMIT CALENDAR ITEMS:
E-MAIL: news@salmonpress.news

WWW.SALMONPRESS.COM
(603) 279-4516

A SALMON PRESS PUBLICATION
ECHO STAFF DIRECTORY

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

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


OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

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

DISTRIBUTION MANAGER
JIM HINGKLEY
(603) 279-4516

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

USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St.,
Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.



 **LA BOCA** LLC 
Restaurant
50 North Main Street Wolfeboro
.....
Reopening Wed. 2/5/2020 *dinner begins @ 5pm*
Wednesday – Saturday
1 FREE Dessert
when you purchase 2 regular price entrées
all of February with this Ad!
(603) 581-9729 www.LaBocaLLC.com

ADVERTISING WORKS.
Call 1-877-766-6891 • salmonpress.com

Kevin Shaw of Roche Realty Group, Inc. produces \$36.6 million in sales for 2019

LACONIA — Frank Roche, President of Roche Realty Group with offices in Meredith and Laconia, announced that Kevin Shaw from the Laconia office surpassed \$36 million in closed sales volume and is the top producer for Roche Realty Group for the 12-month period ending on Dec. 31. He had an absolutely amazing year in sales, up from his \$22.75 million in sales volume for the previous year. Shaw's year involved 83 transaction sides with a total closed sale volume of \$36,604,010.

For 2019, Shaw ranked fourth in sales volume in the Lakes Region Board of Realtors and 16th in the entire state of New Hampshire out of



Kevin Shaw

5,543 real estate sales associates practicing real estate according to the New England Real Estate Network, Inc. Roche indicated Shaw's accomplishment was ever greater, considering he is not part of a 'team' where all members contribute their volume to a combined total, he achieved this volume individually.

Shaw has been

practicing real estate with Roche Realty Group for 19 years and was born and raised in the Lakes region. Shaw has been active in many sports programs throughout the years as a coach and referee. Shaw loves talking about the attributes of the Lakes Region with his many clients. In addition to sales, Shaw oversees yearly and weekly

rentals for a number of homeowners.

Since 1997 Roche Realty Group has sold more than \$2,308,996,318 of New Hampshire's properties involving 7,783 transaction sides and has ranked in the top 10 real estate firms in New Hampshire out of 2,409 firms statewide reporting sales during this 22-year period.

Senate candidate to address Belknap County Republicans

LACONIA — The Belknap County Republican Committee (BCRC) has scheduled their next monthly meeting to be held on

Wednesday, Feb. 12 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, Bryant "Corky" Messner. Messner is a graduate of West Point and a US Army Ranger who served as an Infantry Company Commander. After serving in the Army, Messner attended the University of Denver School of Law and then practiced law. A resident of Wolfeboro, Corky 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.

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

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.BelknapCountyGOP.org or send an email to alan.glassman@gmail.com.

Lenny Clarke returns to Pitman's

LACONIA — Pitman's Freight Room at 94 New Salem St. in Laconia is pleased to announce the following events for next week:

Friday, Feb. 7, 8 p.m., \$20: The Ken Clark Organ Trio

Ken Clark is internationally known as one of the world's greatest jazz organists. He has also been Winner of New England Blues Society, Keyboardist of the the Year in "2006," "2009," "2011" & "2015." His technical ability joined with his natural feel for funk and soul makes a night with his Trio an authentic, special one indeed. Ken Clark has toured and recorded with Bernard Purdie, Melvin Sparks and David "Fathead" Newman among others. Doors open at 7 p.m., and we are a BYO venue. For reservations, call 494-3334.

Saturday, Feb. 8, 8 p.m., \$30: Comedy featuring Lenny Clarke

Lenny Clarke is famous for his thick Boston accent and role as Uncle Teddy on the series Rescue Me. Clarke was born in Cambridge, Massachusetts. He was the most famous "saloon comic" in Boston during the 1980s, the heyday of the Boston comedy scene. In 1980, Clarke wrote and starred in a local television show Lenny Clarke's Late Show featuring Steven Wright and Denis Leary, in collaboration with Boston comedy writer Martin Olson. Clarke and Ol-



The Ken Clark Organ Trio



Lenny Clarke

son were roommates, and their apartment, known by comedians as "The Barracks," was a notorious "crash pad" for comics visiting Boston, and the subject of a documentary film as Clarke and Leary explain in "When Stand-up Stood Out."

Wonderful Things
Come In Small Packages...

Old Man
Pendant

from
\$35

especially if they're from

Alan F. Soule Jewelers

286-8649

AS 422 W. Main St. AS

Tilton, NH

(across from Winnisquam HS)

Gold • Sterling • Diamonds
Colored Stones • Repairs
Custom & Handcrafted Items
Wedding & Family Jewelry

The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

WWW.THEHOTLINE.ORG

Lakes Region
Chimney Pro

Sweeps • Stonework
Brick Repairs • Liners
Caps • Installations
Fire Place Makeovers

603-520-7217

BBB
Fully Insured

STRATEGIES FOR LIVING

When the rich man blew it!

BY LARRY SCOTT

A wealthy young gentleman approached Jesus and asked, “What good must I do to inherit eternal life?” “Sell everything you have,” Jesus answered, “give it to the poor, then come, follow me.”

Follow me? Jesus had just invited the young man to intern with the world’s most exclusive fraternity. Twelve men had joined Jesus on His pilgrimage and for three years were taught and trained by the finest teacher society has ever known. Whether the young ruler would have become a thirteenth member of this select group is not at issue. It was the chance of a lifetime, but he blew it; he turned Jesus down!

He could have heard the Master offer rest for the weary, promise abundant life, and declare that the pure in heart would see God. He could have seen what it means to be patient, forgiving, and loving, as demonstrated by the only Perfect Man to have ever lived.

He might have seen Jesus walk on water, helped distribute the five loaves and two fish with which Jesus fed a multitude, and watched Lazarus emerge from his tomb. And he might have been among the over five hundred people who saw Jesus healthy and alive following His crucifixion. But he blew the opportunity of a lifetime; he walked away!

The flip side, of course, is he would never have had to fight the Pharisees, defend his Master, or suffer the judgment of his ungodly friends. And he would never know what it was to live in poverty or suffer the indignity of following an unpopular rabbi who had been judged a fraud by the political and religious leaders of his day.

And it is likely that, due to his wealth, he would never face the pressures of day to day living that trouble most of us. In a best-case scenario, he would follow his dreams, live as he pleased, enjoy a comfortable life-style, and end his days prosperous, safe, and secure. But that was as good as it was going to get. First-century Palestine was the only heaven he would ever know.

We never hear of him again, but one would hope that he later recanted and returned to follow Jesus. He may have been among the thousands who, after Jesus’ resurrection, realized what they had missed in ignoring the young Rabbi from Nazareth.

It is not difficult to understand his reluctance to follow Jesus. Christianity is no walk in the park. Granting God first place in our lives, living by His directives, and surrendering our will to His authority doesn’t always come easy. But our God is no man’s debtor; He never takes more than He gives in return.

Sin has much to offer, otherwise, it wouldn’t be so popular. But it comes at an awesome price. The Bible is right when it states that, “Whatever a man sows, that will he also reap.” Sin is a vicious taskmaster; sooner or later, there will be hell to pay.

But I can tell you from experience that, whatever the cost, it pales in light of what one can discover in a relationship with God. There is something special about facing the pressures of life with the sense of sins forgiven, a clear conscience, and the confidence that, come what may, heaven awaits. I am not boasting; I’m just profoundly thankful. Jesus has made all the difference in my world.

For more thoughts like these, follow me at in-defense-of-truth.net.

Send your letters!

Winnisquam Echo
P.O. Box 729
Meredith, NH, 03253

Our fax number is 279-3331.

Or, you can e-mail us at echo@salmonpress.news
Please include your name, address and phone number.



COURTESY

Kettlehead Brewing supports Winni Dip

Tilton police officer Elizabeth Murray was pleased to accept a generous donation from the staff at Kettlehead Brewing Company for law enforcement’s upcoming Winni-Dip, which annually raises funds for Special Olympics New Hampshire.

VNA HEALTH CORNER

Surprising ways to keep your heart healthy

February is Heart Month, a time to raise awareness about heart and vascular health. We all know exercise and a good diet are keys to heart health, but what else is out there to help keep our tickers in top condition?

Think happy thoughts! Really. A September 2019 study in JAMA Network Open found a 35 percent lower risk for heart disease in those who tended to think positively about the future!

Celebrate National Cherry Month. February is also National Cherry month, and those sanguine sour spheres are packed with polyphenols and vitamin C, plus anti-oxidant and anti-inflammatory compounds. All that adds up to decreased blood pressure, decreased inflammation and oxidative stress and improved cholesterol ratios. Those triglyceride/HDL ratios are an indicator of heart disease risk.

Get your flu shot. A 2018 study found the risk of heart attack was 6 times higher within a week of confirmed flu infection!

The Big O. A studies found that women who had two orgasms a week were 30 percent less likely to develop heart disease, and men who had sex at least twice a week were 50 percent less likely to have a heart attack. Scientists think it’s all thanks to the DHEA, or dehydroepiandrosterone, that gets released when the moment arrives.

Treat yourself to a cup of joe. A 10-year study found that drinking a cup of coffee may lower your risk of early death by 8 percent, and drinking six to seven cups lowers your risk by 16 percent! Another study found links between coffee and lower risk of heart failure,

stroke and coronary artery disease, with a greater benefits the more cups consumed, up to six per day! They think the caffeine, antioxidant and anti-inflammatory properties found in your morning brew are the helpful factors.

So go ahead, make a date to take a friend out for coffee and cherry pie, maybe a heart-healthy walk afterwards, and best of luck on checking off the rest of our suggestions above!

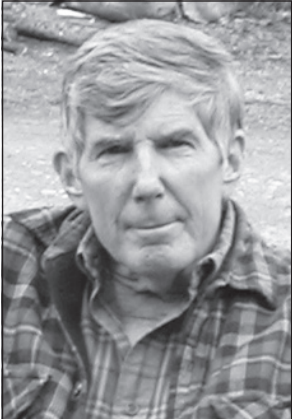
Franklin VNA & Hospice is your choice for excellence in Home-care and Hospice.

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

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

NORTH COUNTRY NOTEBOOK

Cadillac roads along old foot-paths, and highways twixt house and barn



By JOHN HARRIGAN
COLUMNIST



JOHN HARRIGAN



HELEN PIKE — COURTESY

A classic case of new road and old: Route 26, heading west for Errol, with Rangeley, Maine just a memory.

(Left) This is the case with too many roadside markers: Overtaken by trees and shrubbery, letters faded or missing. This one’s in an old pullout overlooking the Connecticut River just below North Stratford and Bloomfield, Vermont.

The little things in life have a way of amalgamating into life as we know it, a general assessment of the times. Historical markers alongside the road would probably go into the Little Things basket, but not for Helen Pike or people who still pull over for picnics.

Now there’s a thought: Pulling over for a picnic. Who does that any more? As a matter of fact, who reads roadside markers? To most people, the markers are a 58-m.p.h. blur. In the grand scheme of things, who cares?

Helen Pike does. Helen lives in what’s left of

Waterford, Vt. (specifically, Lower Waterford). Much of Upper Waterford is under Moore Dam reservoir, which flooded a major section of the fa-

bled Fifteen-Mile Falls).

A writer in her own right, Helen is the daughter of renowned North Country author Robert Pike, best known

for Tall Trees, Tough Men, and its companion book Spiked Boots. Both are a wealth of stories and data on loggers and logging in the late 1800s

SEE NOTEBOOK, PAGE A7

Belknap EDC and Wayfarer Coffee Roasters partner to support Wayfarer’s continued growth

LACONIA — Wayfarer Coffee Roasters owners Karen Bassett, Ben Bullerwell, and Reuben Bassett recently worked with the Belknap Economic Development Council (Belknap EDC) in planning for Wayfarer’s continued growth in the Lakes Region.

“We feel fortunate to have the support of the programs Belknap EDC offers as a resource including its financing programs,” states Karen Bassett, owner of Wayfarer. “They patiently answered all my questions throughout the entire process, demonstrating their understanding of the needs and challenges of running a small business such as ours. I appreciated that they were also willing to connect me to other resources they offer that could also support the growth of our business.”

“It’s been such a pleasure to work with the Wayfarer team as they continue to grow and expand their operation. We look forward to continuing to work with them and other Laconia Main Street businesses,” stated Justin Slattery, Belknap EDC Executive Director.



Pictured Left to Right: Wayfarer Coffee Roasters owners, Ben Bullerwell & Karen Bassett; Belknap EDC Loan Officer, Ken Wilson; and Belknap EDC Executive Director, Justin Slattery.

About Wayfarer Coffee Roasters
Wayfarer Coffee Roasters opened in 2015 with the mission to bring great coffee and community to Laconia. It is a unique

coffee experience found in Downtown Laconia that sources quality, unique and ethically derived coffee beans from all over the world to roast its coffee in-house. Wayfarer partners with distributors

who have relationships with farmers to ensure best practices and fair price. They are also well-known for supporting local farmers and artisans in many of their made from scratch menu op-

tions including the popular sweet liege waffles. In addition to their bustling cafe that has become the hub of community in downtown Laconia, they also offer catering, host private events, and their roastery supplies coffee to many bakeries, restaurants, farm stands, and grocery outlets in New Hampshire. For more information, please visit WayfarerRoasters.com.

loans that comprised the seed capital for its revolving loan fund. Belknap EDC has used this capital to make loans to 70 Belknap County businesses, which leveraged over \$91 million in capital from other sources and created or retained over 1,700 jobs. Our loan fund continues to assist new and growing businesses who cannot access 100% of the financing they need from conventional sources. Belknap EDC works to retain and attract talented people to Belknap County, support entrepreneurs in Belknap County, support community advancement and development, and enhance workforce development programs in the Lakes Region. For more information, please visit www.belknapedc.org.

Local students earn distinction at Wichita State University

WICHITA, Kan. — Wichita State University has announced the names of more than 3,300 students who were on the WSU dean's honor roll for fall 2019, including Ryan R. Pluskis of Belmont.

dent must be enrolled full time (at least 12 credit hours) and earn at least a 3.5 grade point average on a 4.0 scale. WSU enrolls about 16,000 students and offers more than 50 undergraduate degree programs in more than 150 areas of study in

six undergraduate colleges. The Graduate School offers an extensive program including more than 40 master's degrees that offer study in more than 100 areas; a specialist in education degree; and doctoral degrees in applied mathematics; audiol-

ogy; chemistry; communication sciences and disorders; human factors and community/clinical psychology; educational leadership; nursing practice; physical therapy; and aerospace, electrical, industrial and mechanical engineering.

About Belknap Economic Development Council
Belknap EDC is one of ten non-profit regional development corporations in the state of NH. Since its inception in 1992, Belknap EDC has brought \$3 million in new capital to Belknap County in the form of federal grants and

Taylor Community hosting lecture on Bretton Woods Agreement

LACONIA — The 1944 Bretton Woods agreement established a new global monetary system. It replaced the gold standard with the U.S. dollar as the global currency. By so doing, it established America as the dominant power in the world economy. After the agreement was signed, America was the only country with the ability to print dollars. The agreement created the World Bank and the International Monetary Fund. These U.S.-backed organizations would monitor the new system.

Everyone is invited to join us as University of New Hampshire History Professor and Department Chair Kurk Dorsey, presents the story of the Bretton Woods Agreement, Monday, Jan. 27 at 6:30 p.m. in Taylor Community’s Woodside Building. This is a free event.

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.

Paid Advertisement

Edward Jones: Financial Focus

Be Aware of Social Security Myths

Social Security can be one source of retirement income for you and your spouse. To maximize your benefits, you'll need to make some key decisions and be aware of some common myths.

- Myth 1: Always take Social Security early. You can file for Social Security benefits as early as 62, but you could get 25% to 30% more if you wait until your "full" retirement age (likely between 66 and 67). You can receive even more if you wait until 70, at which point your benefits will "max out." However, there's no right time to file for everyone – it depends on your situation, including factors such as your life expectancy, employment, financial need and spousal considerations.
- Myth 2: When you claim Social Security won't affect your spouse's benefits. This is not true. How much you

receive in Social Security can affect your spouse's benefits while you are alive (spousal benefits) and after you've passed away (survivor's benefits). Your spouse could receive up to half of your retirement benefit, offset by his or her own benefit, so the longer you work before collecting Social Security, the greater the potential spousal benefits. For survivor benefits, your spouse would receive 100% of your benefit or his or her own, whichever is larger, so when you file affects how much your spouse would receive if you pass away early. In any case, you'll want to consult with the Social Security Administration about how much your spouse can receive, as his or her own benefits can also affect your decision-making.

- Myth 3: You can't work during retirement and collect Social Security. Yes,

you can. But if you start receiving Social Security before your full retirement age (likely between 66 and 67), you can only earn up to \$18,240 in 2020 and still get your full benefits. Once you earn more than this, Social Security deducts \$1 from your benefits for every \$2 you earn. But during the year you reach full retirement age, you can earn up to \$48,600 without your benefits being withheld. If you exceed this amount, \$1 will be deducted for every \$3 you earn during the months before you attain your full retirement age. Social Security will increase your benefits when you do reach full retirement age to adjust for the previous work-related withholdings. So, if you plan on working and receiving Social Security, it may not make sense to file if most of your benefits will be withheld. Once

you reach full retirement age, you can earn any amount without losing your monthly benefits, although your benefits could still be taxed.

- Myth #4: Social Security will provide for all my needs in retirement. Social Security will provide about a third of pre-retirement income, on average, according to the Social Security Administration. Consequently, you'll probably still need other sources of retirement income because Social Security alone most likely won't be enough to meet your needs. So, throughout your working years, contribute as much as you can to your IRA and your 401(k) or other employer-sponsored retirement plan. Combining these income sources with Social Security can help improve your chances of enjoying the retirement lifestyle you've envisioned.

Devon Sullivan
Financial Advisor
164 NH RTE 25
Suite 1A
Meredith NH 03253
603-279-3284
Fax 844-644-4469
devon.sullivan@edwardjones.com

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

Member SIPC

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

PUBLIC NOTICE

Notice to Citizens of the Winnisquam Regional School District

PUBLIC HEARING ON THE PROPOSED SCHOOL BUDGET FOR 2020-2021

The Winnisquam Regional Budget Committee will conduct a public hearing on the proposed school budget for 2020-2021 on Wednesday, February 19, 2020 at the Winnisquam Regional Middle School in the school cafeteria starting at 7:00 PM.

PET OF THE WEEK

BARNABY

Meet Barnaby! Barnaby came to our care as an unclaimed stray with his friend, Wilbur, also listed for adoption. He is the shyer of the two, and would definitely benefit from going home with his buddy or another well mannered dog. Barnaby would do best in an adult only home, and is right now fearful of cats.

NH Humane Society
Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

Jackson Cooper Brulotte, 19

GILMANTON — Jackson Cooper (Coop) Brulotte, 19, a lifelong resident of Gilmanton, passed away unexpectedly on Jan. 21, 2020.

Jack was born in Manchester on Aug. 12, 2000. Jack was a graduate of Gilford High School class of 2018.

Jack's passions were making music, lacrosse, snowboarding, hanging with his dudes and his best friend and brother Dru. He was a kind, fun loving "skuncle" to all of his nieces and nephews. Family always came first to Jack. His smile



lit up the room and his sense of humor was infectious. Everyone who met Jack loved him. He will be greatly missed by his family, friends and the entire Gilmanton

community. In lieu of flowers, the family requests that any donations be made to Gilmanton Youth Organization at PO Box 234, Gilmanton NH, 03237.

A celebration of life will be held this spring. Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant Street is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

Rita Marjorie (Therrien) McCall, 90

NORTHFIELD — Rita M. McCall, 90, a resident of the Merrimack County Nursing Home in Boscawen, died there Monday, Jan. 27, 2020 following a period of failing health.

Rita was born in Franklin, March 15, 1929, daughter of Charles and Lucienne (Fredette) Therrien. Rita lived in Northfield since 1977, later moving to Franklin in 1999. During her youth, she was employed at the former B & K Hosiery Mill. She later worked as a Hosiery Mill worker and worked from home as a sock looper. She was employed as a CNA for over 25 years at the Merrimack County Nursing Home in Boscawen.

In addition to her parents, Rita was predeceased by her sons Thomas McCall Jr., and Joseph McCall, daugh-



ter, Patricia McCall; and her husband, Thomas J. McCall, Sr. in 1999; also by her sisters, Marie Houle, Cecile Griffin and Anna Marsh.

She leaves, daughters, Sharon A. Hosmer of Franklin, Kathleen M. McCall of Franklin, Mary R. McCall of Boscawen and Peggy T. Drouin of Epsom and her son, Danny P. McCall of Franklin. She leaves 26 grandchildren, 19 great-grandchildren and

9 great, great-grandchildren.

Many generational nieces and nephews.

There were no public calling hours. A Mass to celebrate Rita's life were held Monday, Feb. 3, 2020 at 10 a.m. at St. Paul Church of St. Gabriel Parish, 108 School St. in Franklin. Spring burial will be held later in the spring in Holy Cross Cemetery, beside her husband.

Those wishing may make memorial contributions in her name to the Christmas Fund, Merrimack County Nursing Home, 325 Daniel Webster Highway, Boscawen, NH 03203.

Assisting the family with arrangements is the William F. Smart Sr. Memorial Home.

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

Donald David Jameson, 83

NORTHFIELD — Donald "Joe" David Jameson, of Northfield, passed away peacefully on Thursday, Jan. 23, 2020 at the Concord Regional Hospice. He was 83 years old.

Donald was born Aug. 26, 1936 in Pembroke to the late Celine (née Forcier) and Howard Jameson. One of eight children, he grew up on his parents' farm in Hooksett. He attended Hooksett Village Elementary School and graduated from Concord High School in 1955 before enlisting in the United States Navy.

He received communications training at Naval training centers in Bainbridge, Md.; Norfolk, Va.; Long Beach, Calif.; and San Diego, Calif. before being deployed aboard the USS Los Angeles in the Pacific. Later he was sent to Saigon to serve on the Navy's Management Assistance Advisory Group during the Vietnam War. He was then transferred to Hawaii and in 1961 Donald was promoted to Chief E-7, becoming one of the youngest Chiefs in the Navy.

In the summer of 1963, while on leave back home, Donald met and married Pauline Delia Lafond. The ceremony was held on July 22, 1963 in Hooksett, and shortly thereafter, he was sent back overseas with Pauline following a few months later to begin their new lives together in the Philippines. In 1966, they returned to Bainbridge, Md., where he taught at "B" School at the same Naval training center where he had received his own training 11 years prior. In June of 1969, he received his next assignment in Okinawa,



Japan, but this time when they left they had their young daughter in tow. In 1972, Donald and Pauline, their daughter, and newly born son, returned to the US for his final assignment at Fort Monmouth, N.J. before retiring as a Radioman Master Chief (RMCM) E-9 in 1975 after 20 years of service with the Navy.

During his military service, Donald received the following honors: Joint Services Commendation Medal, Secretary of the Navy Commendation for Achievement Medal, Navy Good Conduct Medal (5), Republic of Vietnam Campaign Medal, and Republic of Vietnam Military Unit Citation & Gallantry Cross.

While serving in the Navy, Donald received an Associates Degree and Bachelors Degree in communications from New York Institute of Technology. Later he earned his MBA from the Southern University of New Hampshire. After his military service, Donald continued to support the US Government and military by working as a communications and systems engineer. He designed, oversaw the installation, and conducted trainings of communications systems at military bases and aboard vessels in locations ranging from

Germany and Iceland to Saudi Arabia and Alaska.

Donald was a member of the FRA for over 30 years, a lifetime member of the VFW Post 1698 in Franklin, and a lifetime member of the American Legion Post 49 in Northfield. He was an avid traveler; photographer, and coin collector, and one of his life's pleasures was being on a lake, fishing.

Donald is survived by his wife, Pauline of Northfield; daughter, Darlene and son-in-law, Frank of Northfield; son, Christopher of Washington, D.C.; granddaughters, Rachael of Meredith and Crystal of Northfield; great-grandson, Colby; sisters, Joanne, Pat, Doris, and Marie; and beloved pets, Daisy and Bella. He is also preceded in death by his son David, brothers Herbert and Wayne, and sister Lillian.

A military memorial service with US Navy Honors will be held at 10am on Friday, Jan. 31 at the Chapel of the New Hampshire State Veterans Cemetery in Boscawen, NH. A Celebration of Life will be held at the American Legion Post 49 in Tilton following the memorial service.

The family would like to thank the staff of the Concord Regional Hospice for their care and compassion. In lieu of flowers, donations may be made to the Concord Regional Hospice (<https://www.crvna.org/donate>).

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

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

Area residents named to dean's list for the Fall 2019 semester at Quinnipiac University

HAMDEN, Conn. — Matthew Camerato has been named to the dean's list for the Fall 2019 semester at Quinnipiac University.

To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.

About Quinnipiac University

Quinnipiac is a private, coeducational, nonsectarian institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 7,000 full-time undergraduate and 3,000 graduate and part-time students in 110 degree programs through its Schools of Business, Communications, Education, Engineering, Health Sciences, Law, Medicine, Nursing and

the College of Arts and Sciences. Quinnipiac is recognized by U.S. News & World Report and Princeton Review's "The Best 385 Colleges." The Chronicle of Higher Education has named Quinnipiac among the Great Colleges to Work For(r). For more information, please visit qu.edu. Connect with Quinnipiac on Facebook at facebook.com/quinnipiacunews and follow Quinnipiac on Twitter @QuinnipiacU.

Taylor Community hosting program on ocean rescues

LACONIA — Everyone is invited to join us as storyteller David Hill shares two stories which demonstrate how being in the right place at the right time may just be lifesaving.

This free public event will be held Wednesday, Feb. 12 at 6:30 p.m. in Taylor Community's Woodside Building.

Hill has been a public speaker for more than 20 years and enjoys speaking about his adventures and life's experiences.

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.

Jonathan Hively recreates Thomas Edison at Taylor Community

LACONIA — Thomas Edison (1847-1931) held 1,093 patents. He was the inventor of the electric light bulb, mimeograph, scotch tape, phonograph, motion pictures, medical equipment, storage battery, the entire electric industry as well as improving upon the telegraph and the telephone. And that's just for starters.

Join us Monday, Feb. 10 at 6:30 p.m. in Taylor Community's Woodside Building as Jonathan Hively portrays Edison in period costume and




Jonathan Hively as Thomas Edison.

dialogue. This free event is open to the public.

With this presentation, you will learn about the

world's most famous inventor. Hively personally conversed with Edison's son Theodore, which will "throw light" on the history and contributions of the "Genius from Menlo Park."

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.



How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to: obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

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

Please contact Executive Editor

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



NORTH COUNTRY COINS, LLC

BUYING • SELLING • APPRAISALS
Est. 1989

WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID

All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.

NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.



MOONLITE KENNELS

Boarding & Grooming

Quality Care For Dogs & Cats

SCOTT and LISA PARSONS
59 Autumn Drive
E. Tilton (Lochmere), NH 03276
524-0995
inspection invited

“Songs of Fire and Ice” Feb. 15 at Unitarian Universalist Society of Laconia

LACONIA — Join World-renown saxophonist, Tom Robinson, and pianist, Noelle Beaudin, for an evening of Latin music that will turn even the coldest heart warm with passion. “Songs of Fire and Ice” is a collection of old and modern love songs (some not so happy!) from Argentina, Brazil, Cuba and Spain. Get ready to feel the

passion! Tickets are \$15, available at the door. The church is located at 172 Pleasant St. in Laconia. Light refreshments will be served during intermission. Tom received his Bachelor of Music in Jazz Studies from Capital University in Columbus, Ohio. He teaches jazz piano, saxophone and directs the

Social worker Amy Gray speaks on caregiving for your loved one

LACONIA — Comfort Keepers and Downtown Gym Laconia are proud to present Amy Gray, Social Worker with Bayada Hospice, on Feb. 14. The event will be from 11:30 a.m. to 1 p.m. at the Downtown Gym, 171 Fair St. in Laconia.

Amy Gray will be speaking on the role as a caregiver in transition with our loved ones. Exploring ways to combat compassion, fatigue and burnout alone with creative ways to engage in our own self-care.

All are welcome to attend, pre-registration is not required, and there is no fee. Hope to see everyone there.



(Left) Tom Robinson and Noelle Beaudin will present Fire and Ice, a concert for sopranosaxophone and piano, Saturday, Feb. 15, 4 p.m. at the Unitarian Universalist Society of Laconia.

jazz band for St. Paul's School in Concord. He is a member of the CCMS Musicians of Wall Street, and the PSU faculty jazz quartet. He has a busy performance schedule as a soloist, sideman, and as part of a trio with drummer Tim Gilmore, and bassist John Hunter. The trio's recording Skylight features original music.

Noelle Beaudin studied piano performance and composition at the Boston Conservatory of Music and performed frequently in the Boston area before moving to France and the UK. She currently teaches piano and composition from her studio in Center Sandwich, is the music and choir director for the Unitarian Universalist So-

SEE FIRE AND ICE, PAGE A8

NOTEBOOK

CONTINUED FROM PAGE A4

and into the next century.

The 58 miles an hour reference is a tip of the hat to steady commuters on Route 3, where in most stretches the posted limit is 50, but as the saying goes “They’ll give you 58.” This will be steadfastly denied by anyone in uniform.

This 58 business is in the Frequently Asked Questions section of the Law Book. Over a long career, searches for “The Law Book” have proved fruitless. (There are, of course, the Revised State Statutes Annotated, better known as RSAs, which come in about a dozen volumes and weigh a ton. They would be no fun to tote around. Besides, “Law Book” just sort of rolls off the tongue.)

Anyway, back to Helen, who has written to me a couple of times about the deplorable state of roadside markers. Their upkeep falls under the auspices of the New Hampshire Department of Transportation and the Division of Historical Resources. When I called the DHR a while back to check on the fairness of “deplorable,” a pleasant but harried-sounding woman agreed that, alas, this was true of too many markers, but they are being cleared out and fixed up as steadily as possible.

+++++

Okay, so who pulls over for a picnic these

days when so many people are evidently misplaced (polite term for “lost”) and are always looking at their watches, evidently out of pathetic hope for the subway or a bus?

My experience is that it’s like the mythical baseball field—if a pull-out spot is attractive, picnickers will come.

All along Route 3, from Nashua north, hints and vestiges of these old places can be found. From Concord up through Woodstock, and from Franconia Notch to the Canadian border in Pittsburg, many of the old picnic pullouts are evident, and some are still used.

One of them, a beautiful pullout just north of the notch, is still popular, and the discerning eye can find many others along the old road all the way to Canada. Here, much of the existing Route 3 was actually built over the old cart-path, which followed the old foot-paths, which were first blazed with axes in settlement times, and so on into the mists of time.

Wait, wait---where were we? Being swallowed up by the mists of time again. Anyway, my grandparents on my mother’s side used to stop at the above-the-notch pullout because it was about mid-point in their four-and-a-half-hour annual trip from Concord to Colebrook, to visit their kith and kin in the frozen tundra of Upper Slobovia, as some of us fondly call home.

These days, many of those old pullouts are besmirched by the ultimate insult of trash, from diapers to beer cans, and many are nothing more than tissue-strewn, barely screened latrines, in a territory where (to excuse visitors from afar) there are no public restrooms easily found. In fact, get this: Along the entire stretch of Route 3, from the Notch to the border, the only public toilets are just north of Colebrook.

Often the picnickers are Canadians, with Quebec plates outnumbering Ontario about two to one. Ah, those Quebecois! They seem to know how to slow down, if only for a moment.

+++++

Here and there along Route 3, the really old road can still be seen--the one-lane, two-wheel track that was there three-quarters of a century ago before the state began to replace it in sections after World Wars I and II.

One of the best-preserved pieces of old road, surviving more or less by accident, is in Columbia. Another is just above North Stratford, where the modern highway cuts off two graceful old curves that went right by the doorsteps of frontier homesteads.

People who scrambled to replace their settlement shanties with honest-to-gosh timber-frame houses truly wanted the trail--soon to be oxcart road, soon to be stage-coach route--to go right by their front porches,

even between house and barn. Imagine.

That was when the rough north-south roads represented the only connection between the settlements in the howling wilderness and the cornucopia of “bought” goods from far down below.

“Down below” is still in wide use in everyday northern life to refer, often with a good-natured, dismissive gesture, to everything down below the great notches--Franconia, Crawford, and Pinkham. There are several “lesser” notches which to many are not lesser at all, among them Kinsman and Grafton.

+++++

Notches are special places, especially the many wild and relatively untrammelled notches visited mostly by hikers and hunters.

I can think of several such notches, some of which are downright spooky, but in a good way, in the manner of fellow creatures and kindred spirits.

One of these is on the far edge of a bowl-shaped swamp in the northern reaches of the state, where I’ve hunted for partridge and deer. When I look at this place on a map, I wonder if a

meteorite slammed in there long-ago, the notch formed by lava or muck.

The little narrow “gun-sight notch” can be seen from many places around the upper edges of the bowl--hardwoods up high, softwoods down in the middle. And so one warm day, too warm to hunt, I took a compass bearing, and humped on up.

It was a narrow little defile, rock ledges on each side, maybe 20 to 30 feet high, with a well-worn path down the middle.

Well worn by whom, and what? By the occasional surveyor, timber-cruiser, logger and hunter, I thought, with maybe boot-leggers to boot, and wandering predators leaving old ground for new.

Spooky, as I said, but in a good way.

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

Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037

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

At Your ServiceNH
Waste & Recycling

\$300

7 DAY RENTAL

15 Yard Stump & Brush Dumpster

15 Yard ~ \$450.00

Includes up to 2 tons
2 Week Rental

Clean out the...
Garage • Shed • Attic • Man Cave

Common Uses...
Construction • Renovations • Roofing Debris • Demolition

Curbside Trash Services

WEEKLY • BIWEEKLY • MONTHLY SERVICE
96 Gallon Tote Service Included
No Separation Required
Local Family Owned & Operated
No Contracts • No Hidden Fees

Doorstep Service also available call for Quote

Call 603-986-8149 today to talk trash Or visit our website www.AtYourServiceNH.com

FIRE AND ICE

Continued from page A7
ciety of Laconia, and Executive Director for the New Hampshire Independent School of Music. She performs regularly throughout the New England area as a soloist or accompanist.

Both Noelle and Tom perform regularly in their distinctive fashion, so much so that they were hon-

ored in 2017 to perform at the Walker Lecture Series at the Concord Auditorium. They are a talented, funny, and exciting musical duo that perform music in a new and creative way.

Tickets may be purchased at Greenlaw's Music in downtown Laconia, online at nhisom.org, or call 848-2469.

DELIBERATIVE

Continued from page A1

Corner Meeting House on Fuller Street be razed and a new police station constructed on the site. Departmental offices and meetings held there would be moved to the Belmont Mill, which has recently been repaired.

Lorenz said that after looking at all the buildings in the town, the Corner Meeting House,

situated beside the current police station, made the most sense for a new location.

"We have a lot of old buildings in the town that are not in great condition. We had to figure out what we could do that would provide the most value for our town," she said.

Additionally, while some residents have proposed purchasing other pieces of property on which to build a police station, she said the town owns enough buildings and doesn't need to buy more.

There were concerns from the committee however when they were working with architects and considering the removal of Corner Meeting House.

"One of the concerns was tearing down a building a lot of people were used to seeing," she acknowledged.

Structural issues with the building, accessibility and other factors made them focus their plans on that location however. Having heard from residents for several years that they prefer the police to be located in the village, an additional benefit to the Fuller Street site is that police would be able to continue to operate from their current facility until the new building is complete.

"This building would be good for 20 years and we can add on to this option, unlike other options we looked at," said Lorenz.

Chief Mark Lewandoski also said he, too, worked with planners and agrees that the loca-

tion seems to be the best solution for the town. He said the department long ago outgrew the "temporary" building they moved into in 1996 and conditions now are crowded, unhealthy and unsafe. The chief cited space for officers to conduct their business, privacy for detectives to do sensitive investigations and the security of suspects, evidence and their armory as just a few of the reasons they need a new building.

"I would encourage any of you to come down and tour the building," Lewandoski said.

Selectman Ruth Mooney spoke up to say that when she herself took a tour, she was embarrassed and upset that the town's law enforcement staff have to work under such conditions and encouraged people to call and request tours, too.

It was explained that adding on to the existing station would be unwise.

"We're opposed to adding on to this building," Lewandoski said. "There's no room for growth there. Once you build a second floor, we're done. Our footprint is our footprint there."

It would still not meet the needs for storage, office space or security concerns, he explained. At this time, suspects taken into custody must also be brought through sensitive office areas of the department in order to be brought to the booking room.

"That's a really big concern," the chief said.

The \$3.5 million proposal developed through the facility committee and their architectural advisors will require approval a three-fifths vote approval from voters for a 20-year bond with a 2.15 percent interest rate. That would amount to a tax impact of 30-cents per thousand in property evaluation. The committee said that to determine that individual tax rate, property owners should divide their assessed value by \$1,000 then multiply that amount by 30-cents.

Budget Committee Chair Ron Mitchell said that while the town is estimating the cost at \$3.5 million, the actual costs could be lower.

"The estimate was \$3 million, but I suggested we add a little bit more just to make sure," Mitchell said. "That extra \$500,000 probably will not be used, but it's there as a buffer."

He and selectmen also added that the Town of Belmont has been quite frugal in their spending and at this time have only \$700,000 to \$800,000 in debt for past projects that will be paid off in the next few years.

"It's time we move forward and give them (the police department) a facility they can safely work in," said Mitchell.

Resident Ken Knowlton said he is now realizing that this is probably the best solution for the police department but asked that the town preserve the historic tinwork that adorns the walls of the meeting-house before it is torn down.

While there was some further discussion, the article ultimately moved on to the warrant as written.

The only other discussion centered on Article 3, which will ask the town to approve the disbandment of the Cemetery Trustees and turn their duties and responsibilities over to selectmen.

Addressing the matter, Selectman Jon Pike said it was "not a happy article" but the time had come to change how the cemetery maintenance and cleanup projects were handled by offering those tasks up for proper bidding. He cited several examples of bills the town received for maintenance that should have, in his opinion, been handled through the trustees' budget.

"We got a \$50 bill this year to remove a dead possum from the road in front of Perkins Road cemetery," he said.

Pike also said the \$17,500 they have budgeted for maintenance doesn't seem to be enough for them to keep the rural cemeteries in the town in good condition and he believes it should be adequate with proper bidding. The board's proposal is to put future maintenance and contract bidding under the highway department instead.

Sharon Champy, one of the Cemetery Trustees, challenged Pike and said she is passionate about the town's 41 burial grounds and does all she can to keep them looking good.

"We get \$17,000 for 22 cemeteries. I'd like to know how you guys could do better," she said.

Pike countered by saying the trustees actually went over that amount by \$3,000 last year and said he'd love to do the job himself for \$17,000.

Champy said the problem for the trustees is in finding available contractors for the cleanup and maintenance they need each year. The Perkins Rd. cemetery in particular had been neglected for so long that last year, they had to pay to have saplings cut from stone walls and thick pine needle covering hauled away at an added cost.

Resident Woody Fogg said he could understand the board's concerns but suggested the trustees, now knowing more about business and the issues selectmen have with their processes, be given another year. The article will appear as proposed on the ballot however for voters to decide.

Article 10 contains the \$7,973,209, operating budget approved and recommended by both the Budget Committee and selectmen. That amount is exclusive of any warrant article expenditures but is only a two-percent increase over 2019.

"I want to thank the department heads and selectmen for giving us a budget that's pretty much flat," said Mitchell.

Should that amount fail at the polls in March, the default budget, with some required adjustments, would revert to last year's amount of \$7,778,705.

Copies of the complete warrant, as approved last Saturday, will be available at the Belmont Town Hall in the near future.

Artistic Roots is the place to find unique handcrafted gifts by NH artists for Valentine's Day! 40 juried artists in wood, glass, fiber, paint, paper, photography, ceramics, metals, embroidery & more. Gift Cards available.

More info at artisticroots.com
73 Main Street • Plymouth, NH
Open 10-5 Seven Days

ARTISTIC ROOTS

LOVE YOUR COMMUNITY:

NEW HAMPSHIRE

2020 SEASON

SUMMER GUIDE

Lakes Region • Concord Area • Mt. Washington Valley • White Mountains • Great North Woods

The **ONLY** tourist publication promoting New Hampshire from the Lakes Region, Mount Washington Valley and White Mountains all the way up to the Great North Woods.

DISTRIBUTED WEEKLY STARTING THE END OF MAY TO MORE THAN 400 LOCATIONS THROUGHOUT NEW ENGLAND INCLUDING... MASSACHUSETTS, RHODE ISLAND, CONNECTICUT & NEW HAMPSHIRE

SIZE & PRICING INFO.

FULL PAGE WITH BLEED.....	\$790
FULL PAGE WITHOUT BLEED .	\$790
2/3 PAGE	\$576
1/2 PAGE VERTICAL	\$433
1/2 PAGE HORIZONTAL.....	\$433
1/3 PAGE SQUARE	\$311
1/6 PAGE VERTICAL	\$163
1/6 PAGE HORIZONTAL.....	\$163
1/12 PAGE SQUARE	\$92

GLOSSY PAGE PRICING
(sizing same as above)

INSIDE FRONT	\$1,800
INSIDE BACK	\$1,650
FULL INSIDE	\$1,550
HALF INSIDE	\$865

Glossy advertising is limited so reserve your space early!

ALL ADS INCLUDE:

- FREE Layout & Design
- FREE Listing in our Advertiser's Index

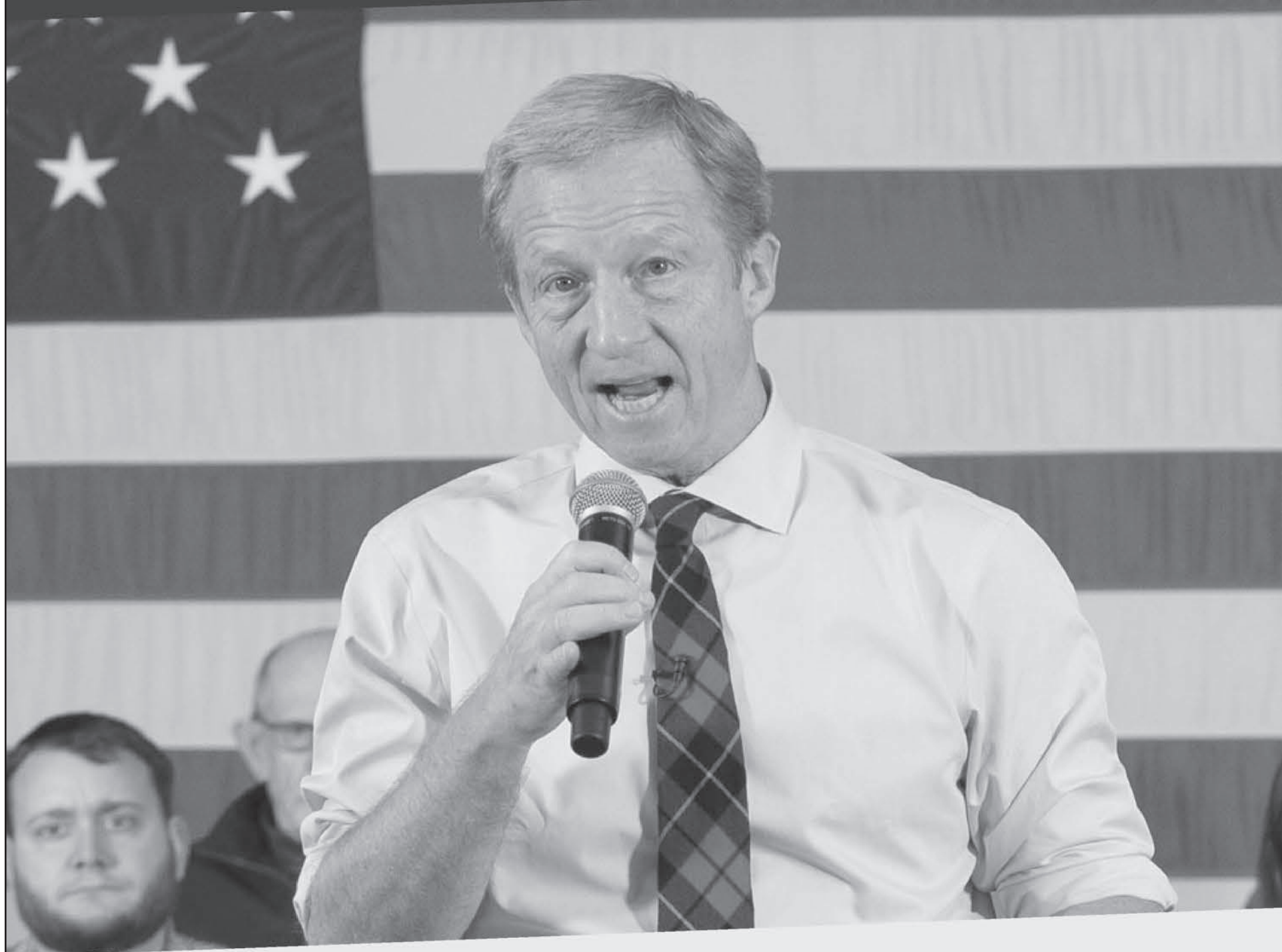


ADVERTISING DEADLINE
WEDNESDAY, APRIL 29TH

 To place an ad please contact:
Tracy Lewis
(603) 616-7103
or tracy@salmonpress.news

Lori Lynch
(603) 444-3927
or lori@salmonpress.news

As a D.C. outsider, I'm not afraid to shake things up in Washington.



Here's what many establishment politicians won't admit:

Washington has been bought by corporations. To pass progressive policies on climate change, health care, and gun safety, we need to break the corporate stranglehold on our government. That's why I'm calling for big structural reforms, like term limits. Congress was never meant to be a lifetime appointment. Term limits will bring new ideas into Congress and ensure our representatives are accountable to the people, not the corporations, so we can pass the progressive policies this nation needs.

If you're ready for an outsider to drive real change, join our campaign.

PAID FOR BY TOM STEYER 2020

TOM²⁰₂₀
tomsteyer.com

Knowles receives awards from RE/MAX New England

MEREDITH — Chris Kelly, Owner/Broker of RE/MAX Bayside is pleased to announce that out of more than 2,760 RE/MAX agents in New England, Scott Knowles placed third in New Hampshire and 16thth in New England in closed sales for the month of November 2019.

Knowles has been working in the real es-



tate industry for over twenty years and has been with RE/MAX Bayside since 2009. He states, “I’m committed to helping my clients and consumers find the property that’s right for them. And I’m honored to be surrounded by such an incredibly supportive team.” Knowles is an active part of our community, supporting the Boys and Girls Club of Central New Hampshire and the Make a Wish Foundation.

(Left) Scott Knowles

PROVIDERS

CONTINUED FROM PAGE A1

Q: What partnership do you see between Home Hospice or Home Health Care and primary care medicine?

A: At this point, the federal government does not allow me, as an APRN, to write prescriptions for home health care or home hospice patients without the co-sign of the physician. I do anticipate that this will change over the next year as that has become a very cumbersome way to practice medicine. Especially if the APRN is your primary care provider and can do all of their care for

you, there is absolutely no reason that I am not qualified to write your medications for you while you are at home. Home hospice and home health care are essential to our community and how we will progress in the future. As older patients, it is often our desire to stay home at the end of our lives and not go to a nursing home. Often, in this new day and age of people being able to live anywhere in the world, our family is not close to us. Because people no longer have children at home to take care of them when they get older, their options are usually home health care, home hospice, or

nursing home. Most people do prefer to stay home and in the comfort of their belongings where they feel safest.

Q: Any last thoughts that you would like to leave us with?

A: I have truly enjoyed working with the Franklin VNA & Hospice. Our patients in this area genuinely appreciate all of the help and care that is given to the patients. I have very much enjoyed working in the community of Laconia, and I find the patients here very kind and generous and loving. It is my hope to continue here in the future.

HEALTHFIRST FAMILY CARE CENTER

OUR PROMISE TO YOU

- Your health is our priority
- High level of customer service
- We will assist you with compassion and respect

Need a minor procedure? We can help.

Lab work? No problem. We've got you covered.

Urgent care needed? Same day appointments for existing patients.

Additional primary care offered such as pediatrics, gynecology, addiction treatment, cardiology, dermatology, podiatry, infectious disease, and more.

Flu shots, employment physicals, pap smears, cancer screening, tobacco cessation, Medicare wellness exams, the list just goes on and on.

Isn't it time to choose a health care provider whom you trust?
Call HealthFirst to schedule your appointment today.

Michelle Reedenauer, MSN, APRN, FNP-C, Family Practice

HealthFirst Laconia 22 Strafford Street #1, Laconia, NH 03246 P: (603) 366-1070 F: (603) 366-1071 M-T-F 8:00am - 5:00pm W-TH 8:00am - 7:00pm	HealthFirst Franklin 841 Central Street, Franklin, NH 03235 P: (603) 934-1464 F: (603) 934-1465 T-TH-F 8:00am - 5:00pm M-W 8:00am - 7:00pm
-----------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------

Happy Valentines Day!

Very Musical, Very Italian & Very Good!

One of the Lakes Region's most loved restaurants since 1989!

Giuseppe's
PIZZERIA & RISTORANTÉ

Wedding Rehearsal Dinners • After Wedding Parties

Lunch & Dinner Daily • Live Musical Entertainment Nightly!

Serving award-winning, gourmet pizza, pasta, seafood, steak, chicken, veal, vegetarian, vegan, gluten-free pizza and pasta, soup, salads, sandwiches, desserts and cappuccino.

Offering two full bars, an international wine list and 10 beers on tap!

Join us in **THE GROTTO AT GIUSEPPE'S!** Karaoke, Thursdays at 10 p.m. DJ and dancing, Fridays and Saturdays 10 p.m.–1 a.m.

Take-out • Delivery (within 5 miles) • Reservations highly recommended.

Corner of Rts. 3 & 25 • Mill Falls Marketplace, Meredith, NH
(603) 279-3313 • Menu, daily specials, menu, hours & info. at giuseppesnh.com

9 N. Main St.
Wolfeboro, NH
603 569-6159
theartplace.biz

Gallery Show of New Original Art by Peter Ferber

Saturday, February 15
Unveiling at 9:30 a.m., Reception to Follow

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

SCHWARTZBERG LAW
Welcomes Attorney Steven C. Gahan

NOW WE ARE THREE!

Attorney Steven C. Gahan

Attorney Ora Schwartzberg

Attorney John T. Katsirebas, Jr.

572 Tenney Mountain Hwy • Plymouth, NH 03264
603.536.2700 • www.nhlawyer.net

Every 8 minutes, we respond to a disaster.

American Red Cross

HELP NOW

SPORTS



BOB MARTIN

Nate Sottak finished with 11 points against the Lakers last week.



BOB MARTIN

Jackson Ruelke shoots from behind the arc against Inter-Lakes.

Red Raider boys get hard-fought win in Meredith

BY BOB MARTIN

Bob@Salmonpress.news

MEREDITH – The Belmont boys' basketball team traveled to Inter-Lakes High School, which is always a tough spot for opposing teams to play. The Red Raiders rose to the occasion and came away with a convincing win by a score of 75-49.

It was all Belmont from the start, with the Red Raiders leading 25-12 after the first quarter. Belmont dominated every facet of the game and clearly had a solid game plan to stop the duo of Luke Brown and Harrison Hicks from getting open looks. In the second quarter, the Lakers got the game within seven points after Brown hit a three-pointer with 5:51 left in the half. However, after a Belmont timeout, the Red Raiders regrouped and

piled on points to go up 42-25 by the end of the quarter.

The second half was all Belmont who went up 63-38 at the end of the third and then cruised to the big win against a Division 3 Lakes Region rival.

Keith Landry was solid once again for Belmont with 17 points and eight boards. Jackson Ruelke had 19 points, six rebounds and four steals. Jamiison Gaudette had 11 points and six rebounds. Seth Rupp added six points and eight rebounds in only eight minutes. Nate Sottak played limited minutes but was still very productive with 11 points.

"This was a very good team win to end a great bounce back week," said Belmont coach Jim Cilley. "The guys played extremely hard and determine not to have a letdown

after the huge win on Tuesday night. We shared the ball the best we have all season.

Everyone who played scored and we were able to get some guys minutes, so all in all,

great win. Inter-Lakes is young but I was extremely impressed with Luke Brown. He's

going to be extremely good as he develops."

For Inter-Lakes, SEE **BOYS**, PAGE B3

Belmont girls bounce back with win

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Belmont girls' basketball team bounced back from back-to-back losses with a nice 39-30 win last week over rival Inter-Lakes in front of a home crowd.

Belmont trailed to start the game down 5-1 with five minutes left, but slowly crept back into the game on timely shooting and nice defense. The Red Raiders looked a bit flat coming out but that all changed when Belmont went on a 10-0 run to end the quarter and take a 13-7 lead into the second frame.

Inter-Lakes came out in the second quarter with a full court press that aggravated Belmont immediately. The Lakers tied the game 13-13 after Mollie Durand drained a baseline jumper and then took the lead when she made a pair of free throws. The lead changed hands several more times but Belmont managed to take a 19-17 lead into the half.

In the second half, Belmont came out hot with an 8-0 run and won the third quarter 10-4, but it was still anyone's game going into the fourth quarter. It was a physical game throughout the second quarter, with bodies flying everywhere and emotions clearly run-



BOB MARTIN

Morgan Hall battles for a rebound against Inter-Lakes last week.



BOB MARTIN

Becca Fleming brings the ball up the court against the Lakers.

ning high between the two Lakes Region rival squads. Inter-Lakes came within five points with about three minutes to go

but the Red Raiders held off the Lakers and came away with the 39-30 win.

Leading the offense for the Red Raiders was

Becca Fleming, who had 11 points in the win. She had a big first quarter

with six points to set the SEE **GIRLS**, PAGE B2

Winnisquam looking for spring coaches

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

Please send letter of interest, coaching resume and

WRSD application form (the form can be found at <https://drive.google.com/file/d/0BzjI2U9aoG-MoTkltN1E4cEhSL-WM/view>) to Brian Contorchick, Athletic Director, Winnisquam Regional High School, 435 West Main St., Tilton, NH 03276 or e-mail bcontorchick@wrsd-sau59.org for information.

Great Food, Fun & Entertainment

Patrick's
IRISH ROOTS - AMERICAN SPIRIT

FRI & SAT at the Pub

Friday NIGHTS LIVE
FRI 7PM
Live music with Matt Langley and guest.

SATURDAY Session
SAT 8PM
Enjoy live music with Kevin & Josh

patrickspub.com • (603) 293-0841 • 18 Weirs Rd. Gifford, NH 03249

BEST OF NH

ROLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • COMMERCIAL & INDUSTRIAL BUSINESS SERVICES

Do you have an uncontrollable desire to clean your attic, basement, garage or start your home improvement project now?

Cupid's Arrow Strikes Again!

THE DUMPSTER DEPOT®
Waste Recycling Services

DUMPSTER RENTALS STARTING AT \$395

SAVE WITH OUR DUMPSTER DEPOT BUCKS

TOLL FREE 1-866-56-DEPOT LOCAL 603-783-8050
WWW.DUMPSTERDEPOT.COM

Like us on Facebook

Small Dumpsters • Front Load Dumpsters • Commercial & Industrial Business Services

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on Roll-offs, Concrete, or any specialty dumpster rental. Cannot be combined with other offers. Must present coupon at time of order. Expires 2/29/20



Meghan Cote led the way with 20 points for the Bears.

BOB MARTIN



Emma Griffin battles for a rebound against Monadnock.

BOB MARTIN

Bear hoop teams fall to Huskies

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam girls' basketball team hosted Monadnock last week and while it was a tight game for about three quarters, Monadnock held the Bears in check and beat Winnisquam 44-31. Monadnock had an 11-8 lead after one quarter and it was 19-15 at the half, and the Bears were in striking distance of looking up the first win of the season.



BOB MARTIN

Mackenzie Philippy fights for a ball against Monadnock last week.

Lakers win two more games

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Laconia/Winnisquam/Inter-Lakes hockey team had a pair of wins last week over Sanborn/Epping and Pembroke/Campbell, which makes it three wins in the past four games for the Lakers. The Lakers beat Sanborn/Epping by a score of 4-0. Kam Young had a pair of goals and Carter Smith and Zachary Spicuzza provided the other two goals. Smith also had two assists and Matthew Nichols added an assist, as well. Smith was big in his return from injury with three points on the night and Spicuzza's goal was his first in a high school uniform. Evan Rollins

had his first shutout of his career in goal. “We played as a team tonight, moved the puck well and cashed in on some chances,” said coach Paul Wheaton. “I’m pleased with our effort.” The Lakers also beat Pembroke/Campbell 4-1. Ethan Bickford and Smith had two goals each, which were the first of the season for Bickford. Young continued to play well with three assists and Spicuzza added an assist. ““The players are beginning to come together as a team,” said Wheaton. “Working hard and supporting each other is building unity and cohesiveness. I am proud of this team.”

The third quarter was tight with the Bears being outscored 13-12 but Monadnock held Winnisquam to only four points while scoring 12 in the fourth quarter to lock up the win. Leading the way for the Bears was Meghan Cote with 20 points. Since Cote has come back from an injury, she

has provided a steady scoring charge that the Bears were lacking, and it has helped keep Winnisquam in games. Emma Griffin had six points and also played well defensively and on the glass. Coach Pam Rozean was happy with the team's effort and while it has been a tough sea-

son for the Bears, she has seen an upward trend. “We had a hard time taking care of the ball and that is really the tough part,” said Rozean. “But these girls have heart. Some of the shots just didn't fall tonight and we have to do a better job boxing out. It is about executing.

We are a very young team with mostly freshmen and sophomores. In each game, we get closer and one of these times we will take it.” The Winnisquam boys' basketball team traveled to Monadnock and lost a tight one by a score of 49-47. Phil Nichols led with 19 points and Jacob Seavey added 12 points. “We had a lost by two and had a chance to tie or take the lead but didn't get a great shot off,” said coach Kevin Dame. “We played hard but couldn't pull it off. A lack of execution definitely hurt us.” Earlier in the week Winnisquam beat Berlin 66-34. Nichols had 19 points and Gunnar Horman had 16 points in the win. “A great team effort,” said Dame. “We really got after it defensively in the second half.”

GIRLS

CONTINUED FROM PAGE B1

tone for the Red Raiders. Molly Sottak added six points and did well setting up the offense. Alexis Donovan add six points and Morgan Hall had five points and 10 boards, while playing great defense. Lena Rodrigues had five points and Emma Roberts pitched in with a pair of baskets in the third quarter. “It was a total team effort against a very good Inter-Lakes team,” said coach Mark Dawalga.



BOB MARTIN

Emma Roberts had a big second half off the bench for the Red Raiders.

“I really thought the difference tonight was the third quarter. Emma Roberts really gave us a huge lift coming off the bench in the third. She scored four points in a five-minute span to put us up 29-21 and give us an eight-point lead going into the fourth. Our defense was outstanding all night but really holding them to four points in the third was huge.” Dawalga commended Fleming for her points but added that her energy all night on defense was key. He said that she, along with Savannah Perkins, was the difference down the stretch. He added that Hall Sottak and Burke did a great job on the boards while Donovan and Rodrigues played great defense in what he called a nice team win. He also praised Inter-Lakes for their play, saying they never gave up and were a tough team

to beat. For Inter-Lakes, Durand led all scorers with 15 points. Taylor Ambrose also had a solid night with six points, which included a pair of three-pointers. “Our girls played really hard tonight in a tough environment,” said Inter-Lakes coach Scott Currier. “I give them a lot of credit for the grit they showed. I was encouraged by their energy especially on the defensive end. We are looking forward to a great day of practice on Monday and a big week next week.” Earlier in the week, the Red Raiders had a tough loss against Hopkinton by a score of 38-17. Courtney Burke led the way with six points and eight boards. “Just one of those games we could not get it going on offense,” said Dawalga. “Give Hopkinton credit. They really played well.”

HAPPY BIRTHDAY!

Don't forget...it's time to have your

CAR INSPECTED

If your birthday is in February
your car inspection is due by:

2/29/20

RELIABLE
AUTO SERVICE

Sanborn Auto Repair
HOME OF SPARKY AND BUSTER
TUNE-UPS – EXHAUST – BRAKES
ROAD SERVICE – STATE INSPECTION

316 COURT ST.
LACONIA, N.H.

PHONE
(603) 524-9798

CAUTION

Drivers
YOU HOLD THE KEY TO
OUR CHILDREN'S FUTURE

HAPPY VALENTINES DAY!

Belmont, Winnisquam get final tune-up for state championships

BY BOB MARTIN
Bob@salmonpress.news

DURHAM – The Belmont and Winnisquam indoor track teams competed at the University of New Hampshire last week with athletes from both schools having impressive days.

Belmont High School

For the girls' team in the 55 meters, Emma Winslow was ninth with a time of 8.07; Gabrielle Day was 13th with a time of 8.20 and Jada Edgren was 17th with a time of 8.44.

In the 300 meters, Edgren was ninth with a time of 46.32.

In the 1,500 meters, Aurora Couto was seventh with a time of 5:22.31.

In the 55-meter seeded hurdles, Sana Syed was fourth with a time of 9.59.

The 4X160-meter relay team was fifth with a time of 1:32.14 and included Day, Syed,

JOSHUA SPAULDING
(Right) Dylan Robert runs in the relay last week at UNH.

Edgren and Winslow.

In the long jump, Syed was 16th with a leap of 14 feet.

For the boys' team in the 55 meters, Lucas Mathieu was 13th with a time of 7.14.

In the 300 meters, Eddie Mann was third with a time of 39.54 and Micah Edgren was 14th with a time of 41.57.

In the 4X160-meter relay, Belmont was third overall with a time of 1:20.80. The team included Edgren, Mathieu, Mann and Brandon Robichaud.

In the shot put, Joey Spinale was second with a toss of 41 feet, three inches.

Winnisquam

In the 1,500 meters, Faith Gosselin was third with a time of 5:12.99.

In the 55-meter seeded hurdles, Ilija-



JOSHUA SPAULDING
(Right) Ilijana Markelic leaps over a hurdle for the Bears at UNH.

na Markelic was 14th with a time of 10.69.

In the 1,000 meters, Riley Mann was seventh with a time of 2:49.10.

In the 1,500 meters, Dylan Robert was eighth with a time of



JOSHUA SPAULDING
Aurora Couto competed at UNH last week for Belmont



4:29.55.

In the 4X400-meter relay, Winnisquam was fourth with a time of 3:51.60. The team included Ryan Belleville, Aiden Phelps, Evan Griffin and Mann.

The 4X800-meter relay team was third with a time of 8:59.91. The team includes Belleville, Griffin, Mann and Brennan Dunn.



BOB MARTIN
Jason Gaudette makes a move to the hoop against the Lakers.

BOYS

CONTINUED FROM PAGE B1

Brown led the way with 19 points, three rebounds, three steals and two assists. Gwen Carranza had nine points and was 3/4 from behind the arc. Jack Gintof struggled shooting the ball but had five assists in the game.

“We were beaten by a more experienced and mature team who is ready to make a playoff run,” said Inter-Lakes coach Mike Rathgeber. “Where they are now is where we want to be, and where we will be eventually.”

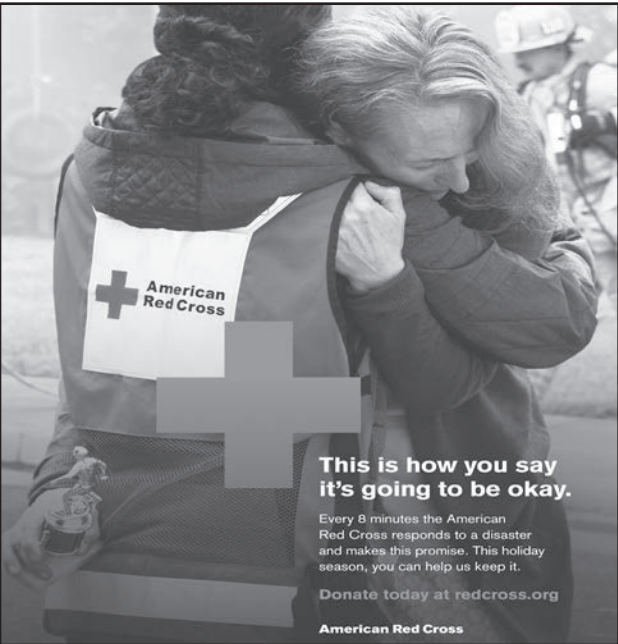
Earlier in the weekm Hopkinton came to town and the Red Raiders won 61-52. Sottak had 14 points, six assists and six steals and Ruelke had 12 points to lead the way. Landry had a double/double with 11

points and 13 boards. Tommy Galambos was excellent off the bench with 11 points and tight defense.

Cilley was pleased with the way his team rebounded throughout the game. Hopkinton had a slight edge with 33 boards compared to 31 for Belmont, but considering the size difference, Cilley said this was a success.

He was happy that the team shared the ball well and scored against the Hopkinton zone presses.

“I thought the way we handled together and played for one another, and had attention to detail, was the key to the game,” said Cilley. “We also limited Kevin Newton-Delgado to 18 points, but we thought we made him work for them. A great bounce back after the let down at White Mountains last week.”



2020 SALMON PRESS

Plymouth Community Guide

Published end of April 2020

This community guide is a reference to communities in the **PEMI-BAKER VALLEY, NEWFOUND & WATERVILLE REGIONS**

More than 10,000 copies will be distributed through the **Record Enterprise**, Local Real Estate Office, Information Area, Chamber of Commerce, Area Businesses & Trade Shows!

Sales Deadline: March 25th at noon

RATES:

Glossy Stock

Full Page.....	\$700
Half Page.....	\$475
Quarter Page.....	\$325

Newsprint

Full Page (7"x9.22").....	\$495
Half Page (7"x4.47" or 3.417"x9.22").....	\$345
Quarter Page (3.417"x4.47" or 7"x2.14").....	\$260
Business Card (3.417"x2.14").....	\$70

COMMUNITY GUIDE
The insider's source to our local neighborhood!
2019

Alexandria • Ashland • Bridgewater • Bristol • Compton • Danbury • Dorchester • Ellsworth • Gratton • Hebron • Holdeness • Meredith • New Hampton • Plymouth • Rumney • Thornleigh • Warren • Waterville Valley • Wentworth

50% off
to place your ad in the North Country Community Guides as well!

To place an ad please contact:

Tracy Lewis

Email: tracy@salmonpress.news | Phone: 616-7103

NOW OFFERING FULL COLOR THROUGHOUT!

55 Plus MODEL HOME
OPEN SUNDAY 12 to 2

\$169,995

Come and take a look!



Garage, Porch, Appliances
***10% down - 25 years at 6%**

Call Kevin - 603-387-7483
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

Camelot HomeCenter
ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14 WIDES

	\$36,995 56' 2 Bed		\$41,995 64' 2 Bed, 2 Bath
	\$42,995 60' 3 Bed, 2 Bath		\$69,995 70' 3 Bed, 2 Bath

DOUBLE WIDES

	\$62,995 Was \$70,000 48' 3 Bed, 2 Bath #31002		\$69,995 Was \$79,000 48' 3 Bed, 2 Bath #3842
	\$79,995 Was \$96,000 56' 3 Bed, 2 Bath Drywall Home - One Only #30259		\$134,995 1,900 sq. ft. 2 Story 1st Floor Master Bedroom

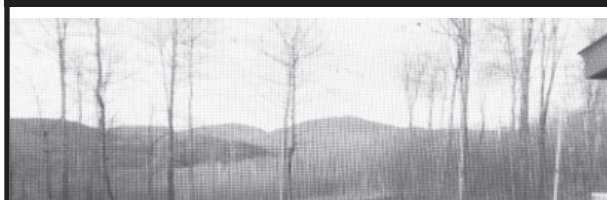
SEE OUR AD AT WWW.CM-H.COM • HOMES FROM COLONY, NEW ERA & TITAN

\$92,995
38x26 Sunny Cape

\$144,995
56x28 Cape You'll love the kitchen and incredible bathroom! Plus extra space upstairs!

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall **WWW.CM-H.COM**

PROPERTY FOR SALE



Warren 1 ac. with 480' on Baker River with Barn and small unfinished cottage. Septic Plan done for 3 bdrm. \$79,000.

Haverhill Historic District

1860 remodeled Farmhouse with wood floors thruout. Stained glass windows and new kitchen. MLS#4789115.

Nice lots on Baker River and another in Haverhill.

COUNTRY HOUSE REALTY
603-764-5852

PLYMOUTH APARTMENTS

ONE & TWO BEDROOM UNITS

SUBSIDIZED RENT BASED ON INCOME. INCOME RESTRICTIONS APPLY.

HANAWAY MANAGEMENT COMPANY
An Equal Housing Opportunity Agent
536-4402 • Contact us Today!

PLYMOUTH WOODS

ONE, TWO & THREE BEDROOM UNITS

SUBSIDIZED RENT BASED ON INCOME. INCOME RESTRICTIONS APPLY.

HANAWAY MANAGEMENT COMPANY
An Equal Housing Opportunity Agent
536-4402 • Contact us Today!

PEABODY & SMITH REALTY
Residential & Commercial

Plymouth, NH - This updated Carriage House awaits your opportunities for use! Two apartments, one on the lower level and one above. 3 BR in one apartment, and 4 BR in the second apartment. Rental Income was \$2800/per student/per semester. Great rental property in this busy college town. Fantastic location, abuts campus, close to the downtown area for shopping, restaurants and entertainment! This house is ready for you to make your dreams/investments come true!

MLS# 4770726 **Offered at \$189,900**

View More Listings at: www.peabodysmith.com "One Click and You're Home!"

Call us for a FREE COPY of Peabody & Smith's Buyer's Guide.

OTHER PEABODY & SMITH OFFICES IN LITTLETON, BRETTON WOODS & FRANCONIA, NH

620 Tenney Mtn Hwy Plymouth, NH 603-238-6990	Curry Place Holderness, NH 603-968-7615
-------------------------------------------------------------------------	--------------------------------------------------------------------



ROCHE REALTY GROUP

MEREDITH OFFICE
97 Daniel Webster Hwy
(603) 279-7046

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

VISIT US ONLINE: WWW.ROCHEREALTY.COM

 MLS# 4791633 LACONIA: Completely refinished Winnepesaukee condo. Dock, deck, mini-split and more. \$299,900	 MLS# 4790653 BELMONT: 3BR/2BA home on 4.7 ac with 3-season porch. Privacy & many improvements. \$175,000	 MLS# 4771844 TILTON: A dream home! Executive cape w/ 4-BR, 4-BA & over 4,300 sf. on 3.4 acres. \$439,000	 MLS# 4771093 NORTHFIELD: Private home on 7+ ac. w/ convenient location! 6BR/5BA & 4,942 sf. \$479,900
 Facsimile MLS# 4783002 WOLFEBORO: Carefree condo. 3BR/2BA single-family home customized to your tastes. \$368,000	 MLS# 4765819 NEW HAMPTON: 5BR cape on 18+ ac! Charm, modern amenities, pool & solar panels. \$489,900	 MLS# 4787924 GILFORD: Lake Winnepesaukee WF home! 150' of shorefront, bunk house & protected dock. \$949,900	 Facsimile MLS# 4788136 TILTON: Available to customize! Brand new 4BR/4BA 2,906 sf, 11 rooms & energy-star certified!

Prices start at \$289,900

To VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

Bean Group: www.beangroup.com

Coldwell Banker: www.cbldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

Dussault Real Estate: www.dussaultrealestate.com

ERA Masiello: www.masiello.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

Michelle Eastman Realty: www.michelleeastmanrealty.com

Old Mill Properties: www.oldmillprops.com

Peabody and Smith: www.peabodysmith.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Remax Bayside-Steve Banks: www.winnihomes.com

Roche Realty: www.rocherealty.com



GOT A HOUSE FOR SALE?

Look for that new home in our real estate section.

REAL ESTATE Classifieds

MEREDITH NEWS/THE RECORD ENTERPRISE/WINNISQUAM ECHO
Thursday, February 6, 2020 • B5

Moultonborough Academy - Math Teacher

Immediate opening for math teacher for grades 9-12 to teach primarily geometry with some algebra. Permanent position. NH Certified or NH certification eligible.

To apply, complete the application form found in the employment section at sau45.org and send with a cover letter, resume, transcripts, certification and 3 current letters of reference. Position is open until filled.

Andrew Coppinger, Principal
Moultonborough Academy
P.O. Box 228
Moultonborough, NH 03254
Phone: 603-476-5517
Fax: 603-476-5153
or email: acoppinger@sau45.org

Equal Opportunity Employer

~SAU #58~ VACANCIES 2020-2021

Groveton High School

• Assistant Principal (ID#3222770)

Salary Range: \$55,000.00 - \$60,000.00

Contract: 220 days

Deadline: Until Filled

For more information or to apply please go to
www.SchoolSpring.com and reference the above job ID.
All applications must go through SchoolSpring.

If you have any questions regarding these positions, please contact:

Carrie Irving, Secretary
SAU #58
15 Preble Street
Groveton, NH 03582
Ph: 603-636-1437
Fax: 603-636-6102
EOE

Franklin School District

Franklin School District is looking
for Substitute Teachers
\$80.00 per day

Franklin School District – SAU 18
Superintendent of Schools
119 Central Street
Franklin, NH 03235
603-934-3108 or Fax 603-934-3462
E-Mail rkeane@gm.sau18.org

*The Franklin School District
is an Equal Opportunity Employer*

WINNISQUAM REGIONAL SCHOOL DISTRICT SAU 59

Sanbornton Central School

Long Term Substitute 1st Grade Teacher:
End of April through the end of the school year.
Must have Teaching Certification.

Winnisquam High School

SPED Teacher

Long Term Substitute SPED Teacher –
Must have Teaching Certification

Long Term Substitute Math Teacher –
Mid March 2020 through the end of the school year.
Must have Teaching Certification

Long Term Substitute Health Teacher – May 2020
through the end of the school year,
must have Teaching Certification

Long Term Substitute Music Teacher –
Mid March through the end of April 2020.
Must have Teaching Certification

District Wide

Business Administrator for 20-21 school year.
Applications accepted through 2/11/2020

School Social Worker
Paraprofessionals – Starting pay \$14.50/hour
2nd shift Custodian

Food Service Staff

Food Service Substitutes

Substitute Teachers, Paraprofessionals and Nurses
Substitute Custodians

*** Applications accepted until positions are filled ***

For consideration, send a cover letter, resume, application
(www.wrsdsau59.org), copy of certification if applicable,
references and transcripts to:

Office of the Superintendent,
Winnisquam Regional School District.
433 West Main Street, Tilton, NH 03276

EOE



Now Hiring Regulatory Affairs Manager

We have an outstanding career opportunity for a **Regulatory Manager** to join our team. This is a professional position that requires **a bachelor's degree** and **previous experience in an FDA regulated facility**. The Regulatory Manager will be a member of the management team responsible for overseeing the regulatory process for products requiring governmental approval and ensuring compliance with regulations and standard operating procedures (SOP).

Our ideal candidate will have strong interpersonal skills with the ability to influence others in a positive and effective manner. Ability to work well in both an individual and group setting. Critical thinking using logic and reasoning to identify the strengths and weaknesses of alternative solutions to problems.

QUALIFICATIONS

Knowledge of laws, legal codes, court procedures, precedents, government regulations, executive orders, agency rules, and the democratic political process; strong knowledge of 21-CFR 210, 211, 111 required.

Interested candidates please visit our Career page at <http://www.trividiams.com/contact/careers/> Click on "Apply Now" and select **Regulatory Manager** or email your resume to apaquin@trividiams.com



UPPER VALLEY PRESS
Experienced Machine Operators


Upper Valley Press currently has positions available on all shifts for experienced equipment/machine operators.

Do you possess the ability to run production machinery, pay close attention to detail and report to work on-time and when scheduled? Then we want to hear from you!

Upper Valley Press provides excellent wages, benefits, 401(k) retirement saving and much more. We offer opportunities in a solid company with an excellent record of stability and growth. Please apply in person to:


UPPER VALLEY PRESS

446 Benton Road
North Haverhill, NH 03774
charrington@uvpress.com



Tuba City
Regional Health Care Corporation

Have a Career that Changes Lives

Live and work on the beautiful Navajo Reservation,
near national parks and forests, canyon country,
ski area a day trip away.

The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

Emergency Physicians

CAREERS

- Very close, collaborative medical staff
- Loan Repayment Program through NHSC
- \$25K Sign-on bonus with 2-year service commitment

To learn more about Tuba City Regional Health Care Corporation, call our Human Resources at 928-283-2432 or e-mail TCRHCHCR@TCHEALTH.ORG

WWW.TCHEALTH.ORG



Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

*SIGN ON BONUS!

Full-Time
***RNs**
with two years' experience

Additional Full-Time Opportunities

Coder	Physical Therapist
Radiologic Technologist	Ultrasound / Echo Technologist

Per-Diem Opportunities

RN	LNA
Materials Mgmt. Technician	ED Technician

APPLY ONLINE

WWW.UCVH.ORG

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org

EOE

Ashland Elementary School 2019-2020 School Year VACANCY

Special Education Para-Professional

7 hrs/day Special Education Para-Professional to support students.

Qualifications: Para II Certified through the NH Department of Education (or eligible for Para II Certification). The successful applicant must meet all required conditions of employment.

Beginning on or about February 17, 2020 until the end of the 2019-2020 School Year

Applications: <http://www.sau2.k12.nh.us/jobs.html> for a Support Staff Application

All applications should be submitted to:

Ashley Dolloff, Human Resources Director
ashley.dolloff@interlakes.org
Ashland School District
103 Main Street, Suite 2, Meredith, NH 03253

Application Deadline: Open Until Filled
EOE

Shaker Regional School District Current Employment Opportunities

Long Term Sub – Special Education Teacher – Belmont Middle School
Long Term Sub – Special Education Teacher – Belmont Elementary School
Long Term Sub – Physical Science – Belmont High School

Long Term Subs are paid \$75.00 per day for the first 9 consecutive days, then \$190.15 per day.

1:1 Behavioral Assistant – Belmont Elementary School
(3 positions) (\$16.22/hr)

1:1 Part-Time Behavioral Assistant – Belmont Elementary School
(\$16.22/hr)

1:1 Behavioral Assistant – Belmont Middle School (2 positions)
(\$16.22/hr)

1:1 Behavioral Assistant – Belmont High School (\$16.22/hr)

1:1 LNA – Belmont Elementary (\$16.22/hr)

Part-Time General Special Education Assistant – Belmont Elementary School (\$11.03/hr)

Substitute teachers – all schools \$75.00/full day.

Please visit the Human Resources page on the District Website, www.sau80.org, for details, or contact Debbie Thompson, Business Administrator, at 267-9223 ext 5303 or via email at dthompson@sau80.org.

VARNEY-SMITH Lumber Company, Inc.

INSIDE SALES PERSON NEEDED

Duties to include:

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

Benefit to include:

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

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



Town-to-Town CLASSIFIEDS

www.salmonpress.com | 603.279.4516

Call to place your ad today or visit our website!



Misc. For Sale

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

Lost & Found

Found Ads

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

Lost Ads

Are Charged at our regular classified rates.

Call Toll Free

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

or go to

www.salmonpress.com
24/7

Still Lost!

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

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

-Lost in Laconia NH-

August 27, 2016
Do not chase. Old and New
Leads appreciated.
For more info see
www.facebook.com/shaneshetlandsheepdog

Call Owner 603-365-1778
or Granite State Dog
Recovery
1-855-639-5678

Thank-You

Our line ad classifieds
are on our website!

www.salmonpress.com

is the place to check our weekly
classifieds online!
More great coverage
and information from the

**Salmon Press
Town To Town
Classifieds!**

Why place your ads
anywhere else?
1-877-766-6891

Thank you
for browsing
**The Town To Town
Classifieds in the**

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

Publication Rates (30 words)

\$12 - 1 Week
\$20 - 2 Weeks
\$27 - 3 Weeks
\$36 - 4 Weeks

Call Our main Call Center
1-877-766-6891
Mon-Fri 8:00-4:00

or place online 24/7 at
www.salmonpress.com

Deadline:

Monday 10:30 am

Pets/Breeders

LOW COST SPAY/NEUTER

Mobile Feline Fix It Wagon,
Cats \$70-\$85. Dogs at Conway clinic,
starting at \$100. NH and Maine
income qualified plans. Military
discounts. Rozzie May Animal
Alliance, a dedicated spay/neuter
nonprofit. Sign up on line
www.RozzieMay.org or call
603-447-1373

General Help Wanted

Bald Peak Colony Club Seeks Sous Chef...

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

CODE COMPLIANCE OFFICER TOWN OF PITTSFIELD, N.H. EMPLOYMENT OPPORTUNITY

The Town of Pittsfield is
accepting applications for a
Code Compliance Officer. This
salaried, part-time position
is for approximately 15-20
hours per week. The Code
Compliance

Officer will be responsible
for zoning administration,
enforcing code compliance,
and building inspector duties.

The schedule will vary
depending on applications,
complaints, and violations
received and will require the
officer to work flexible hours
to meet operational needs.

This individual will issue
building, electrical, mechanical,
and plumbing permits and will
conduct inspections for the
enforcement of the NH State
Building Code and the town's
rules, regulations, and
ordinances relating to code
compliance. They will also
conduct plan review for
residential, commercial, and
industrial buildings and will
be responsible for the preparation
and administration of their
department's budget.

The successful candidate shall
have the ability to interpret and
enforce regulations tactfully
and impartially. In addition, they
shall have experience with
information technology
(software and programs
relating to the permit process),
possess a demonstrated ability
to work effectively with other
town departments, and interact
diplomatically with town and
state officials and the general
public. The candidate must be
able to communicate well,
possess the ability to plan
and maintain an organized
schedule, and keep accurate
records. Minimum qualifications
include ICC Certification, a high
school diploma, and a
NH Drivers License.
Interested candidates should
submit a cover letter and
resume by Friday, February 21,
2020, to Cara Marston, Town
Administrator, at 85 Main
Street, Pittsfield NH 03263.

The Town of Pittsfield is an
equal opportunity employer.

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

General Help Wanted



**Plymouth State University has
the following positions available:**

Financial Aid Specialist
Finance and Budget Analyst
Billing Manager
Student Financial Billing Specialist
Windows Client & Server Systems
Administrator
Assistant Director, First-Year
Student Programming & Orientation
Senior Business Services Assistant

FACILITIES:

General Maintenance Mechanic
Building Service Worker
(Custodian) – All Shifts

To view full descriptions of the
positions and to apply, please visit
<https://jobs.usnh.edu>

Plymouth State University is an
Equal Opportunity/Equal Access/
Affirmative Action institution.

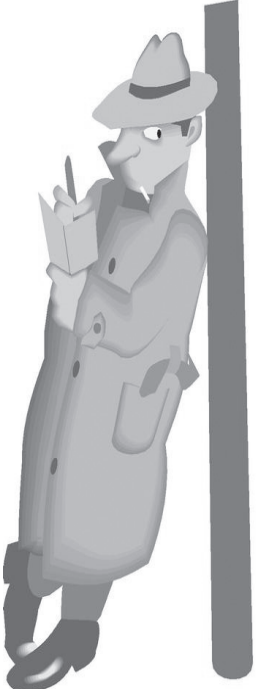
THE KALLED GALLERY will

be hiring a full-time seasonal
employee and a second part-time
seasonal employee for the 2020
summer/fall season. We will look
for qualities in someone that will
complement our team and the
culture of the gallery. Your love &
appreciation of artisan work and
ability with sharing your learned
knowledge will be a plus. The
right candidates will have retail
experience, strong computer
skills, some knowledge of a POS
system, great customer service
skills, great communication skills,
willingness to learn, a sense of
humor, a great attitude, AND will
love to work week-ends. We will
train you to excel at your job. Pick
up your application at the gallery
Thurs-Sat 10-5:30. Our email is:
kalledgallery@kalledjewelrystudio.com if you would like to send
your resume and a cover letter.
Please direct all inquiries to Mal
Stirt.

Home Improve-

**Experienced Interior/Exterior
Painter and Light Carpentry**
Filling up my painting schedule
so please call and get
an estimate.
603-534-4617

DISCOVER



Advertising Success.

Call 603-279-4516

salmonpress.com

Real Estate



Equal Housing Opportunity

All real estate advertising in this
newspaper is subject to
The Federal Fair Housing Law
which makes it illegal

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

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

This paper will not knowingly accept
any advertising which is in violation of
the law. Our readers are hereby
informed, that all dwellings advertised
in this newspaper are available on
an equal opportunity basis.

To complain of discrimination call

HUD toll free at
1-800-669-9777

For The Washington DC area,
please call **HUD** at 275-9200.

The toll free telephone number for
the hearing impaired is
1-800-927-9275.

You may also call

**The New Hampshire
Commission for Human Rights**
at 603-271-2767
or write

The Commission at
163 Loudon Road,
Concord, NH 03301

Neither the Publisher nor the
advertiser will be liable for misinfor-
mation, typographical errors, etc.
herein contained. The Publisher
reserves the right to refuse any
advertising.

FOR SALE:

2012 Toyota Camry LE
38,000 Miles, 1 Owner, State
Inspected, Private Sale.
Will take any reasonable
2004-2010 Toyota or Honda in
trade. Super clean. Asking \$10,900
Call 455-0404

EYE SPY!



**Advertising success.
Call 603-279-4516
salmonpress.com**

*Our line ads are
on our
web site!*

*Our web site is easy to use, and full of
great information!*

(Just like our printed classifieds!)

**[www.Salmon
Press.com](http://www.SalmonPress.com)**

*Plus, our line advertis-
ers with
web sites are displayed
with active links!*

*Check-out our line ad advertisers
quickly and easily!*



Looking for an exciting job this winter? Loon is hiring for full-time and part-time winter operations. Get onboard with our benefits package and Skiing/Riding passes. Apply now: www.loonmtn.com

- Lift Operators
- Desk Attendants
- Ski/Board Instructors
- Grounds Workers
- Security
- Custodial
- Shuttle Bus Drivers



Are you looking for an exciting full-time, year-round career opportunity with benefits and skiing and riding passes? Apply now: www.loonmtn.com

*Master Plumber/Gas Fitter/HVAC
Facilities Manager
Property Maintenance Supervisor
Lift Operations Manager
Food and Beverage Manager*

TWO Administrative Positions

Northern Human Services is a private, nonprofit agency with
offices throughout Northern New Hampshire. We are seeking
a **Staff Accountant** and **Accounts Receivable Associate II** to
work in our Administrative Office in Conway, NH.



**Northern
Human Services**
Changing Lives

STAFF ACCOUNTANT – FULL TIME SALARIED

We are looking for a detail-oriented, organized individual with a positive and flexible approach to problem solving and decision-making. The staff accountant must demonstrate proactive communication skills and be able to meet deadlines and reporting timeframes. Knowledge of computerized accounting systems, and the ability to gather and analyze detailed accounting information to ensure timely and accurate reporting of financial data are important qualities. Heavy emphasis on month end closing procedures, and account reconciliations. This position reports to the Controller.

Requirements: Bachelor Degree in Accounting with 1-3 years of experience or an Associate Degree in Accounting with 3-5 years of experience. Excellent computer skills are a must, including proficiency with Microsoft Excel and Word.

ACCOUNTS RECEIVABLE ASSOCIATE II – FULL TIME/35 HOURS

The ideal candidate will possess strong experience with Microsoft office including Word, Outlook and Excel. Excel experience to include creating formulas, merging spreadsheets and creating reports; medical or behavioral health billing and collection with follow up experience preferred, specifically, in the effective research of receipts as well as working with insurance providers of aging accounts and problem receivables to improve rate of collections. Critical thinking skills and strict attention to detail a must. Knowledge of general accounting procedures and reconciliation of funds also preferred. Excellent written/verbal communication skills and ability to multi-task required. Educational requirements include HS diploma with a min. of 3-5 years related experience.

We offer competitive wages and an excellent benefits package including Health, Dental, Vision and Life Insurance, 403b, generous vacation/sick time and more!

If either of these position appeal to you please send cover letter, resume AND salary requirements to: Rhonda Vappi, Office Manager, Northern Human Services, 87 Washington St., Conway, NH 03818. By fax to (603) 447-8893 or E-mail to rvappi@northernhs.org.

*These positions require a valid driver's license, proof of adequate auto insurance and completion of driver's, criminal and background records checks.
Northern Human Services is an Equal Opportunity Provider, and Employer.*

Call our toll-free number 1-877-766-6891

**and have your help wanted ad
in 11 papers next week!**

Belmont competes in Winnepesaukee Alpine Race

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Belmont alpine ski team competed in the Winnepesaukee Alpine Race last Friday and the Red Raider skiers impressed with solid individual times.

For the boys' team in slalom, Lars Major was third with a time of 50.96; Mitchell Berry was fourth with a time of 54.80 and Tanner McKim was 15th with

a time of 1:13.76. In the giant slalom, Major was second with a time of 52.27; Berry was third with a time of 53.12; McKim was 14th with a time of 1:01.39 and Hunter Hacht-Ac-ers was 25th with a time of 1:19.08.

For the girls' team in slalom, Katie Gagnon took the win with a time of 56.84. Becca Camire was 11th with a time of 1:10.91; Trin-

ity Dunn was 18th with a time of 1:26.17 and Sarah McLaughlin was 25th with a time of 1:33.95.

In the giant slalom, Camire was 11th with a time of 1:05.19; Dunn was 17th with a time of 1:13.34 and McLaughlin was 22nd with a time of 1:20.51.



Lars Major makes his way down the course at Gunstock last week.

Bulldogs notch a pair of shutouts

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – The Belmont/Gilford Bulldogs had a couple of big games last week and the hockey team came away with a pair of shutout victories to improve to 7-3 on the season.

On Wednesday, the Bulldogs shut out John Stark-Hopkinton by a score of 2-0. The first period was anyone's game, as both teams managed to put shots on goal but exceptional work in net by B/G goaltender Colin McGreevy kept the game locked at 0-0. Each team had scoring opportunities but couldn't find the back of the net. The Bulldogs spent much of the period in John Stark's zone and it was only a matter of time before they were able to get on the board.

It took until halfway through the second period to get the scoring going with a power play goal by Hayden Parent on an assist by Cam Jarvi. Parent was able to pull the puck past a John Stark defender and fire off a quick shot that found the corner of the goal

and ended up in the back of the net.

It was back-and-forth with plenty of chippiness and hitting between the two teams the rest of the way. The second goal didn't come until the end of the third period when John Stark had an empty net hoping to tie up the game with an extra attacker. Parent stole the puck from John Stark captain Brett Patnode and went for the empty net. The goal got dislodged in the process but the referees ruled it a goal to make it a 2-0 game.

On Jan. 31, the Bulldogs pulled off a 5-0 win over Sanborn/Epping. Nate Shirley led the way with a pair of goals. Other goals came from Jarvi, Griffin Tondreau and Zoltan Stefan. Parent had two assists in the game.

"A very dominant performance from the first puck drop," said coach Jason Parent, who noted there were two goals in the first two periods and then a final insurance goal in the third period. "The second consecutive shutout for Colin McGreevy. He was very solid between the pipes."



Move your smile and life forward with Invisalign!

Invisalign's clear, custom-designed aligners can be an inconspicuous way to get a beautiful new smile without interrupting your lifestyle. Meaning you can still enjoy the activities you love and the foods you can't live without, while shaping your smile more gently.

STRAIGHT TEETH ARE WITHIN REACH.
Call Dr. Alan Kennell today for a free, no-obligation consultation.






KENNEL
ORTHODONTICS

Schedule a Free Consultation Today!
Dr. Alan E. Kennell




invisalign
The Clear Alternative to Braces

"Shop Where The Pros Shop"



CYR LUMBER & HomeCenter
Windham • Warner • Tilton, NH





SCHWARTZBERG LAW

Welcomes Attorney Steven C. Gahan

NOW WE ARE THREE!



Attorney Steven C. Gahan
Attorney Ora Schwartzberg
Attorney John T. Katsirebas, Jr.

572 Tenney Mountain Hwy • Plymouth, NH 03264
603.536.2700 • www.nhlawyer.net



THANK YOU TEAM BRYANT!!

Thank you to a fantastic crew whose efforts, workmanship, and customer care have resulted in another successful season!

With much appreciation,
Leslie Bryant



BRYANT PAVING

RESERVE YOUR SPOT TO WORK FOR THE BEST PAVING COMPANY IN THE LAKES REGION

NOW HIRING

ALL PAVING & GRADING CREW POSITIONS:
Foreman, Back End, Roller Operators, Class A Drivers, Grader Operator, Laborers

Benefits

- Startup Bonus
- 401K w/ 5% Match
- Seasonal Bonus
- Boot Allowance
- Health Insurance
- Paid Holidays
- Aflac
- Competitive pay

Call 279-1499 or email admin@bryantpaving.com TODAY!

ALL ARE ENCOURAGED TO APPLY

BRYANT PAVING IS A DRUG FREE WORKPLACE & E.O.E.