

Local voters follow state in supporting Sanders

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – The Feb. 11 New Hampshire Primary saw a record number of voters lining up at polls across the state, and turnout was quite good throughout towns in the Lakes Region as well.

In Belmont, more than 2,000 voters cast their ballots. Democrats favored eventual state-wide winner Bernie Sanders with 301 votes cast, but as it was state-wide as well, he was followed very by Pete Buttigieg who received 298 votes then Amy Klobuchar who had 250 votes. Former Vice President Joe Biden had 103 ballots cast in his favor, Tulsi Gabbard was fifth with 62 votes and Elizabeth Warren was sixth among the Democrat frontrunners with 60 votes. On the Republican side, there were no surprises when Pres. Trump won 85-percent of Belmont

Republicans' votes, 870 to challenger Bill Weld's 53. There were also 79

additional write-in votes cast in the party. Northfield saw a total

of 766 Democrat votes cast in their community, with Sanders once more

topping the field with 210 votes compared to Buttigieg's 193 votes. Like

Belmont, Klobuchar was once again in third place with 130 votes. Biden received 69 votes, Warren was fifth with 53 votes and Gabbard trailed with 31. For the Republicans, Trump gathered 572 of the party's 645 votes cast last week and Weld received 35 votes.

Sanbornton Democrats also favored Sanders, with 190 votes but Buttigieg was again right behind him with 141 votes. Closer still was the race between he and Klobuchar who had 139 votes. Biden was fourth in that community with 49 votes, Warren had 43 and Gabbard received 21 Democrat votes. In the Republican contest, there again was really no contest when Trump walked away with 401 of the votes to Weld's 28. Fourteen other Republican voters cast their ballots for lesser-known registered rivals or handed in a write-in vote.

SEE RESULTS, PAGE A9



COURTESY

Masonic Lodge donates to Veterans Home

Past Masters Frank Viana (left) and Woody Fogg (right), representing Doric-Centre Masonic Lodge in Tilton, recently presented New Hampshire Veterans Home Commandant Peggy Labrecque with a donation to the NHVH Residents Benefit Fund. This was done in conjunction with our Masonic Service Association's monthly Square & Compass Club meeting with our Masonic Brothers who are Residents at the NHVH. Steve Hankard of Union Lodge in Bristol volunteers to organize those meetings, but was not able to be present that day.

Sanbornton man arrested following domestic indicent

BY DONNA RHODES
dhrhodes@salmonpress.news

SANBORNTON – At 4:09 a.m. on Feb. 16, police in Sanbornton were called to 176 Shaw Hill Rd. for a dispute between a male and a female, where officers were told the male subject, 36-year-old Shiloh Gray of Pembroke, had reportedly threat-

ened to shoot the unidentified woman.

Chief Stephen Hankard said the woman told police that Gray had a "gun or guns" in his waistband and fled into an RV parked on the property, so officers from Tilton and Franklin were requested to help

SEE ARREST, PAGE A9



COURTESY

Crews from several communities helped Tilton-Northfield Fire & EMS battle a difficult chimney fire on Summer Street in Northfield last week, which required them to remove a large section of an exterior wall of the home.

Chimney fire displaces several Northfield residents

BY DONNA RHODES
dhrhodes@salmonpress.news

NORTHFIELD – A chimney fire in a residence located at 70 Summer St. in Northfield resulted in nine people being displaced from their home last week, but Tilton-Northfield Fire Department's Deputy Chief Tim Joubert said thankfully, no one was injured in the early morning incident.

T-N Fire & EMS was toned to the scene at 2:50 a.m. on Tuesday, Feb. 11, for the report of a chimney fire. Those first on scene reported no fire showing from the exterior of the building but, upon entrance to the residence, found heavy smoke conditions in the basement and on the first floor. TNFD immediately called for a first alarm through Lakes Region Mutual Aide.

Coming to their assistance were crews and equipment from Frank-

lin, Belmont, Sanbornton, Laconia, Concord and Gilmanton, while Gilford and New Hampton's fire and EMS staff covered the Tilton-Northfield station. Joubert said that hand lines were used both inside and outside the building to contain the flames but it was a "labor-intensive operation," which required them to then bring out power tools and remove a majority of the wall around the chimney. Adding to the situation was sewage overflowing from a faulty septic system, making access to the fire even more difficult.

"This was a pretty challenging fire due to the building's location, limited access to the basement, and the weather. All personnel gave a great effort to overcome these challenges to help keep the fire from spreading to other areas of

the house," said Tilton-Northfield firefighter Duane Harbour.

The fire was considered accidental, caused by an improperly vented woodstove.

Tilton-Northfield Fire & EMS would like to remind residents that all wood-burning heat sources need to be installed, maintained and operated according to their listed safety guidelines to help prevent incidents such as this from occurring.

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DONNA RHODES

More than 700 ice-fishing enthusiasts from New Hampshire and beyond, along with another large crowd of spectators, gathered on Webster Lake in Franklin last weekend for the 41st annual ice-fishing derby.

Webster Lake Fishing Derby sees strong turnout

BY DONNA RHODES
dhrhodes@salmonpress.news

FRANKLIN – The ice on Webster Lake was covered with bob houses, tip-ups, and people enjoying the great outdoors this past weekend, when the 41st Annual Webster Lake Ice Fishing Derby got underway early on Saturday morning.

Held in conjunction with the Franklin Winter Carnival each year, Chuck Drew of Tilton chaired the ice fishing

derby this year and was quite pleased with not only the cold temperatures, which kept the ice safe, but the number of winter anglers who registered to take part.

"We haven't even done a final tally yet but we know already that there were well over 700 registrants this year," Drew said Sunday afternoon.

The best news for the ice fishing committee, though, was that nearly 300 of them were chil-

dren. "We like to see the kids out here enjoying ice fishing and having some fun with their family," said Drew. "Last year, we had 280 youth sign up so it's good to see that number rise a bit again this year. This derby is really all about the kids."

Thanks to an anonymous donor, once again the first 100 young boys and girls were able to sign up for free, while the

SEE DERBY, PAGE A10

HALL MEMORIAL LIBRARY

Tilton/Northfield

Monday, Feb. 24
Chess Club, 2 - 5 p.m.
After-School Board Game Club, 4 p.m. - for grades three and up
Crime Junkies Book Group, 6 p.m.
“The Lonely Witness” by William Boyle - “When a young woman with a sordid past witnesses a murder, she finds herself fascinated by the killer and decides to track him down herself.
Amy was once a party girl, but she now lives a lonely life, helping the house-bound to receive communion in the Gravesend neighborhood of Brooklyn. At one of the apartments on her route, Mrs. Epifanio says she hasn’t seen her usual caretaker, Diane, for a few days. Supposedly, Diane has the flu or so her son Vincent said. She tails Vincent through Brooklyn, eventually following him and a mysterious man out of a local dive bar. At first, the men are only talking as they walk, but then, Vincent is dead. Instead of calling the cops, she collects the murder weapon from the sidewalk and soon finds herself on the trail of a killer. Character-driven and evocative, “The Lonely Witness” brings Brooklyn to life in a way only a native can, and opens readers’ eyes to the harsh realities of crime and punishment on the city streets.” (Amazon)

The Bookers
“The Giver of Stars” by Jojo Moyes, 6 p.m.
“Alice Wright marries handsome American Bennett Van Cleve hoping to escape her stifling life in England. But small-town Kentucky quickly proves equally claustrophobic, especially living alongside her overbearing father-in-law. So when a call goes out for a team of women to deliver books as part of Eleanor Roosevelt’s new traveling library, Alice signs on enthusiastically. The leader, and soon Alice’s greatest ally, is Margery and they

are joined by three other singular women who become known as the Packhorse Librarians of Kentucky. These heroic women refuse to be cowed by men or by convention as they face danger in a landscape both breathtakingly beautiful and brutal. And they never waver in their commitment to bringing books to those who have never had access to them. Based on a true story rooted in America’s past, this historical fiction is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic – a richly rewarding novel of women’s friendship, true love, and of what happens when we reach beyond our grasp for the great beyond.” (Amazon)

Tuesday, Feb. 25
Spanish Club, 10 a.m.
Sewing Group, 10 a.m.
Nooners Book Group
“A Piece of the World” by Christina Baker Kline - “From the #1 New York Times bestselling author of the smash bestseller “Orphan Train,” a stunning and atmospheric novel of friendship, passion, and art, inspired by Andrew Wyeth’s mysterious and iconic painting “Christina’s World.” To Christina Olson, the entire world is her family farm in the small coastal town of Cushing, Maine. The only daughter in a family of sons, Christina is tied to her home by health and circumstance, and seems destined for a small life. Instead, she becomes Andrew Wyeth’s first great inspiration, and the subject of one of the best-known paintings of the 20th century, “Christina’s World.” As she did in her beloved bestseller “Orphan Train,” Christina Baker Kline interweaves fact and fiction to vividly reimagine a real moment in history. “A Piece of the World” is a powerful story of the flesh-and-blood woman behind the portrait, her complicated relationship with her family and in-

heritance, and how artist and muse can come together to forge a new and timeless legacy.” (Amazon)
Tech Tuesday, 2 to 4 p.m.

Wednesday, Feb. 26
NO STORY-TIME
Reading With Jellyroll, 4:30 - 5:30 p.m.
Drop in for a 10 minute slot to read with Jellyroll!
Books and Brews Book Club, 6 p.m. at Kettlehead Brewing
“If I Was Your Girl” by Meredith Russo - “The award-winning, big-hearted novel about being seen for who you really are, and a love story you can’t help but root for. Amanda Hardy is the new girl in school. Like anyone else, all she wants is to make friends and fit in. But Amanda is keeping a secret, and she’s determined not to get too close to anyone. But then she meets sweet, easy-going Grant. As they spend more time together, she realizes just how much she is losing by guarding her heart. She finds herself yearning to share everything about herself, including her past. But Amanda’s terrified that once she tells him the truth, he won’t be able to see past it. Because the secret that Amanda’s been keeping? It’s that at her old school, she used to be Andrew. Will the truth cost Amanda her new life, and her new love?” (Amazon)

Thursday, Feb. 27
Pen to Paper Planners, 6 p.m.

Friday, Feb. 28
Pen to Paper Planners, 11 a.m.
Sit & Knit, 2 to 5 p.m.

New Items
“The Missing American” by Kwei Quartey
“The King of Crows: A Diviners Novel” by Libba Bray
“Pursuit: A Novel of Suspense” by Joyce Carol Oates (Large Print)
“Frankly in Love” by David Yoon

PINE HAPPENINGS

February Vacation Camp
February’s school vacation is approaching, and the Pines offers a day camp program for kids in Kindergarten through Grade 5, Feb. 24 through 28, 7 a.m. to 5:30 p.m. For children coming all five days there is a special discounted rate of \$160 for the week, if payment is received by Friday, Feb. 21 at 5:30 p.m. Pines Vacation Camps are peanut-free as we have children with severe allergies. Each day has its own activities. Monday is PJ and Games Day for \$35 per child. Children may wear their pajamas and bring their board and video games (Only E rated video games, please!) to play with during the day. Tuesday is Craft Day for \$36 per child. In addition to making crafts the kids will play ball games downstairs. Wednesday is Sledding and Pizza day for \$37. Children should bring sleds if they have them – the Pines has a few for those who don’t – and they’ll go sledding on the Tilton School Hill, then return and have pizza from Tilton House of Pizza for lunch. Thursday is Cooking Day, \$36 per child, and the kids will be baking special treats in the kitchen. Friday is Movie Day at Smitty’s Cinema for \$38 per child. The Pines will provide popcorn and a drink at the movies. Movie TBA. Participants should bring their own lunches, snacks and drinks every day, except for Wednesday when lunch will be provided. Children must be registered in advance by Friday, Feb. 21, at 5:30 p.m. to participate. Register online at www.pinescommunitycenter.com under 2019-2020 Vacation Camps, or in person at the Pines.

Candy Bar Bingo
Candy Bar Bingo is back on Thursday, Feb. 27, from 5:45 to 8 p.m. This is a good family fun night to help beat the winter blues. Any age can play, but children must be accompanied by an adult. There is no admission charge. Buy your Bingo cards with a regular-sized bar or bag of candy. There will be candy bars on sale if you don’t have your own. Concessions, including pizza from Tilton House of Pizza, will also be sold. Sign up for this event on the Pines’ Facebook page, or give us a call to let us know you’re coming.

Summer Playground and Swim Program
Registration for the Pines’ Summer Playground Program, for kids in Kindergarten through Grade 5, is now open. We offer a 20 percent Winter Registration discount for people registering with payment in full for the entire summer between January 6 and March 13. All Playground registration ends June 12, and all summer fees must be paid in advance by this time. Playground is June 22 through Aug. 14, 8:30 a.m. to 3:30 p.m. We are happy to help parents set up a payment plan to help pay in full by the June 12 deadline. The time to do this is now, not in June. We cannot arrange payment plans that continue into the summer. To receive the 20 percent discount register at the Pines, or online through our website, www.pinescommunitycenter.com. Online registration is under 2020 Summer Playground and Swim. More details to come.

Zumba with Akiesha
Zumba with Akiesha is on Tuesdays from 5:15 to 6 p.m. Zumba Gold, a less strenuous, lower impact class, is on Thursdays, from 5:15 to 6 p.m. The drop-in rate is \$5 per person, or you can purchase a punch card of nine classes for \$45. After nine classes your tenth class is free!

Town and School Elections
Town and School District Elections are on Tuesday, March 10. Northfield residents vote at the Pines from 7 a.m.

to 7 p.m. Tilton residents vote at Winnisquam Regional High School during the same hours. The polls close promptly, so make sure to leave enough time in your schedule to vote. The Northfield Town Meeting will be at the Pines on Saturday, March 14, starting at 9 a.m. The Pines will provide childcare starting at 8:30 a.m. We will also provide childcare for the Tilton Town Meeting at Winnisquam Regional High School. Childcare begins at 7:30 a.m., and the meeting starts at 8 a.m.

Meetings & Etc. at the Pines
The Tilton-Northfield Recreation Council, the Pines’ governing body, meets on the second Monday of the month at 6 p.m. These meetings are open to the public.
Cub Scout Pack #842 meets at the Pines on Monday evenings when school is in session, 6 to 8 p.m.
The Tilton-Northfield Little League Executive Committee meets on the second Tuesday of the month from 5:30 to 7:30 p.m.
Registration for the Winnisquam Youth Softball will League will be at the Pines Community Center, Wednesday, Feb. 19, 5:30 to 8 p.m., Thursday, March 5 from 5:30 to 7 p.m., and Wednesday, March 11, 5:30 to 8 p.m. Cost is \$50 for the first child, \$40 for the second child, with a \$100 maximum per family. Registration forms may be picked up at the Pines and completed forms and payment may be left at the Pines. Registration ends March 13.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Feb. 7-14. Please note that due to space constraints, we are not able to list every incident to which the department responded during this time period, only those that resulted in an arrest.
Corey J. Sinclair, age 38, of Belmont was arrested on Feb. 7 in connection with a warrant issued by the Laconia Police Department.
Nicole Deolinda Espinola, age 21, of Belmont was arrested on Feb. 7 for Driving While Intoxicated.
David E. Piper II, age 48, of Laconia was arrested on Feb. 8 for Driving After Revocation or Suspension.
Joel J. Orsi, age 35, of Meredith was arrested on Feb. 8 as a Fugitive From Justice wanted by the Massachusetts State Police.
Alan T. Adams, age 66, of Belmont was arrested on Feb. 9 for Simple Assault.
Stephen P. Laboe, age 28, of Concord was arrested on Feb. 9 for Driving After Revocation or Suspension and Operating with a Suspended Registration.
Monica Rae Kemper, age 35, of Laconia was arrested on Feb. 9 in connection with multiple warrants.
Richard J. Parker, age 69, of Alton was arrested on Feb. 11 for Driving After Revocation or Suspension and Possession of Marijuana.
Jonathan C. Joy-Pagliarulo, age 38, of Belmont was arrested on Feb. 11 in connection with multiple warrants.
Jason Lockrow, age 37, of Franklin was arrested on Feb. 11 for Driving After Revocation or Suspension and Disobeying an Officer.
Joseph A. Martel, age 23, of Laconia was arrested on Feb. 12 for Driving While Intoxicated.
Andrew D. McKinnon, age 18, of Northfield was arrested on Feb. 13 for Driving After Revocation or Suspension.

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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 HINCKLEY
(603) 279-4516

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

WWW.SALMONPRESS.COM
(603) 279-4516

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Audrey Rougeot (R), a member of the Lakes Region Art Association, will lead an art class of students ages 11-18 years old from her church, Grace Bible Fellowship. The class is entitled “Creating an Art Exhibit,” with the theme of the exhibit: “The Resurrection.” A reception is scheduled for March 28, 5-8 p.m. at the Lakes Region Art Association/Gallery, Tanger Outlets, 120 Laconia Rd., Tilton. An exhibition of their artwork will be on display for public viewing and purchase there until April, 19. The LRAA is a not-for-profit organization dedicated to promoting and supporting art and photography. It is open Thursday-Sunday, 10 a.m.-6 p.m.

Winnisquam Regional High School honor roll

TILTON — Winnisquam Regional High School has released its honor roll for the first semester of the 2019-2020 school year.

High Academic Honors

Michael Allard, Liam Allerdice, Avary Anderson, Eveline Auger, John Beaulieu, Felicia Blodgett-Duran, Nathaniel Bragdon, Madison Broughton, Michael Camerato, Cody Cheng, Sophia Cheng, Layne Cilley, Symphony Cote, Joseph Damato, Ashley Deshaies, Natalie Deshaies, Olivia Dill, Aidan Donahue, Amanda Dunham, Brennan Dunn, Makenzie Foster, Cooper French, Madison Genier, Megan Godridge, Faith Gosselin, Emma Griffin, Jayde Groz, Emmaleena Haggett, Karissa Haskins, Charles Hibbert, Jacob Holt, Hanna Honeman, Jasmine Jordan, Abbey LaBrie, Jessica Laraway, Daniel Licata, Allyson Lloyd, Riley Mann, Emily Max, Quintin McDaniels,

Kyle Messier, Tayah Moore, Cheyenne Morrison, Madison Muzzey, Nadia Oettingen, Isabeau Palmer, Collin Phelps, Gianluca Piovano, Kaleb Platanitis, Alexis Poole, Nicole Reusch, Lucas Robdau, Dylan Robert, Kylee Rock, Kelsey Rotonelli, Sadira Senecal, Jayson Shevlin, Aidan Sleeper, Abby Smith, Evan Smith, Stephaniea Surowiec, Nathaniel Wilson, Eric Young, Josiah Ziminsky

Academic Honors

Chance Anderson, Beau Auger, Hannah Baker, Logan Baker, Jacqueline Beaulieu, Ariana Bigue, Jordan Boelig, Anthony Boomer, Kayla Briere, Owen Brouillard, Kaitlyn Carey, Alyssa Caron, Cassandra Caron, Alexis Carpenter, Jocelyn Carpenter, Carly Catty, Riley Chaffee, Jeanne Chapman, Morgan Chapman, Ashton Charest, Mohammad Chaudhry, Brendan Cilley, Kyle Cloutier, Anthony Colarusso, Chloe Colarusso, Joseph Collins, Richard Collins, Connor Corey, Anna Cruz, Lea Dalton, Sophia Day, Chloe Disario, Joshua Disario, Noelle Drouin, Daniel Dube, Thomas Dube, Aliviah Dumas, Ashley Dumont, Gavin Farnsworth, Deren Ficici, Gavin Finogle, James Fitzgerald, Raymond Frechette, Carter Fredette, Michael Frye, Mackenzie Getman, Madison Gilbert, Dylan Godwin, Patrick Goodwin, Duncan Gosselin, Aiden Gray, Evan Griffin, Lauren Griffin, Eyan Hanks, Natalie Harbut, Brandon Hasek, Nolan Haskins, Madison Hoffman, Carolyn Honer, Gunnar Horman, Madison House, Sarah Hyson, Gabrielle Isabelle, Douglas Jones, Brylee Jordan, Kailynn Kimball, Madison Knopka, Mason Lacasse, Isabella Lamanuzzi, Paul Laraway, Jakob Laughy, Haley Libby, Noel Licata, Abigail Long, Cody MacLennan, Jazmyne Mandigo, Garret Mango, Ilijana Markelic, Emilee Martin, Hannah Max, Alan Maxwell, Hannah McCain, Andrew McKaig, Keion Miller, Olivia Mills, Leighton Morrison, Shannon Murphy, Teagan Nelson, Philip Nichols, Richard O'Brien, Alexander Ojikutu, Gavin O'Leary, Josiah Olson, Emily O'Neil, Marguerite Parker-Drevescraft, Brendan Parry, Noah Pearson, Akasha Pelkey, McKala Pelletier, Milee Perrino, Nolen Perrino, Aiden Phelps, MacKenzie Phelps, Jade Powers, Astrid Renaud, Jack Richard, Carly Richardson, Emma Richardson, Abigail Rioridon, Jocelyn Roache, Caelan Roberts, Connor Robinson, Ortiz Rodriguez, Henry Rogers, Amy Roy, Jacob Seavey, Jordan Seavey, Shawn Shaffer, Jack Sheridan, Kathleen Sheridan, Laura Slate, Rosalie Slotta, Carter Smith, Mia Smith, Chadwick Stevens II, Kaine Stevens, Kylie Stevens, Hannah Swain, Burton Swanson, Stella Taje, William Trowsdale, Hannah Turcotte, Marlyssa Weatherbee, Colton Wilsie, Jenna Wilson, Rebecca Wilson, Dominique Yasharian

Masons hosting monthly breakfast and bake sale Saturday

TILTON — The Masons of Doric-Centre Lodge #20 are continuing their public breakfasts and bake sales on the fourth Saturday of each month except November and December from 7 to 9:30 a.m. at the Masonic Building, located at 410 West Main St. (Route 3/11 West) in Tilton (where “The Ark” day care center is). Put it on your calendar

SEE MASONS, PAGE A8

Notes From The Arborist

Tree Assistance for Storm Damage

When storms approach, our crews remain on call and are available to assist you with all tree-related emergencies and post-storm cleanup.

All emergency jobs will be handled as quickly as possible. When you call, please indicate if it is a real emergency so we can first help those truly in need. Thank you.

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NORTHFIELD POLICE LOG

NORTHFIELD — During the time frame of Feb. 3 – 9, the Northfield Police Department received 308 calls for service some of which include:

- 33 Motor Vehicle Stops
- 29 Citizen & Other Agencies Assists
- 7 Motor Vehicle Complaints
- 6 Suspicious Activities/Persons
- 4 Motor Vehicle Accidents
- Animal Complaints, Alarm Activation, Child Abuse, Civil Matters, Criminal Mischief, Civil Standbys, Domestic Disturbances, Fraud, Harassment, Illegal Dumping, Juvenile Complaints, Noise Complaint, Neighbor Dispute, Property Checks, Removal of Political Advertising, Road Hazards, Simple Assault, Scam, Thefts, Unwanted Subject, and a Welfare Check.

Taken into Custody:

Eric J. Collins, 49, of Franklin for Driving after Revocation/Suspension, Criminal Trespass and Operating w/o Valid License.

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

Casey R Gardner, 39, of Northfield for Driving after Revocation/Suspension-Subsequent, and License Required; Op w/o Valid License.

Jeremy Beauchemin, 39, of Northfield for Simple Assault.

Jake Mason, 26, of Northfield on an Electronic Bench Warrant for Disobeying an Officer.

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STRATEGIES FOR LIVING

Three strings in a four-string world

BY LARRY SCOTT

When Itzhak Perlman, a childhood polio victim, hobbled on stage at the Avery Fisher Hall in New York City’s Lincoln Center on Nov. 18, 1995, no one knew that, within minutes, he would have to contend with a major crisis.

Slowly, he made his way to center stage and sat down. And then, following his standard routine, he placed his crutches on the floor, released the clasps on his legs, and picked up his violin. He was ready to play.

At some point in the concert, however, things went terribly wrong. A loud noise, like gunfire, reverberated across the arena. One of the strings on Perlman’s Stradivarius violin had snapped. The orchestra stopped playing, and in the silence that followed, the audience held its collective breath.

It might well have marked an end to the concert, but not so for Itzhak Perlman. After a moment’s pause, he signaled to the conductor to begin again. Continuing to play from where he left off, he improvised with his three-stringed violin with such passion and power it left the audience in awe.

When he finished, the crowd rose and cheered. No one had ever heard such music played from a three-stringed instrument. But the great violinist, undaunted and determined to make the best of a difficult situation, was still able to give his followers a concert they would never forget.

I make a point of this for I find in Perlman’s experience a picture of our relationship with God. You and I are like the Stradivarius, magnificent creations, the crowning jewel of the Master’s domain. Until, however, we are energized by the Spirit of God, we are little more than inert pieces spruce and maple. The music is there, but we soon discover that without the control and direction of the Master Musician, we are little more than a three-string instrument in a four-string world.

But we are not alone. Few of us find life ideal or without some challenge to our well-being. Not even the Apostle Paul, second only to Jesus Christ in his influence on the Christian faith, was cut a break. He struggled for much of his life with what I believe was a problem with his eyes that dated back to the days of his conversion. “There was given to me,” he states, “a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. ... And [the Lord] said to me, ‘My grace is sufficient for thee: for my strength is made perfect in weakness.’”

The Apostle finally concluded there was only one way to face the future. “Forgetting what is behind,” he wrote, “and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Like the Apostle, we may be haunted by circumstances we cannot change. We may feel ourselves to be a three-string instrument in a four-string world. But if we are willing to respect the authority of the Master Musician, amazing things happen. What He can do with simple people, fully surrendered to His will, borders on the miraculous.

God has chosen to reveal His glory, not through the dramatic or the supernatural, but through the lives of men and women just like you and me. We were created “in His image,” and it is now our privilege to become living models of His goodness and grace. We are an honored people!

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

Send your letters!

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COURTESY

Sanbornton Police Department welcomes new officer

Last Wednesday evening, Sanbornton Police Chief Stephen Hankard (left) was pleased to swear in Will Seifert (right) as the newest officer on his department. Seifert is a former resident of New York, and comes to Sanbornton with prior experience in law enforcement. He and his wife now live in New Hampshire.

LETTERS TO THE EDITOR

Join me in supporting police station article

To the Editor:

As recommended by the Belmont voters at the 2017 Deliberative Session, the Belmont Facilities Strategy Committee was formed, and its report delivered in November 2019. This report contains an analysis of the town’s space needs and the condition of specific buildings owned. This report can be viewed at www.belmontnh.org under the Projects tab. I had the opportunity to serve on the committee. Among the key recommendations was recognition of the exigent need to provide appropriate space for the Belmont Police Department. This is not a new revelation as prior committees and citizens groups over the past two-plus decades have proposed a new Police Department which have not come to fruition.

In conjunction with the firm of Lavalee Brensinger, our study revealed that the current department facility is woefully inadequate both physically and functionally. The current building has exceeded its capacity to safely and comfortably house the officers and staff of the department as well as the general public that visit for various administrative and ministerial issues. The lack of space in the building also limits the ability to separate detainees being interviewed, as required by law. The current building is less than half the size of what it should be, and recently the town has had to place a temporary facility on the site to house some of the department staff.

The plans for the proposed facility are neither

spartan nor lavish; but rather, they are functional, well thought out and designed to meet the department’s needs for the next 20 years. The proposed site on which the Corner Meeting House sets allows for future expansion if needed.

At this year’s Deliberative Session, there did not appear to be a lack of support for a new facility or for the proposed \$3.5 million bond. The biggest concern voiced was the location. There is really no clear consensus as to where the police department should be located. Several locations suggested were properly vetted, including the Corner Meeting House site, and discussed at public meetings. There will be pros and cons to the location no matter where it is situated, but the majority of folks I have talked to wish the department to remain in the downtown core and in close proximity to our schools.

I believe that a prudent approach has been undertaken in developing a plan for the Police Department. We have a Board of Selectmen and Budget Committee that are extremely cost conscious in the development of ongoing operating budgets, we are building on a site that is already owned by the town and has all municipal services available; and we are in a very favorable bond market for financing of this project.

I support this project, and ask for your favorable vote on Article #2 at the polls on March 10.

Thomas Garfield
Belmont

Comfort Keepers

What does a heart attack look like?

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Most of us have a specific idea of what a heart attack looks like: someone feels an abrupt, strong pain that causes them to stop in their tracks and clutch their chest. While some heart attacks do happen suddenly, many start slowly, with pain or discomfort. A person can have symptoms for hours before they even realize they’re having a heart attack.

Simple lifestyle changes can improve heart health. A number of enjoyable activities, like sharing healthy meals with loved ones, regular exercise and maintaining positive mental health can help those recovering from heart attack or trying to reduce the risk of developing issues.

Knowing what signs to look for can save critical time, and it’s important to be aware of the signs:

Chest discomfort – The chest

pain associated with a heart attack doesn’t feel the same for everyone. Some people experience squeezing, discomfort or a feeling of fullness.

Pain or discomfort throughout the body – Heart attack pain isn’t limited to the chest area. Heart attack symptoms can include soreness in the neck, arms, jaw or back, or a combination of these. Women are more likely than men to experience jaw and back pain when suffering from a heart attack.

Shortness of breath – Shortness of breath is a heart attack symptom that is not usually recognized as one. However, those vulnerable to heart problems should be aware of any sudden breathing problems, especially if combined with other symptoms

Nausea – Lightheadedness, vomiting, cold sweats and nausea are also symptoms that are not often associated with a heart attack, but can signal the onset of one.

Types of heart attacks:

NSTEMI – NSTEMI heart attacks happen when blood flow to the heart through a coronary artery is severely restricted but not entirely blocked.

Demand Ischemia: Demand ischemia is another type of heart attack where blockages in the arteries may not be present. It happens when a patient’s heart needs more oxygen than is available in the body’s supply.

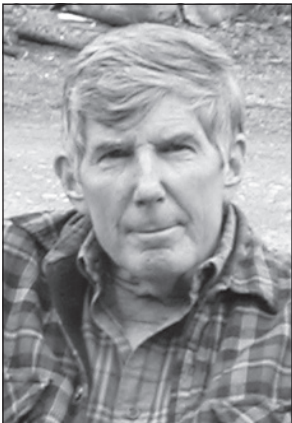
Silent Heart Attacks: A heart attack does not always have obvious symptoms. In fact, a heart attack can happen without a person knowing it. These are often referred to as silent heart attacks.

Coronary Artery Spasm: A coronary artery spasm is when the artery wall tightens and blood flow through the artery is restricted.

Cardiac Arrest: Cardiac arrest is not a heart attack, but a term used when a person’s

NORTH COUNTRY NOTEBOOK

Don't beat up on the USPS, or question the price of hay



By JOHN HARRIGAN
COLUMNIST

I've been traveling quite a bit over the past couple of weeks, and am more than ready to say what I always say, which is that no matter how great the trip was, it's way beyond great to get home.

This was an unplanned journey that appeared from out of nowhere, like a sucker punch. "Congratulations, you're being indicted," Joe McQuaid announced on the phone. He meant inducted, of course, as in the New England Newspaper Hall of Fame, proving once again that advanced age and outlasting everybody are worth it.

My first newspaper job, in 1968, brought me straight from pushing boards around at the Lorden Lumber Company in Milford to pushing film and photo-paper around as a darkroom trainee at the Nashua Telegraph, then the second-largest daily in the state (I think it's third now). There, I learned the basics from the best--Editor John Stylianos, and Chief Photographer Mike Shalhoup.

At what seemed like dizzying speed, I was handed (I would use "thrown") the police, fire, and court beats. I won a big photography contest, and a subsequent photo layout caught upriver publisher William Loeb's eye. "Hire that boy!" or something like that, Loeb said, in his best Theodore Roosevelt impression (he worshiped TR, and was in fact his godson).

This was how I met up with Joe McQuaid, who was a recently promoted office boy on his way to becoming an editor and ultimately publisher; and who, over the years, became known to me and many others as simply "McDuck."

In fact, I must digress here into brief acknowledgement of the professionalism and tenacity of the United States

Postal Service. Don't ever diss the Postal Service with me. Also, before I forget the need to explain another weird headline, don't question the price of a bale of hay unless you've made one, and even then, well, watch it.

First, I've always marveled at the challenges the USPS faced and faces, from Day One; know its history, from Benjamin Franklin on up; and possess a very heavy metal statue of longtime Postal Service mascot Owney, the Wonder-Dog. I'm also fond of telling people, when cheap-shot USPS-bashing rears its ugly head, that we can move a first-class letter from New York to San Francisco overnight, while the French can barely get a first-class letter from one side of Paris to the other in four days.

Also, as long as we're into blatant postal-patron puffery here, it's a fact that I once dispatched a letter addressed simply "McDuck, Union Misleader"--no state, no ZIP-code, no nothing--and he got it. It is also true that a longtime reader of my column, evidently one who never paid much attention to the address always right there at the bottom of everything I write, addressed his envelope "Harrigan, New Hampshire," and yes, I got it. In Colebrook. (Editorial comment: The major USPS sorting centers to the south are perhaps best described as woefully inept, but those local crews, I'll tell you what.)

Anyway, Paul Nugent drove me all the way down to Boston to drop me off at the NEPA awards banquet, McDuck introduced me, and I got to hobnob with some fun, dedicated, and slightly crazy (as always) newspaper professionals. It was, as the newspaper contributors of old would have written it up, all fine and fun.

Pat and Mary put up with me for several days, and then Pat drove me to the nearest commuter-rail stop, Bridgeport, where I caught a fast, clean, quiet and comfortable train to the Kingston station, about two hours up the line.



BAILEY, a 70-pound two-year-old golden retriever, came all the way up from Rhode Island over the weekend to see if he could wear out the South Hill snow.

+++++

My sister Mary (Harrigan) Trowbridge was my date for the awards banquet, and the next morning drove us to her huge Arabian horse boarding and training farm in Bridgewater, Connecticut. She and husband Pat and crew have horses owned by what it's easiest to refer to as celebs, or they (Mary and Pat, not the horses) are on a first-name basis with these and other celebs when they go into the midtown restaurant and tourist bistro. My kids would be ashamed of me here, because I no longer recognize any of the names, just as I don't recognize any of the country-western biggies I meet when close friends drag me around to parties in Nashville.

I know, I'm a mossback, and a Luddite to boot. But wait--I use a chainsaw, with gas, even, and my truck has GPS and a lot of other fooforaw

And there was longtime friend Glen Zibolis, waiting to take me to his home in Peace Dale, Rhode Island.

+++++

For the benefit of readers who are trying to follow my progress from outer space, like watching Pacman, I would appear at this point to have dropped into the Atlantic Ocean, but nay, I in fact fetched up as the guest of Beth Leconte and Glen in their neat home on a spacious lot tucked away at the end of a lane, shade trees all around. As usual, I asked endless questions ("Where does that transmission line end up?") and in fact learned a few things.

For example, while on the island of Bermuda 20 years or so ago, I was snidely referred to by someone speaking with a highly refined British accent as a "swamp Yankee." However, in Rhode Island this is a term of endearment, reserved for people who go to sea or who farm or who venture into dangerous places, such as crowns of trees or dimly-lit bars late on Friday nights, especially after closing. I checked my bonafides on this and actually found some enduring

callouses on my hands, and was glad for my years of dragging trees, building fence, and moving sheep.

+++++

Back during the early '50s, when my siblings and I were on the way home from visiting grandparents in Littleton, Lisbon, Bethlehem and Concord, we faced a solid four and a half-hour trip up Route 3 from the Capital City to Colebrook. This same trip takes intrepid Colebrook travelers today about two hours and fifteen minutes, depending on the weather and their respect for the law.

Back in those archaic days of cement-section highways, having listened to "ta-DUMP" all the way north, we knew we were close to home--just an hour now!--when we topped the saddle between Mount Prospect and Mt. Orne, to see the beautiful town of Lancaster sprawled out in the valley of the Connecticut River, and the Lancaster Fair buildings dominating the distance.

Beyond, on a clear day, we could see far up the valley toward home. The names of the towns we would pass through on the way north had long since been drummed in: Nor-

thumberland, Groveton, Stratford Hollow, North Stratford, Columbia, and then Colebrook, where the driveway at 14 Park Street looked mighty good indeed.

But the view of Lancaster and the Fairgrounds signaled the transfer from one world into another. Visitors from afar and long-absent sons and daughters say this too, to this very day, a constant emotion--the pitch down into Lancaster is it.

Governor Sherman Adams had it right when he coined the best-ever definition of the North Country, an elusive thing for many but never elusive for us: "Those lands to the north of the great notches."

Governor Adams, known as a man of few words, needed no more for this one.

+++++

Like most kids during their growing-up years, we spent a considerable amount of time playing in the dirt. But the dirt in Littleton and Lisbon was nothing like our dirt far upriver in the meadowlands and hillsides of the Upper Cohasse Intervales, as the North Country was first delineated on maps. What's more, even the trees were different--

SEE **NOTEBOOK**, PAGE A9

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PET OF THE WEEK

WILSON

Meet Wilson! This handsome guy came to us as a stray and was unfortunately never claimed. He's a very sweet Australian Shepherd, and is incredibly smart! He already knows sit, paw, speak, down, and we're sure much more. He can get mouthy and independent at times, but with proper exercise and activities he should be fine! Wilson will need an adult-only home, would do best as the only dog in the home for now, and no cats.






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Gilford Library

Feb. 29th - 10am
OPEN HOUSE
@ Acton Academy,
791 N Main St, Laconia

March 21st - 10am
Meredith Community Center

March 28th - 10am
Belknap Mill Laconia

Archie L. Auger, 83

BRISTOL — Archie L. Auger, 83, of Bristol, died at his home on Feb. 11, 2020.

He was born in Franklin on Nov. 4, 1936, the son of Alphonse and Beatrice (Nault) Auger. He was raised in Sanborn-ton and graduated from Franklin High School in 1954. After a year at Plymouth State College, he enlisted in the US Army where he served from 1955 until 1957, continuing in the Army Reserves until 1963. He then continued his education at Plymouth State College graduating in 1962 and the University of New Hampshire in 1968.

Archie taught briefly at Franklin High School and in 1963 began his teaching career in Bristol. He taught chemistry and physics for several years, later becoming an Administrator in the Newfound Area School District until his retirement in 1998. He touched the lives of countless students and was known for his calm, caring sense of fairness, sprinkled

with humor. His words of guidance will live on in their memories.

Archie was very involved in the community of Bristol. He and his wife Pat moved to Peak-ered Hill in 1965 where they raised their children and maintained their beautiful property. Archie served on numerous committees for the town to include the Budget Committee, Planning Board, Selectman, Cemetery Trustee and Library Trustee. Archie, known affectionately to some as “The Mayor of Bristol” loved to visit with friends, neighbors and former students as he worked on his stone walls that lined his property. Tractor rides, sawing wood, traveling, attending his grandchildren’s activities, serving the town, entertaining friends and building projects became his full-time job in his retirement.

Family members include his wife of 60 years, Patricia (Hall) Auger of Bristol; three children, Kurt Auger

and his wife Peggy of West Chester, Pa., Kevin Auger and Barbara Williams of Franklin, and Kara Hinck and husband Rick of Bow; eight grandchildren; six great grandchildren; a brother, Jean Auger, and wife Evelyn of Sanborn-ton; his sister, Marcelle Abear of Meredith; and many nieces and nephews.

He was predeceased by his parents and a sister, Anita Laughy.

A celebration of Archie’s life will be held at a later date in March.

Interment will be in the New Hampshire State Veterans Cemetery in Boscawen.

Donations in memory of Archie may be made to the Timothy Mahurin and Archie Auger Winter Carnival Scholarship Fund, Franklin Savings Bank.

Thibault-Neun Funeral Home in Franklin is assisting Mr. Auger’s family. For an online guestbook, please visit www.neunfuneral-homes.com.

Richard LaChapelle, Sr.

NORTHFIELD — Richard “Dick” LaChapelle, Sr. passed away at his home on Feb. 15, 2020 after a brief illness.

He was born, raised and resided in Northfield all of his life. He was the oldest child of the late Lucien and Pauline LaChapelle.

Dick was predeceased by his wife, Debra Harbour LaChapelle, who passed in 1996. He leaves his guiding hands to his sons, Richard LaChapelle, Jr. and wife Lisa of Belmont, Kevin LaChapelle and his wife Tarra of Tilton, grandsons Craig, Jake, Bryson, and Kegan. He was also expecting his first great-grandchild in June.

Dick had spent the last nine years with his sweetheart and lovebird, Barbara Shumway. Bar-



bara and her children have been an amazing addition to Dick’s family.

Dick also leaves behind his sisters Mary Jane Atherton of Northfield, Vicki Rogers of Northfield and brother Butch LaChapelle of Sanborn-ton. He also leaves behind busloads of nieces and nephews. Special mention to his brother-in-law and life-long friend Charlie Harris of Northfield. So

many more friends to mention especially his second family at Tilton Sand and Gravel (Pike).

During his childhood, he was known to be part of the “Park Street Gang” before moving to his lifelong home on Harbour Hill.

Dick recently retired from Pike Industries after piloting a Cat loader for 40 years. He was a member of the Sons of the American Legion Whitman-Davidson Post 49, Tilton-Northfield Arch Trail Travelers, Swift Diamond Riders and former Captain of the Tilton/Northfield Fire Department Engine Company #3 “Always in Heat.”

He had a passion for the outdoors. His home away from home was at camp in West Stewartstown. He loved to snowmobile in the North Country and go on his annual snowmobile trip to Northern Maine. His greatest passion was his Jeep rides with his sweetheart Barbara. They could often be found ‘putt’n’ around the backroads of New Hampshire in their Red Jeep. He and Barbara especially enjoyed evening Jeep rides to Spaulding to watch the deer.

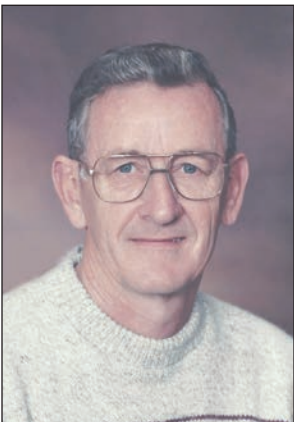
He will forever be remembered for keeping things; clean, polished, dusted, waxed, straight, level, plumb, square, organized, tidy, neat, folded, oiled, greased and spit-shined.

Donations in lieu of flowers to Concord VNA and Hospice, 240 Pleasant St., Concord, NH 03301.

Visiting hours will be held on Friday, Feb. 21 from 2-5 p.m. at the Paquette-Neun Funeral Home, 104 Park St. in Northfield. There will be a Celebration of Life immediately following at the Northfield Train Station, 5 Park St. in Northfield, where there will be time for stories and refreshments until 9 p.m.

For directions and an online guestbook, please visit www.neunfuneral-homes.com.

Leonard E. Downes, 83



FRANKLIN — Leonard “Lenny” E. Downes, 83, a lifelong resident of Franklin, died, Saturday, Feb. 8, 2020 at the Merrimack County Nursing Home in Boscawen following a period of failing health.

Lenny was born in Franklin, Aug. 30, 1936, son of the late, Howard O. and Audrey (Morrill) Downes. He attended schools in Franklin and graduated from Franklin High School, class of 1954. Lenny served honorably with the United States Army from Sept. 24, 1954 until Sept. 23, 1957, discharged with rank of SP3 (T).

In the late 1970’s, he and his wife Rachel took ownership of, and operated Laroche’s Market, a family neighborhood meat and grocery store on upper Central St in Franklin. A truck driver for many years, Lenny worked for the former Giles Dairy in Franklin, Weeks Dairy, and Pike Industries in Tilton. To keep busy, Lenny continued working in the maintenance department at the Belknap County Nursing Home in Laconia until his retirement in 2000. Lenny had a gift to gab and

had a wonderful sense of humor. He certainly enjoyed eating out with his wife Rachel as often as he could. Not sure he ever went without his meals, and of course his snacks. His fastidious care of his property, gazebo and all, could be seen as you passed it on Willow Hill.

In addition to his parents, he was predeceased by his four sisters, Betty Zanchi, Olive Shaw, Blanche Tilton and Phyllis Ingerson.

Lenny leaves his wife of 64 years, Rachel (Laroche) Downes of the Merrimack County Nursing Home; his two daughters, Brenda Johnson and her husband Dan of Franklin and Linda Murphy and her husband, Shawn of Gilford; his son, Ernest Downes, and his

wife Dina of Franklin; grandchildren, Nicholas and Matthew Johnson, Allison Quinn, Tyler Murphy and Jerricko Downes. He also leaves his sister, Pearl R. Corrigan of Lebanon, and numerous generational nieces and nephews.

Lenny’s family wanted to acknowledge and thank the staff for the compassion and dignity shown to Lenny at the Peabody Home in Franklin and Merrimack County Nursing Home in Boscawen.

As requested by Lenny, there are no calling hours. A graveside service will be held later in the spring when weather permits, at the family lot in Franklin Cemetery in Franklin with military honors offered. Burial will follow.

The William F. Smart Sr. Memorial Home of Tilton is assisting with arrangements.

Those wishing, may make memorial contributions in Lenny’s name to the Franklin Visiting Nurse Association and Hospice, 75 Chestnut St., Franklin, NH 03235.

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

Lurana C. Joslyn, 84

SANBORTON — Lurana C. Joslyn, 84, died on Thursday, Feb. 13, 2020 at Forestview Manor.

Lurana was born on Dec. 18, 1935 in Laconia, the daughter of John and Doris (Carroll) Wareing. She worked for the Town of Sanborn-ton as the Deputy Town Clerk/Tax Collector for many years. Prior to that, she worked for New England Telephone (later Verizon) for many years.

Lurana is survived by her son, Walter Joslyn; her daughter and son-in-law, Cheryl and Mark Grand; four grandchildren (Julie Partridge, Alicia Grand, Lissa Tupeck, and Kiley Joslyn-Gibbs); four great-grandchildren; her brother and sister-in-law, John and Deb Wareing; and her sister and brother-in-law,



Carole and Phil Morin; her sister-in-laws Joyce Joslyn, Shirley Joslyn, Marion Foster and Arlene and husband Bob Ilgenfritz; and many nieces and nephews. In addition to her parents she was predeceased by her husband, Everett Joslyn; her sister, Jean Sanborn; her daughter-in-law Velma Joslyn; and her grandson Lorne Joslyn.

Calling Hours will be held on Friday, Feb. 21, 2020 from 1 – 3 p.m. at the Wilkin-

son-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Funeral Service will follow at 3 p.m., also at the funeral home.

Burial will take place in the spring at Union Cemetery in Sanborn-ton.

For those who wish, the family suggest memorial donations in Lurana’s name be made to the Alzheimer’s Association, 225 N. Michigan Ave., 17th Fl, Chicago, IL 60601.

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

June E. Weeks, 94



TILTON — June E. Weeks, 94, a longtime resident of Tilton, died at the Mountain Ridge Center in Franklin on Thursday, Feb. 13, 2020.

June was born on June 18, 1925 in Franklin, the daughter of the late Maitland F. and Mary (Rego) Downing. She was employed in the laundry department at the McK-erly Nursing Home now Mountain Ridge Center in Franklin for many years. June was a resident of Northfield for 19 years prior to moving to Tilton. She enjoyed growing various plants and crocheting blankets for family and friends.

June traveled throughout New Hampshire, and her favorite was the ocean. She was predeceased by her parents, husbands George A. Bridges and Ira M. Weeks, Jr. and a stepson George L. Bridges.

Her family includes her son, William Rick-etts of Tilton; her

three daughters, Linda Clogston of Belmont, Mary Brinkdopke of Colorado Springs, Colo., and Jean Schwabenbauer of Oil City, Pa.; and a stepbrother, Arthur Downing of Kentucky.

She is also survived by 13 grandchildren and nine great grandchildren.

According to June’s wishes, there will be no calling hours. Burial will be held at a later date when family gathers in Blossom Hill Cemetery in Concord. Memorial contributions in memory of June, may be made to the Tilton-Northfield Fire Department/EMS at 12 Center St., Tilton, N.H. 03276. The William F. Smart Sr. Memorial Home in Tilton is assisting the family with arrangements. For more information, go to www.smartfuneralhome.com.



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Meredith Village Savings Bank Fund announces grants

REGION — The Meredith Village Savings Bank Fund at the New Hampshire Charitable Foundation has awarded \$105,000 to 15 local non-profit organizations. These grants are additional to the Bank's many contributions in the form of sponsorships, donations and scholarships, as well as the exceptional volunteer efforts of their employees.

"The community has always been at the heart of our mission," said Rick Wyman, President of Meredith Village Savings Bank. "We are very fortunate to have so many valuable non-profit organizations that provide essential services to the people and families of the Lakes Region and Seacoast."

Recipients of the MVSB Charitable Fund grants include:

The Circle Program, Plymouth

- Awarded \$3,000 to help fund the purchase of technology that would be used as a valuable aid for engaging Circle participants in STEM curriculums. The Circle Program serves at-risk, under-resourced girls and teens by offering them adult mentoring statewide for positive, personal growth and development. The Program promotes leadership, team-building, healthy relationships and personal responsibility.

The Friends of the Libby Museum, Wolfeboro

- Awarded \$2,500 for the restoration of the Libby Museum's multi-purpose room for children's programs and community meetings. For more than 30 years, the Friends of the Libby Museum have provided resources for the Museum's nature programs for children, live animal shows and restoration of collection items. Founded in 1912, the Libby Museum is the oldest natural history museum in NH, and is registered as a national historic place for their contribution to education by the Department of Interior.

Hospice Help Foundation, Portsmouth

- Awarded \$5,000 to support hospice patients struggling with poverty. The Hospice Help Foundation provides financial assistance to patients in dire financial need. Their focus is on improving the quality of life of patients and loved ones, while easing the burdens that accompany terminal diagnosis and illness.

Inter-Lakes Middle & High School Robotics Team, Meredith

- Awarded \$25,000 to purchase manufacturing equipment and parts for the Team's robot/solution, which include manufacturing equipment, tools, electronics and storage. A mentor-based robotics team at Inter-Lakes Middle and High Schools, the newly formed LakerBots, are entering the 2020 FIRST Robotics competition for the inspiration and recognition of science and technology.

Got Lunch!, Ashland and Holderness



Meredith Village Savings Bank Fund Committee Members announce grants. Left to right: John Kitchen, Rick Wyman, Michael O'Leary, Charles Hanson, Jeanie Forrester and Justin Van Etten.

- Awarded \$1,000 to support the Got Lunch program serving the towns of Ashland and Holderness for the summer of 2020. Got Lunch is a community-based program that provides healthy lunches to children during their summer break.

Kingswood Youth Center, Wolfeboro

- Awarded \$3,000 to support the Club 121 Mentoring Program, which promotes adult mentorship to middle schoolers on a one-to-one basis. Members of the Kingswood Youth Center staff mentor and advocate for their students by creating strategies for academic success, setting and achieving goals, exploring productive interests and fostering positive relationships. The Center has been serving youth ages 12 to 18 in the Governor Wentworth Regional School District since 2000, offering a safe and positive environment for local youth participants so that they may grow, learn and develop life skills critical to success in the adult world.

GATHER, Portsmouth

- Awarded \$5,000 to expand Meals 4 Kids, which provides ten meals per week per participating child throughout the summer and during school vacations. Committed to ending hunger throughout the Seacoast region, GATHER partners with the community to address the root causes of hunger. The organization offers nutritious food from their innovative distribution programs, as well as through their pantry market.

Lakes Region Mental Health Center, Laconia

- Awarded \$25,000 to purchase technology that will help with faster service and delivery capacity for timely and effective access to treatments. The Lakes Region Mental Health Center provides integrated mental and physical health care for people with mental illness. They are the community mental health center of Belknap and southern Grafton counties. Offering outpatient and emergency mental health care, the Lakes Region

Mental Health Center serves children, adults, elders and their families throughout the Lakes Region.

The Barnstormers Theatre, Tamworth

- Awarded \$15,000 to facilitate repairs to the roof of their historic building. The Barnstormers Theatre is one of the country's oldest professional theaters. For the last 90 years, the company has offered audiences rich, cultural experiences in a comfortable and inviting venue located in the heart of Tamworth village. The Theatre is also home to the company's summer season and to area-non-profits who share a variety of artistic offerings with the community.

Communities for Alcohol and Drug-Free Youth (CADY), Plymouth

- Awarded \$2,500 to support CADY's Restorative Justice Program, which provides first-time youth offenders a second chance by keeping them in the community, and preventing entry into the juvenile justice system as well as juvenile delinquency. Programming for Restorative Justice includes mentoring by caring adults, community service and pro-social opportunities that correlate with the youth's strengths, connections to social service resources and prevention education. CADY was founded to educate families, schools and communities about the importance of drug prevention and misuse among members of Central and Northern NH.

Court Appointed Special Advocates (CASA),

Manchester

- Awarded \$5,000 to help fund the recruitment, training and support of additional volunteers in the Lakes Region and Seacoast areas. The Court Appointed Special Advocates of NH or CASA was founded to advocate for abused and neglected children within the state court system.

Lake Winnepesaukee Association, Meredith

- Awarded \$5,000 to support the organization's conservation efforts through an AmeriCorps service program. The Lake Winnepesaukee Association is dedicated to protecting the water quality and natural resources of Lake Winnepesaukee and its watershed. Through monitoring, education, stewardship and science-guided approaches for lake management, Lake Winnepesaukee's scenic beauty, wildlife habitat, water quality and recreational potential continues to provide enjoyment long into the future.

Newfound Area Nursing Association, Bristol

- Awarded \$2,500 to upgrade the organization's infrastructure with additional technology that will improve comprehensive care to clients. The Newfound

Area Nursing Association is a community-based home health care and hospice organization, serving patients of all ages and circumstances in the Newfound Area.

Partnership for Public Health, Laconia

- Awarded \$2,500 to help fund their "Eat Better, Feel Better" cooking programs that will empower children and parents from low income households to make healthier food choices. Founded in 2005 to address the Lakes Region's

unmet public health needs, the Partnership for Public Health collaborates with local partners to create a safer and healthier community. They have a number of public health initiatives including, ServiceLink Resource Centers in Belknap and Carroll counties, Healthy Eating Active Living (HEAL) in Franklin and Laconia, substance misuse and suicide prevention, emergency preparedness, immigrant integration, school-based immunization and oral health

SEE GRANT, PAGE A9

The Tilton Selectmen invite residents of Tilton to attend

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Edward Jones: Financial Focus

Can You Improve Your Relationship with Money?

In your life, you will have all sorts of relationships – with your family, your friends, your co-workers, and even with civic groups and charitable organizations you support. But have you ever considered another key relationship – the one you have with money? Of course, this type of relationship has several aspects, such as saving, spending and investing. And your fellow Americans clearly face some challenges in these areas. For example, in a recent survey by financial services firm Edward Jones, only 21% of respondents reported that they feel happy when thinking about saving money, while 92% said they see room for improvement in their financial health. Yet only one in four plan to improve their spending habits. Furthermore, just 26% said retirement was a top savings priority.

If you share some of these concerns, what should you do? Here are a few suggestions:

- Identify your money-related emotions. Try to recognize the emotions you feel in connection with saving and investing. Do you get nervous about spending? Does putting away money for the future give you satisfaction or not? Do you worry that you don't know how much you should be investing, or whether you're investing in the right way? Clearly, these types of questions can cause some anxiety – and, even more importantly, they may lead you to make poor decisions. Emotions are obviously closely tied to money – but they really should not play a big role in your spending, saving and investing choices.
- Develop a financial strategy. By developing a sound financial strategy,

you can reduce money-related stress and help yourself feel empowered as you look to the future. A comprehensive strategy can help you identify your goals – a down payment on a new home, college for your children, a comfortable retirement, and so on – and identify a path toward reaching them. Your financial strategy should incorporate a variety of factors, including your age, risk tolerance, income level, family situation and more. Here's the key point: By creating a long-term strategy and sticking to it, you'll be far less likely to overreact to events such as market downturns and less inclined to give in to impulses such as "spur of the moment" costly purchases. And without such a strategy, you will almost certainly have less chance of achieving your important goals.

- Get an "accountability partner." Your relationship with money doesn't have to be monogamous – you can get help from an "accountability partner." Too many people keep their financial concerns and plans to themselves, not even sharing them with their partners or other family members. But by being open about your finances to your loved ones, you can not only avoid misplaced expectations but also enlist the help of someone who may be able to help keep you on track toward your short- and long-term goals. But you may also benefit from the help of a financial professional – someone with the perspective, experience and skills necessary to help you make the right moves. Like all successful relationships, the one you have with money requires work. But you'll find it's worth the effort.

Devon Sullivan
Financial Advisor
164 NH RTE 25
Suite 1A
Meredith NH 03253
603-279-3284
Fax 866-644-4169
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.



Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-632-8685
jacqueline.taylor@edwardjones.com

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Upcoming TED Talks at Taylor Community

LACONIA — Two TED Talks will be presented at Taylor Community’s Woodside Theater Tuesday, Feb. 25 beginning at 1 p.m. These videos are free and open to the public.

The first is “Life’s Third Act,” presented by Jane Fonda. Dubbed by Fonda as our “Third Act,” the 34 years we live beyond the lifespan of our great grandparents can be seen as a developmental stage of life marked by wisdom and happiness.

The second video is “Older People are Happier,” with Laura Carstensen, who speaks on the benefits of aging. She cites evidence from numerous studies showing people who are past middle age experience less stress and enjoy life more.

TED is a nonprofit organization devoted to spreading ideas, in the form of short, powerful videos (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages.

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.

Compass House offers sober living opportunities for local women

LACONIA — Lakes Region Community Developers (LRCD), Horizons Counseling Center, and Navigating Recovery of the Lakes Region are happy to announce that Compass House, a supportive group home for low-income women in recovery, is now open. The three non-profit organizations partnered in developing Compass House, which will accommodate up to eight women at a time.

The newly renovated building, located at 658 Union Ave. in Laconia, previously served as LRCD’s headquarters. Horizons will operate Compass House with support from Navigating Recovery.

Compass House will provide a congregate living environment for women who have completed a residential treatment program for substance use disorder. Guests at Compass House must not have a household income more than 80 percent of the area median income. For inquiries about open beds, contact Horizons at 524-8005.

“Compass House is the first supportive housing project that we’ve done in our 27 year history,” said Carmen Lorentz, LRCD’s Executive Director. “We are grateful to Horizons and Navigating for partnering with us on this project, and to New Hampshire Housing Finance Authority for providing the financing needed to



COURTESY

Left to right: Dean Christon, Executive Director of NH Housing Finance Authority; Daisy Pierce, Executive Director of Navigating Recovery of the Lakes Region; Jaqui Abikoff, Executive Director of Horizons Counseling Center; and Carmen Lorentz, Executive Director of Lakes Region Community Developers at the Feb. 5 grand opening of Compass House.

renovate the building.” Throughout its history, LRCD has primarily developed rental homes for people of low income. It now also develops affordable starter homes, supportive housing, and community facilities.

Funding for the renovations of Compass House came from a special appropriation that the New Hampshire Legislature made to the state’s Affordable Housing Fund in 2017, specifically to increase housing options for people in recovery from substance use disorder or those experiencing a mental illness. The Affordable Housing Fund is administered by New Hampshire Housing.

“We were looking for a partnership between an experienced developer and service providers,” said Dean Christon, Executive Director of

New Hampshire Housing. “Compass House is exactly what the Legislature anticipated when they appropriated these funds, and it is also exactly the type of supportive housing we need in this state to help people stay in recovery.”

“This project was a labor of love and something that we dreamed about doing for 25 years,” said Jaqui Abikoff, Executive Director of Horizons Counseling Center. “We prioritized low-income women coming out of treatment programs in jails and prisons for Compass House because they are extremely vulnerable when they re-enter the community.”

Horizons Counseling Center has provided quality outpatient substance use and co-occurring

mental health disorders treatment and recovery services in the Lakes Region since 1987. Horizons currently manages the Belknap County Recovery Court and provides substance use disorder treatment and case management services for the Corrections Opportunity for Recovery and Education (C.O.R.E) program at the Belknap County Department of Corrections.

Each guest at Compass House will be paired with a trained recovery coach from Navigating Recovery of the Lakes Region. The guest will work with her coach to create, follow, and update a recovery wellness plan to serve as a roadmap for her as she moves toward independent living.

“There is such a

SEE **SOBER LIVING**, PAGE A9

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Sanbornton student recognized for academic excellence at Tufts University

MEDFORD, Mass. — Christina Beane was named to the dean’s list at Tufts University for the Fall 2019 semester.

Dean’s list honors at Tufts University require a semester grade point average of 3.4 or greater.

Tufts University, located on campuses in Boston, Medford/Somerville and Grafton, Massachusetts, and in Talloires, France, is recognized among the premier research universities in the United States. Tufts enjoys a global reputation for academic excellence and for the preparation of students as leaders in a wide range of professions. A growing number of innovative teaching and research initiatives span all Tufts campuses, and collaboration among the faculty and students in the undergraduate, graduate and professional programs across the university’s schools is widely encouraged.

MASONS

CONTINUED FROM PAGE A3

and come socialize with friends each month.

This month’s breakfast will be held on Saturday, Feb 22. They serve a full breakfast, including omelets and eggs, all cooked to order, and the

cost is \$8. Proceeds will benefit the various charities the Lodge supports. The Masonic Lodge will also be open for public tours and information. For more information about the breakfasts or about the Masons, contact Woody Fogg at 524-8268.

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LRAA Gallery hosting Photoshop Hands-on Fun Day

TILTON — One can watch others using Photoshop until the ‘cows come home’, but if you want to learn how to use Photoshop, you’ll need to learn by doing. That’s what’s going to happen at the Lakes Region Art Association/Gallery, Tilton, Feb. 28, for those who want to learn how to master Photoshop.

A hands-on workshop, using creative tools within Photoshop, will be led by local photographer/instructor Ellen Goddard Jacques. As seen in this photo, the simple cut-and paste Photoshop tool allowed her to create an image that is both fun and and unique, and those same tools can also be used to create a photographic works of art.

Students in her class will also learn how to select parts of an image using Lasso and quick-selection tools for moving an image, rotating and resizing it for effect, including how to mask, warp, and transform it as desired. Although using these tools may appear intimidating and difficult, these techniques can be easily learned by hands on practice through step by step instructions by instructor Jacques.

In addition, participants will learn how to create and stack layers, alter colors, and on how to cut and paste an image. Instructions include having all students working on a series of the same images at the same time, so everyone will learn together. It is required that participants have a current version of Photoshop CC installed on their laptop or tablet.

The workshop begins at 9 a.m., Lakes Region Art Association/Gallery, Tanger Mall, Route 120, Tilton, suite 132. For additional information, and/or to register, contact: egoddardphotography@gmail.com or call 569-3745. Class size is limited.

COMFORT

CONTINUED FROM PAGE A4

heart stops beating. It can be due to a heart attack or occur as a primary event.

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ARREST

CONTINUED FROM PAGE A1

ecure the scene. Also called in to assist was the Belknap Regional Special Operations Group.

Hankard said the officers made numerous attempts to get Gray to come out of the RV on his own. He did not comply however, so tear gas was finally deployed to force him outside, where he was immediately taken into custody.

Gray was charged with felony level criminal threatening and tak-

en to the Belknap County House of Corrections until his arraignment on Tuesday, Feb. 18. In addition to that felony charge, he was held for a Parole Violation Warrant from the New Hampshire Department of Corrections as well.

Hankard said Sanborn-ton Fire Department also assisted his department that morning and he wished to thank them and all other law enforcement agencies that helped bring the incident to a safe conclusion.

RESULTS

CONTINUED FROM PAGE A1

Tilton had 665 ballots cast in the Democrat Primary, where Sanders again took the lead with 171 votes. Buttigieg bested Klobuchard, 154 to 134 but Biden was one vote behind Warren in that town, 50 votes to her 51. With 477 Republican votes cast in Tilton,

Trump received 388 of them while Weld had only 25.

In a busy election year, voters throughout the region will return to the polls once more on March 10 to elect local town officials, while in the case of Belmont, residents there will also vote on articles as presented on this year’s town warrant.

Lakes Region Chamber announces new officers, board

LACONIA — The Lakes Region Chamber announced and voted on the 2020 Officers and Board of Directors at their recent annual meeting held on Jan. 30 at The Margate Resort in Laconia.

The theme was “2020 Vision: Together it’s Clear!” with 215 in attendance. The event included table discussions engaging the busi-

ness community with focus questions that could only be read with special decoder glasses. Three questions at every table included: What is the best part of

SEE OFFICERS, PAGE A10

COURTESY

Incoming Board Chair, Chris Dickinson (L) of Northway Bank, thanks Outgoing Chair, Ted Fodero of Meredith Insurance Agency at the Lakes Region Chamber’s Annual Membership Meeting.



SOBER LIVING

CONTINUED FROM PAGE A8

strong spirit of collaboration here in the Lakes Region – that is what made Compass House

possible and what it will take to keep it operating successfully,” said Daisy Pierce, Executive Director of Navigating Recovery of the Lakes Region. “This is a great model for the rest of the state.”

In addition to state funds, Compass House received rebates from NH Saves Home Energy Assistance through Liberty Gas. The New Hampshire Women’s Foundation, Annette

P. Schmitt Trust, New Hampshire Charitable Foundation, and Ever-source provided grants for furnishings, which were provided at a discount by DCI Furniture of Lisbon.

GRANT

CONTINUED FROM PAGE A7

education.

Wolfeboro Nursery School

- Awarded \$3,000 to be used for tuition assistance for families in Wolfeboro.

Wolfeboro Nursery School is a co-operative preschool offering a developmentally appropriate educational experience for children age 3 to 6 years. The School believes children are diverse learners, who benefit from a setting that encourages creativ-

ity, questioning, risk-taking and exploring.

The Meredith Village Savings Bank Fund was established in 1997 under the leadership of John Starrett, then President and CEO of the Bank. Since then, 398 grants totaling \$1,636,248 have been awarded to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth and NH Seacoast areas. Over the years, the Fund has supported literacy programs, after-school programs, environmental monitoring and education,

restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. The deadline for consideration in the next grant cycle is October 15, 2020. Applications are available at mvsb.com.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of

the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

NOTEBOOK

CONTINUED FROM PAGE A5

–lots of fluffy, puffy pines, beginning just above Groveton, some of them old giants, 80 to 90 feet high. But ever-fewer were the spruce and fir so emblematic of where we lived, “Land of the tall pointed trees.”

A week or so ago, I became part of a fun discussion on how the landscape can help shape a kid’s psyche. The sand and dirt that Russell Smith and I dug into with ancient golf clubs at the Harri-gan-Walsh Championship Golf Links in Lisbon, along the road to Landaff, smelled noth-

ing like the site of similar projects 80 miles upriver in Colebrook—no better or worse, just different.

Like a trout or salmon fighting its way upriver, perhaps if dropped alongside a road Down Below, we’d be able to follow the smell and feel of the soil and the sight and sigh of the trees, all

the way up and back, up back of New Hampshire, to our ancestral home.

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

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Published end of April 2020

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The Bulldogs celebrate after the first of five goals against Kennett in a shutout win.



Jackson Collins brings the puck up the ice against Kennett.

Bulldogs continue their hot streak, win two more



(Left) Andrew Rowley controls the puck for the Bulldogs.

Hayden Parent had three assists in the win. The Bulldogs are on a six-game winning streak as the season winds down. Next up is Kearsarge/Plymouth on the road on Feb. 22 at 2:30 p.m.



(Right) Owen Guerin takes a shot for the Bulldogs against Kennett.

Wineriter, Dumais compete in state championships



BY BOB MARTIN
Bob@Salmonpress.news

DURHAM – The Belmont High School swim team competed at the University of New Hampshire for the Division 2 state meet last weekend and the boys' team placed 12th out of 21 teams.

Logan Wineriter was third in the 50-yard freestyle with a time of 23.37. In the 100-yard breaststroke, Wineriter was fourth with a time of 1:03.48.

In the 500-yard freestyle, Jacob Dumais was 11th with a time of 6:09.85.

Logan Wineriter prepares for his start at the Division 2 state meet last weekend at UNH.



Jacob Dumais competed in the 500-yard freestyle at the state meet last weekend.

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – The Belmont/Gilford Bulldogs had a couple big wins last week over Kennett and Monadnock/Fall Mountain in blowout fashion. It was all Belmont/Gilford early against Kennett with the Bulldogs scoring early and often. With 13:15 on the clock, Andrew Rowley scored on a shot from about 15 feet away to the glove side top corner of the net. It was assisted by Griffin Tondreau. Less than two minutes later, Jackson Collins scored with an assist by Cam Jarvi. The attack continued with a goal 30 seconds later by Tondreau, assisted by Owen Guerin. It was a scoreless second period but then the Bulldogs tacked on two goals in the third

period to seal the 5-0 victory. Tondreau scored his second goal of the night with an assist by Hayden Parent. The final goal came with 2:35 on the clock by Jarvi, assisted by Collins. Colin McGreevy had 23 saves in the shutout win. “Solid defense and great goaltending allowed us to finish the game strong in the third with two more goals,” said coach Jason Parent. Belmont/Gilford then beat Monadnock/Fall Mountain 8-2 in what was a physical game throughout. The Bulldogs were led by Jarvi, who has been hot of late with a four-point effort in the win. Scoring goals in the game were Nate Shirley and Jarvi on two occasions, Guerin, Zoltan Stefan, Joey Blake and Trevor Chassie.

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Golden Eagles rally past Bear hoop boys

BY BOB MARTIN
Bob@Salmonpress.news

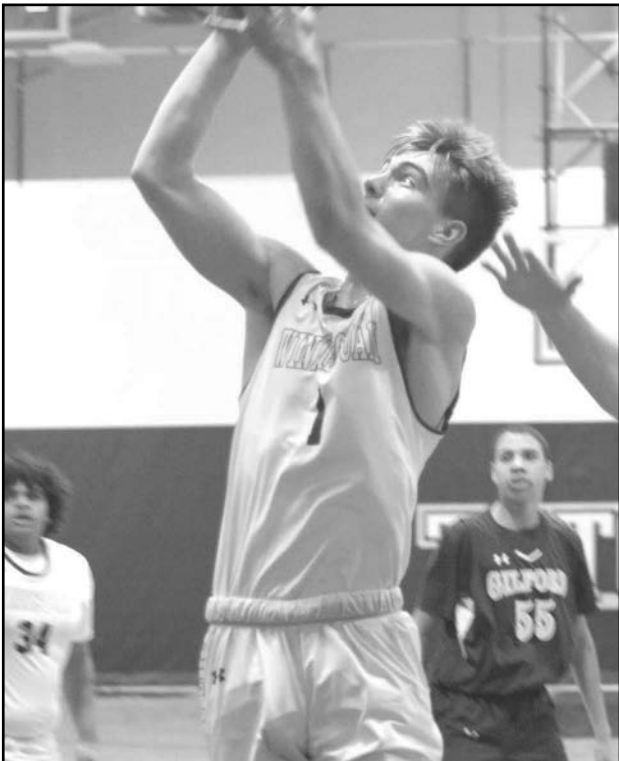
TILTON – The Gilford boys' basketball team traveled to the Tilton School to take on the Winnisquam Bears last week and while Winnisquam held a lead late in the game, the Golden Eagles battled to take a 54-48 victory.

The first quarter was tight throughout, with both teams trading leads five times. It was tied 10-10 with two minutes left in the quarter but then Gilford finished out the frame with a 5-0 run to go up 15-10. In the second quarter, the Golden Eagles continued to play well with a quick basket but then Winnisquam went on a tear with three straight makes from behind the arc by Gunnar Horman, Phil Nichols and Anthony Robbins to take a 19-17 lead.

The two teams went back and forth with strong play by Adrian Siravo and Logan Hughes as the quarter came to a close. Robbins hit another three-pointer to make it a 24-19 game and Winnisquam then took a 24-22 lead onto halftime.

In the third quarter, Siravo came out and hit a shot from beyond the arc to take a 25-24 lead but Nichols followed with a quick layup to make it 26-25. The lead continued to change hands but Winnisquam took a 41-35 lead into the third quarter as the Bears outscored Gilford 17-13 in the quarter.

It was tied at 41-41 with 4:30 left in the game but the Bears had trouble controlling Siravo, who



Phil Nichols scored 17 points to lead the way for the Bears.



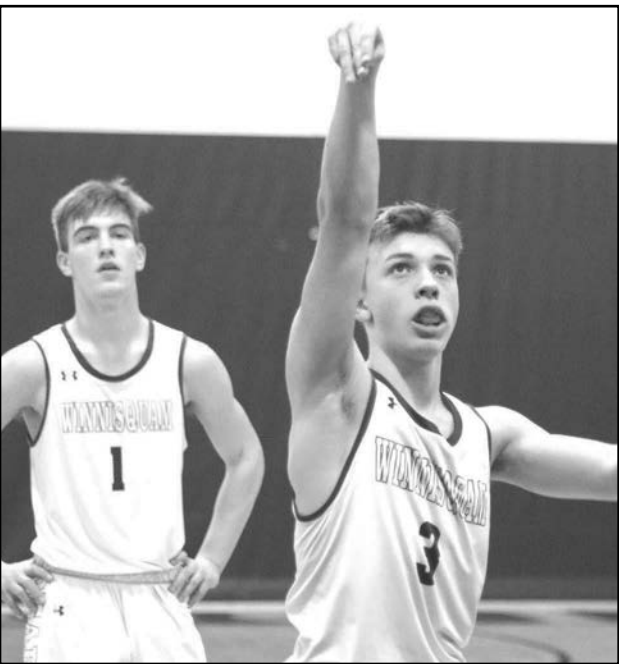
Anthony Robbins brings the ball up the court for the Bears.

had nine of his game high 25 points in the fourth quarter to rally the Golden Eagles to the big win.

Leading the team in scoring for Winnisquam was Nichols with 17 points. Horman had 13 points including four three-pointers, Jacob Seavey scored 10 points and Robbins put up eight

points. Gilford coach Rick Acquilano was happy that the team hung in and pulled out a gutsy win.

"You kind of have to grind it out and fine tune what we do at this point in the season," said Acquilano. "I was proud of the effort the kids put in. There were a couple



Jacob Seavey had 10 points in the loss to Gilford last week.



times when the game was getting away from us but they dug it out and that is good for our character. I told them, the journey is on the road so getting this win away from home was big."

Winnisquam coach Kevin Dame said most of the time his team showed tremendous effort, but the problem was that this wavered as the game wore on.

"Against a team like Gilford you need to have all five guys on the court showing that kind of effort," said Dame. "We need to focus better and execute. But considering we are dealing with some injuries and players out, and they battled against a top team, I am proud of them for that."

Winnisquam also lost to Mascenic 52-49 on Feb. 14. The Bears had games against Franklin and Belmont last week after deadline. Next up is a road game against White Mountains on Feb. 21 at 6:30 p.m.

(Left) Gunnar Horman shoots a foul shot for the Bears in a loss to the Golden Eagles of Gilford.

Belmont hoop boys drop a pair

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont boys' basketball team struggled last week with a pair of losses to Somersworth and Laconia, and with the season's end approaching, coach Jim Cilley said he knows the team needs to make adjustments in order to make a true playoff push.

On Feb. 11, the Red Raiders traveled to Somersworth and despite being tied 33-33, the team struggled and didn't score in the fourth quarter, leading to a 43-33 loss. Isaiah Costa led the team with 12 points in the game. Jackson Ruelke had seven points, eight assists and six boards.

"We did everything we wanted to do for three quarters and really

kept the game in check against one of the tougher teams in the division," said Cilley. "The kids played with a lot of heart and effort, but unfortunately we can't finish things off."

The team missed two layups, two free throws and a couple of wide open three-pointers, which hurt the Red Raiders as Somersworth scored 10 unanswered points. Cilley said despite the loss, the game showed that even with injury adversity, notably Nate Sottak who is one of the team's best players, Belmont can still compete with the top teams.

On Saturday morning, the Red Raiders faced Laconia and while Belmont played well down the stretch, coming back

from a 16-point deficit, the Red Raiders had issues with guarding Sagem players inside and took a 60-57 loss. While the starters struggled a bit, Cilley was happy to see Bryce Hall and Jamison Gaudette step up. Gaudette had 11 points and eight boards, while also playing solid defense. Hall hit two three-pointers and played his best game of the season. Ruelke had 22 points, six rebounds and six assists in a very efficient game.

"When you dig a big hole like we did it is tough to come back, but I was happy to see the kids play hard and score some points," said Cilley. "We really need our players to find their roles and play to their potential."

Bears battle



Sophia Day battles for a rebound against Gilford last week in a tough 80-11 loss for the Bears on the road.



Alexis Hamilton looks for an open player against Gilford.



Madison Gilbert defends for the Winnisquam Bears against the Golden Eagles.

18th Annual

Summer Camp 2020



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



BOB MARTIN
Becca Camire makes her way through the slalom course at Sunapee.



BOB MARTIN
Katie Gagnon was the top skier for Belmont at the Division 3 state meet.



BOB MARTIN
Dylan Flanagan raced for Belmont at the state meet last week.



BOB MARTIN
Tanner McKim races through the giant slalom course for the Red Raiders.



BOB MARTIN
Trinity Dunn raced for the Belmont ski team at Sunapee last week in the state championship.



BOB MARTIN
Lars Major finished third in the slalom in last week's state championship meet.

Gagnon, Major lead Belmont alpine skiers at Sunapee

BY BOB MARTIN
Bob@Salmonpress.news

NEWBURY – The Belmont alpine ski team traveled to Mt. Sunapee last week to compete in the Division 3 state championship meet.

In the slalom, the girls' team was led by Katie Gagnon, who placed third with a time of 1:03.74. Becca Camire was 26th with a time of 1:20.42; Sarah McLaughlin was 40th with a time of 1:34.36 and Trinity Dunn was 48th with a time of 2:09.57.

In the giant slalom, Gagnon was also third with a time of 1:11.19; Camire was 31st with a time of 1:29.98; Dunn as 41st with a time of 1:49.41 and McLaughlin was 42nd with a time of 1:51.32.

For the boys' team in the giant slalom, Mitchell Berry was 10th with a time of 1:13.93; Dylan



BOB MARTIN
Mitchell Berry approaches the finish line at Sunapee for the Red Raiders.

Flanagan was 25th with a time of 1:23.89 and Lars Major was 36th with a time of 1:32.79. Tanner McKim was 19th after his first run with a tie of 38.46 but did not finish his second run.

In the slalom, Ma-

jor was fourth with a time of 1:04.32; Berry was sixth with a time of 32.78 and Flanagan was 24th with a time of 1:36.65.

Gilford Hills offering tennis programs for kids

GILFORD — Gilford Hills Tennis and Fitness offers great low cost programs for high school and elementary kids on Tuesday afternoons.

This is a great opportunity for kids 6-13 to learn and play the lifelong sport of tennis. The program also gives high school players an opportunity to get a jump on their spring tennis season inside.

The next six-week session begins on March 3. Times are 3:30-4:30 p.m. for high school and 4:30-5:30 p.m. for elementary. Fees are just \$60 for members and \$66 for non-members for the six-week session. This program is led by Elite Tennis Pro Curt Chesley along with several other local tennis players. For more information and to register, call Gilford Hills at 293-7546.



COURTESY PHOTO
Trey Bourgeois works on his volley at Gilford Hills Tennis and Fitness.

The club is located at 314 Old Lake Shore Road in Gilford. Owners Adam Angle and Marc Bourgeois have made numerous improvements to the courts over the last several years. It is the Lakes Region's premier indoor tennis and fitness club.

Red Raider girls split a pair

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont girls' basketball team went 1-1 last week with a win over Somersworth and a loss to the Laconia Sachems.

Against Somersworth, the Red Raiders went up 13-6 after one quarter and never looked back. It was a 30-6 game at halftime and while the second half wasn't quite as high scoring, the Red Raiders ran away with a 51-25 victory.

Morgan Hall was the leader with 15 points and 14 rebounds, putting together a big all-around performance. Rebecca Fleming scored 10 points and Molly Sottak put up nine points, six boards and five assists. The

team was in foul trouble early and Lena Rodrigues scored nine points off the bench while Emma Roberts added five boards. Savannah Perkins had a good night with three points, four assists and four rebounds and Alyssa Edgren played well on defense.

Despite being up by seven points in the first quarter, coach Mark Dawalga felt the Red Raiders came out a bit flat with a slow start. He was pleased with the defense in the second and third quarter defense and said it was a great total team effort.

The Red Raiders then played Laconia and fell 42-22. Belmont led 9-6 after the first quarter but the Sachems found their way

in the second quarter going up 24-14 at the half. The third quarter was huge for Laconia, who outscored Belmont 18-8. Hall had another double/double with 12 points and 11 boards. Sottak had nine points and Rodrigues scored seven points.

"I thought we played a really good first half but really came out flat in the 3rd quarter," said Dawalga. "Give Laconia credit. Their defense in the third was the difference in the game."

Belmont played Hillsboro-Deering and Winnisquam after deadline and results will be in the next edition. Next up is Raymond on Feb. 21 at 6 p.m. for the final game of the season.

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UPCOMING EVENTS brettonwoods.com/calendar

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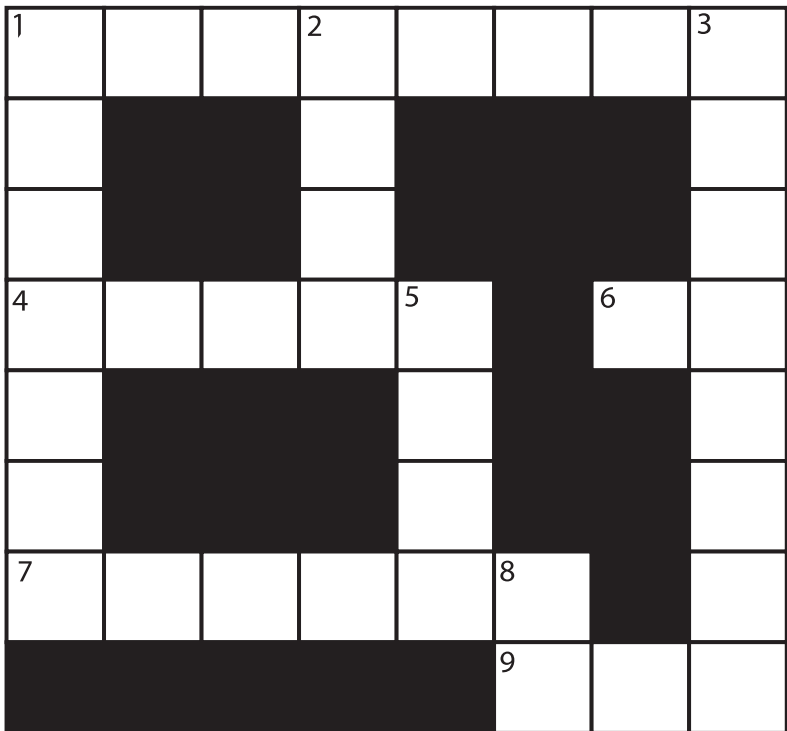
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Crossword Puzzle



THIS DAY IN...



HISTORY

- **1801:** THE TIE BETWEEN AARON BURR AND THOMAS JEFFERSON IS BROKEN BY THE HOUSE OF REPRESENTATIVES, ELECTING JEFFERSON PRESIDENT.
- **1904:** PUCCINI'S OPERA "MADAMA BUTTERFLY" PREMIERES IN MILAN.
- **1996:** CHESS CHAMP GARRY KASPAROV BEATS THE IBM COMPUTER DEEP BLUE, WINNING THE SIX-GAME MATCH.



THIS PERSON IS CREDITED WITH POPULARIZING WESTERN CIVILIZATION'S WHITE WEDDING DRESS TREND.

ANSWER: QUEEN VICTORIA

ACROSS

1. Clothing items
4. Female garment
6. Opposite of "down"
7. Invited people
9. Not in

DOWN

1. Marriage ceremony
2. Performs an action
3. Purple color
5. Chance or try
8. Adverb: Very much

Answers: Across 1. Wedding 2. Does 3. Eggplant 5. Shot 8. So Down 1. Wardrobe 4. Dress 6. Up 7. Guests 9. Out



VOWS

solemn promises

How they SAY that in...

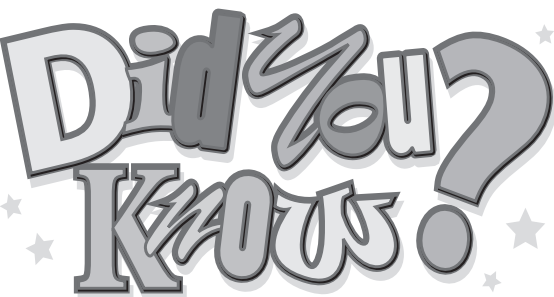
ENGLISH: Bride

SPANISH: Novia

ITALIAN: Sposa

FRENCH: Mariée

GERMAN: Braut



JOHN LEGEND'S "ALL OF ME" IS ONE OF THE MOST POPULAR WEDDING SONGS AMONG MILLENNIALS.



Can you guess what the bigger picture is?

ANSWER: WEDDING RINGS

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to hot breakfast. Each number corresponds to a letter. (Hint: 9 = n)

A. 18 22 4 9 13 9 15

Clue: Early day

B. 6 22 22 19 13 9 15

Clue: Preparing food

C. 4 17 6 13 24 17

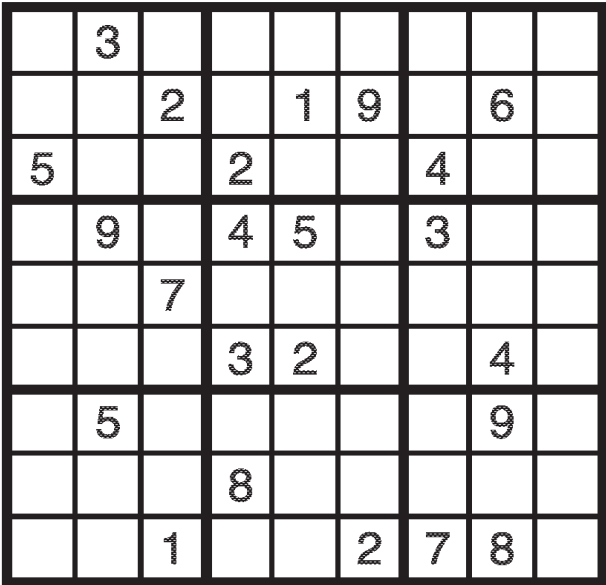
Clue: Food instructions

D. 7 21 4 18 20 16

Clue: Comfortable heat

Answers: A. morning B. cooking C. recipe D. warmth

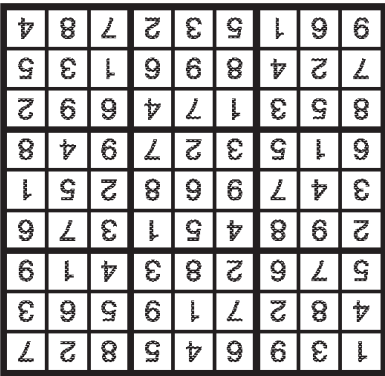
SUDOKU



Level: Intermediate

Here's How It Works:

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



ANSWER:



COURTESY PHOTO

Wolves tryouts

The New England Wolves are proud to announce tryout dates for the 2020-21 season. Register today to secure your spot. The Wolves are proud members of USA Hockey and compete in the NEPHL and United Tier 1 Hockey League. They will be holding evaluations for players in eligible birth years at the following age levels: U14 full season 5:45-7 p.m., on March 3, U16 full season 7:15-8:30 p.m. on March 3 and midget split season 5:45-7 p.m. on March 5. Includes a tour of the Wolves training center and information session including organizational philosophy. Tryouts are run by NHL draft pick, eight-year pro and Boston College alumnus Tim Kunes. Players have the opportunity to train and development with EHL and EHLP JR players. There is a fee to participate in the tryouts. Players/ parents can register on the upper right hand corner of the Wolves web site, www.ne-wolveshockey.com. For more information, e-mail Andrew Trimble at scoringconcepts@gmail.com.

Flag football gives kids many advantages

MEREDITH — The Lakes Region Flag Football program develops "skill position players." Many of the league participants have gone on to start on their middle school, high school and college teams.

The league believes kids should play flag football. Playing non-contact flag football allows players to develop position skills that improve a player's abilities.

Quarterbacks learn how to make independent decisions and call plays. In the league, the quarterback does not have the option to run, placing more emphasis on recognizing and reading defenses and passing the football. The throwing windows are smaller, which aid in developing accuracy. A defensive blitz on any potential play help the quarterback develop footwork, mobility, and quick thinking under pressure.

Wide receivers/running backs learn proper stance and start, hand placement, route terminology, running routes, reading defenses, how to create separation, catching in traffic and run-

ning after the catch. Defensive players learn defensive end, nose tackle, linebacker, defensive back, safety and pass rushing skills. Players on defense develop footwork, backpedaling, reading the quarterback, breaking on the ball and catching interceptions. Players also learn man to man and zone coverage techniques.

With only eight to nine players per team and five-on-five games, players enjoy increased participation with playing time and touches on the football. The 30-second play clock creates a fast-paced game with many more plays and repetitions.

The league is offering five co-ed age divisions this season: 6U, 8U, 10U, 12U, 14U and a co-ed high school division. Sibling discounts are available. Season will begin in early April and run until late June. Commitment is two hours per week. Register at lrffl.com.

For more information, contact lrffl@metrocaster.net, and follow the league on Facebook at [lakesregionflagfootball](https://www.facebook.com/lakesregionflagfootball).

Flag football league open for girls

REGION — Speed, agility, finesse, quick reflexes, that's what it takes to play flag football. Girls are very good at the sport of flag football and they thrive in the non-contact nature of this extremely fast-paced game.

The Lakes Region

Flag Football League is reaching out to girls ages 4-17 to play co-ed flag football this spring. Registration is open for the Lakes Region Flag Football League's Spring 2020 season. The LRFFL is a co-ed NFL Flag Program for boys and girls ages 4-17.

The league is offering five co-ed age divisions this season, 6U, 8U, 10U, 12U, 14U and a co-ed high school division. There are sibling discounts offered. Season will begin in early April and run until late June. Commitment is two hours per week.

Register at lrffl.com.

For more information, contact lrffl@metrocaster.net and follow the league on Facebook at [lakesregionflagfootball](https://www.facebook.com/lakesregionflagfootball).

BCSA hosting dinner, Bear Island presentation

GILFORD — Belknap County Sportsmen's Association will be hosting its annual Italian Night dinner on Thursday, Feb. 20, at 6 p.m. at the BCSA clubhouse on Lily Pond Road (Route 11C) in Gilford. At the conclusion of the meal, historian John Hopper will offer a presentation of the history of Bear Island.

Attendees will learn about the second largest of the 262 islands in Lake Winnepesaukee, an unabridged island that is home to 200 residents.

Hopper and his wife

Linda are residents of Center Harbor. John Hopper is retired while Linda Hopper continues to teach yoga classes. They have two grown children and two grandchildren. They spend summers on Bear Island. Since 1947, John Hopper has spent part of every summer on the island. He was a commercial banker by trade but an historian by training. He majored in American History at Wake Forest University, then went on to earn an MA in African History at Ohio University and a PHD in South

African History at Yale university before going into banking. He is the author of two books: "The History of Bear Island" and "The Bear Island Chapel." They are co-presidents of the St. John's chapel on-the-lake (Bear Island). John Hopper is a board member of the Meredith Historical Society and his current research is focused on the early history of Meredith Village.

Admission is open to all club members and the community at large, doors open at 5:30 p.m., water and soda provided.

Lakes Region United accepting registrations for spring season

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

Fund. Registration is open until Feb. 29.

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

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

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