

Student founds radio station to foster positive atmosphere at WRHS

BY DONNA RHODES
Drhodes@salmonpress.news

TILTON – Winnisquam Regional High School senior Jayson Shevlin is a young man with a mission to make student life at not only his school but others a more positive environment. In the middle of his final year at WRHS, he said he's pleased to see that his efforts

seem to be helping the overall atmosphere of the school.

One of his biggest ventures he's had to become a founder of Winnisquam Bears Radio, an online radio station that can be accessed by downloading the app "Live 365." With the help of a Title 4 grant last year, the project got underway with as many as 10 students involved. Shevlin, who now heads up the station, said they broadcast all types of music and also record their own public service announcements, one of the requirements of the grant they received.

"Those are all about promoting wellness for students," Shevlin explained.



As one part of his goal to bring about a more positive atmosphere for students at Winnisquam Regional High School, senior Jayson Shevlin got on board last year to create "Live 365," an online radio station for the school community.

The station is located across the hall from the music room and Shevlin said they get a lot of people stopping SEE WRHS, PAGE A8

Filing period open for local elections

BY DONNA RHODES
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REGION – It's January, the time when towns and school boards are busy preparing for their annual March elections, and that means candidates are being sought to fill several open seats that will be voted on in the upcoming March 10 elections.

In the Town of Belmont, candidates are being sought for a number of openings that will become available this year. One is for a three-year term on the Board of Selectmen while the position of Town Moderator is also up for election this year as the standard two-year term. On the Budget Committee there are four three-year seats up for consideration, along with a one-year term on the committee. The town also has two positions open for both the Planning Board and the Zoning Board to serve three years each. Three-year terms will also open up in 2020 for one Cemetery Trustee, SEE FILING, PAGE A8

Tilton PD, school officials to host presentation on social media safety

TILTON – On 7 p.m., the Tilton Police Department and Winnisquam Regional School District will host a presentation from the Internet Crimes Against Children Task Force, entitled "Social Media: A Predator's Playground."

That night, the public will learn more about the dangers that teens face every day while accessing social media. Discussion will include how computers, cell phones, iPads, digital cameras, gaming systems, social networking applications and internet blogs all play a role in placing students and families at risk. This 90-minute presentation is specifically geared towards parents, educators and community leaders who are looking to better understand the technology available to teens today and the ways in which child predators use it all to exploit them.

This presentation will be held at the Media Center on the second floor of Winnisquam Regional High School. The information that will be provided is designed for adults only, so please no children. Seating that night will be limited to 50 people, therefore RSVP notices to School Resource Officer Jeremiah Trott of Tilton Police Department are requested to be sent to jtrott@tiltonpd.org.

TNS Christmas Fund makes the season bright for families in need

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – The Tilton-Northfield-Sanbornton Christmas Fund is a nonprofit, all-volunteer organization that has been in existence since 1987, helping residents in need by providing them with warm coats, ski pants, boots, hats and mittens, along with toys for eligible children, food baskets and a small gift for the elderly. With the help of many groups and individuals, this year, they once again were able to brighten the holidays for their neighbors and wished to thank everyone who helped make it all possible.

Overseers of the TNS Christmas Fund said that the numbers were up slightly for 2019. Last year, they served 358 individuals, 137 of whom were adults, 151 of them children and 70 were elderly residents. This year there was a total of 394 recipients, comprised of 158 adults, 176 children and 59 elderly.

Each year, the project is supported in part by the Greater Lakes Region Children's Auction and other local events, such as the 94.1 WFTN Cash and Cans Food Drive spearheaded by radio personality Fred Caruso, and the Gift of Warmth program, which is the chosen partner of Tilton-Northfield Fire Department. Local business and civic groups are an important part of the TNS Christmas Fund success as well. This year, they received assistance from Sanbornton Congregational Church, providing hand

SEE TNS, PAGE A10



Among those who helped the Tilton-Northfield-Sanbornton Christmas Fund make deliveries of food baskets and gifts to 127 families this year were volunteers of TNSF, members of American Legion Post 49, Tilton-Northfield Rotary and the Rainbow Girls from Doric Centre Lodge #20 in Tilton.



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PINES HAPPENINGS

The Pines’ 2020 Summer Playground and Swim Program

Registration for the Pines’ Summer Playground Program, for kids in Kindergarten through Grade 5, begins Jan. 6. We’re offering a 20 percent Winter Registration discount for people who register for the entire summer and pay in full between January 6 and March 13. (Discount does not apply to per diem or partial day registrations.) All registration ends June 12 at 5:30 p.m. All summer fees must be paid in advance by June 12 at 5:30 p.m. You may set up a payment plan with us as soon as registration begins and make payments weekly or bi-weekly so that you are paid in full by the deadline of June 12. Payment Plans will not be carried into the summer. Playground is tentatively scheduled for June 22 through Aug. 14, 8:30 a.m. to 3:30 p.m.

The cost per week for the first seven weeks is \$86, \$76 for children from Tilton and Northfield. The last week of Playground is \$102, \$92 for Tilton and Northfield residents, due to a special field trip. Extended Care is available from 7 to 8:30 a.m. for \$10 per week, and from 3:30 to 5:30 p.m. for \$10 per week. Online registration is under 2020 Summer Playground and Swim. More details to come.

Art Escape Paint Night

January means Paint Night at the Pines! Bring your friends and join us on Friday, Jan. 24, at 6 p.m. Art Escape of Laconia will be here to guide you through making your own painted wine glasses. The cost is \$30 per person, which covers all supplies needed. Each participant will take home two wineglasses. This class is for adults only. The Pines

will have snacks, drinks, and pizza from Tilton House for sale, and participants may BYOB. Advance registration is required, online under 2020 Events, or in person at the Pines, by Wednesday, Jan. 22. A minimum of 10 participants are needed for the class to run.

Ice Skating

It is time once again for ice skating at the Tilton School Ice Arena on Sunday evenings. There is no cost for this program and registration is not required. Skating is on Sundays, Jan. 5 to 19 and Feb. 9 through 23. Parent and Child Learn to Skate is from 5:15 to 5:45 p.m. This time is designated for beginner skaters to learn to skate with an adult chaperone. Helmets are required for Learn to Skate, and strongly recommended for all sections. Family Skate is from 5:45 to 6:45 p.m. This session is for families to skate together. All skaters must have an adult parent or chaperone on the ice to participate in Family Skate. Open Skate is from 7 to 8 p.m. This time is for middle school aged skaters and older. Younger skaters must have an adult chaperone on the ice in order to skate during this time. This program is for residents of Tilton, Northfield and Sanbornton only.

Jan. 24 Vacation Camp

There is a teacher workshop in the Winnsquam District on Friday, Jan. 24, which means no school. The Pines is offering a Vacation Camp Day for children in Kindergarten through Grade Five that day. The program runs from 7 a.m. to 5:30 p.m., and the cost for the day is \$35 per participant. We plan to go sledding on the Tilton School hill in the morning, then return to the Pines and warm up with hot chocolate. Register in advance, online under 2019-2020 Vacation Camps, or in person at the Pines, by Wednesday, Jan. 22. There is a \$5 late fee added to registrations received after the deadline. Children should bring their own sleds if they have them, and must have jackets, snow pants, boots, hats and mittens or gloves. Lunch is not provided, so children need to bring their lunch, snacks and drinks. Please do not send your child with peanuts or peanut products as we have children with severe allergies.

Winter Wellness Class with Kara Lunt

Looking for ways to boost your immune system naturally? Kara Lunt will be back at the Pines on Wednesday, Jan. 29, to provide some winter wellness advice, and to show you how to make your own wellness items using Therapeutic Grade essential oils. You’ll have the opportunity

to make one item, or all three. Make and take options are Elderberry Syrup, \$12 for an eight-ounce jar; a Muscle Rub for \$8; and a Wellness Roller for \$8.00. You can make all three items for \$25. Advanced sign-up is required to make sure there are enough materials for everyone. Please RSVP to Kara at 393-9776. Space is limited for this event!

Mac ‘n’ Cheese Cook-Off

The Pines is hosting its Third Annual Macaroni and Cheese Cook-Off on Saturday, Feb. 8, from noon-2 p.m. Local cooks and chefs, amateur and professional, are invited to enter their best recipes in the tasting and compete for prizes. Dishes are to be prepared off-site and brought to the Pines for the tasting. Register in advance by Friday, Jan. 31, online under 2020 Events, or in person at the Pines. Registration is \$20 per person. The tasting is open to the public, with a cost of \$3.00 for adults, and \$2.00 for children ages five to twelve. Advance registration for the tasting is not required. For more information contact Recreation Director Samantha Magoon at pccprogramdirector@gmail.com.

Stretch & De-Stress Class

Life is full of pressures, stress, and hurry which often results

in tight muscles, rapid heartbeat and breathing, and difficulty relaxing and achieving calmness. If this sounds like you, we have just the class for you here at the Pines. Stretch & De-Stress with Kelly Molloy is on Tuesdays, from 7 to 8 p.m. This class involves gentle stretching, strengthening postures, and stress-relieving movement, like yoga. It also offers breathing and guided meditation techniques to promote clarity and peacefulness. The cost is \$12 per class, or \$45 for five classes. Participants need a yoga mat and a water bottle, and should wear clothing that does not restrict movement. You may register in advance at the Pines, or online under Adult Sports and Fitness for the five class package, or just drop in.

Zumba with Akiesha

Zumba instructor Akiesha Young offers two Zumba classes at the Pines. The regular class, Zumba with Akiesha, is on Tuesdays from 5:15 to 6 p.m., and Zumba Gold, the lower impact version, is on Thursdays from 5:15-6 p.m. The drop-in rate is \$5 per person, or you can purchase a punch card for \$45. Fill it and earn a free class! Your first class with Akiesha is always free.

Closed

The Pines will be closed Monday, Jan. 20, in honor of Martin Luther King Day.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 410 calls for service and made the following arrests during the week of Jan. 6-12.

Arrested during this time period were Mathew Miller (for Driving After Suspension), Kevin Cram (for Willful Concealment and Breach of Bail), Devon Hanson (for Driving After Suspension), Roland Gagne (in connection with a warrant), Frank-

lin Ubhaus (for Driving Under the Influence), Brandon Willits (for Driving After Suspension, a Suspended Registration, and Possession of Drugs), Karen St. Jacques (for Receiving Stolen Property, Theft By Deception, and Possession of Drugs), Justin Colletti (for Criminal Mischief DV), and Tristan Mulleavey (for Possession of Drugs and Unlawful Possession of Alcohol).

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1917 Fri.: 12:45, 3:45, 6:45, 9:40 PM Sat.-Sun: 10:15, 12:45, 3:45, 6:45, 9:40 PM Mon: 10:15, 12:45, 3:45, 6:45 PM Tues.-Thurs.: 12:45, 3:45, 6:45 PM	R		

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Students named to Fall 2019 Dean's List at Colby-Sawyer

NEW LONDON — Colby-Sawyer College recognizes 184 students for outstanding academic achievement during the 2019 fall semester. To qualify for the Dean's List, students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while car-

rying a minimum of 12 credit hours in graded courses.

Alyssa Wiles from Tilton, majoring in psychology.

Noah Smith from Northfield, majoring in athletic training.

About Colby-Sawyer College

U.S. News and World Report has recognized Colby-Sawyer as a Best Regional College in its category - North (#8), Best Value College (#4) and Best Undergraduate Teaching (#4) in its

2020 Best Colleges issue. Founded in 1837 in the heart of the scenic Lake Sunapee Region of central New Hampshire, Colby-Sawyer is a comprehensive college with an emphasis on the liberal arts and sciences, a focus on professional preparation and a commitment to individualized experiences. Students choose from a variety of innovative majors in the School of Arts and Sciences, the School of Business and Social Sciences, and

the School of Nursing and Health Sciences. Colby-Sawyer's transformative teaching and learning community, which includes an enhanced partnership with Dartmouth-Hitchcock Health, promotes students' academic, intellectual and personal growth. Graduate outcome data indicates that 99 percent of 2018 graduates are employed or in graduate school within six months of graduation. Learn more at colby-sawyer.edu.

Area residents named to Dean's List at University of New England

BIDDEFORD AND PORTLAND, Maine — Jessica Daniels of Northfield and Sierra Pepper

of Tilton have been named to the Dean's List for the 2019 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our

hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts. UNE. Innovation for a healthier planet. Visit www.une.edu

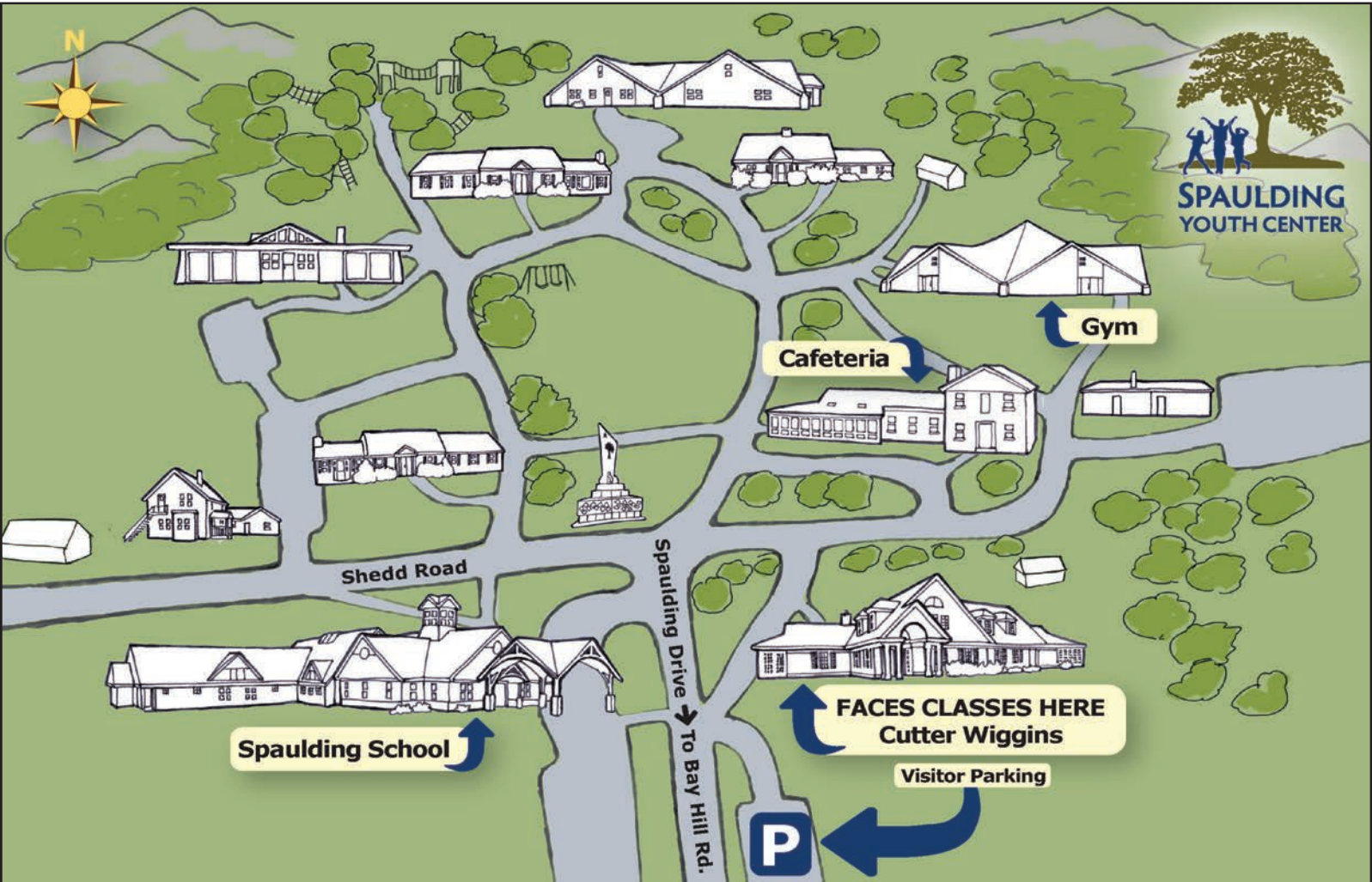


Spaulding Youth Center to host Foster and Adoptive Care Essentials (FACES)

NORTHFIELD — Spaulding Youth Center will be hosting the Foster and Adoption Care Essentials (FACES) series on their Northfield, NH campus beginning Jan. 15. Offered by the Granite State College Education & Training Partnership, the series is free and open to the public. Anyone who may be interested in becoming a foster or adoptive parent can pre-register online for one module or the whole series by visiting <https://cwep.granite.edu/>.

FACES Winter Series Schedule
Please note, each module can be attended individually.

Wednesday, Jan. 15
Orientation 5:30-8:30 p.m.



Students named to President's List at Plymouth State University

PLYMOUTH — 807 students have been named to the Plymouth State University President's List for the Fall 2019 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2019 semester and must have attempted at least 12 credit hours during the semester.

Meghan Dubiel, of Northfield

Asia Merrill, of Belmont
Brianna Romiglio, of Northfield
Anna Collins, of Belmont
Amanda O'Leary, of Northfield
Derek deSousa, of Tilton
Jessica Holt, of Sanbornton
Tayla Jacques, of Belmont
Calvin Dodge, of Sanbornton

Lilli Keegan, of Sanbornton

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by

providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Wednesday, Jan. 22
Regulations 5:30-8:30 p.m.
Wednesday, Jan. 29
The Developing Child 5:30-8:30 p.m.
Wednesday, Feb. 5
The Effects of Childhood Trauma 5:30-8:30 p.m.
Wednesday, Feb. 12
Experiencing Grief and Loss 5:30-8:30 p.m.
Wednesday, Feb. 19
Promoting Positive Behavior 5:30-8:30 p.m.
Wednesday, Feb. 26
Lifelong Connections 5:30-8:30 p.m.

For questions or more information, please contact Dawn Fontaine 286-8901, ext. 285 or dfontaine@spauldingyouthcenter.org.

About Spaulding Youth Center
Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.

Local students named to Dean's List at Plymouth State University

PLYMOUTH — 424 students have been named to the Plymouth State University Dean's List for the Fall 2019 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2019 semester and must have attempted at least 12 credit hours during the semester.

Asher Clark of Belmont

Callie Dawson of Northfield
Marissa LoGrasso of Belmont
Sheena Duncan of Tilton
Kerry Boyle of Sanbornton
Jacob Mozier of Belmont
Dharmik Patel of Northfield
Amanda Blier of Tilton
Courtney Valenze of Belmont

Monique Horne of Tilton

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STRATEGIES FOR LIVING

I impeach!

BY LARRY SCOTT

In light of the impeachment craze that has gripped our nation, I have decided that I should join the movement and do a bit of my own “impeaching.” If the Articles of Impeachment recently passed in Washington against our President are, as some have claimed, a call for justice and accountability, I, too, have several “Articles” to submit.

I impeach the progressive left for dishonesty. They make promises they cannot keep, articulating principles that defy common sense, and treat the public as gullible fools. This is little more than political expediency; what is good for America is not at issue. I cannot believe they are being taken seriously.

I impeach the pro-abortion lobby. To think that we are allowed, under law, to kill our babies up until the day of birth, defies belief. The argument that children should not be brought up in a home that doesn’t want them is not valid. Thousands of childless couples would be delighted to give them a home. But that seems to be too much trouble; it’s easier to have the birth center put them to death.

I impeach an educational system that would teach our children how to have “safe sex” but shield them from the principles of morality and truth championed by the Christian faith. They teach our young people how to live without God, but leave them totally unprepared to meet Him after death.

I impeach a society that has challenged a concept of marriage that has been the cornerstone of civilization from its earliest days. And don’t misunderstand; I respect the right others have to live and love as they please. But it grieves me to see what is happening to the American family and to the children we are bringing into our world. With no allegiance to Jesus Christ, no belief in God, and without an objective standard of right and wrong as given us in God’s Word, our children are left to the dictates of their own drives and ambitions. The result is self-evident.

And, finally, I impeach the Evangelical Church for voting its politics rather than its theology. If Evangelicals united to vote consistent with their beliefs, we could change the course of American history. Many of the problems we face as a nation – respect for authority, the right to life, the integrity of our leaders -- to name just three, are not political or social, they are spiritual. We have the wisdom to solve our most intractable problems but we don’t have the will. America does not need a change of government; it needs a change of heart!

Although I am incensed at what is happening in America, and submit my own “Articles of Impeachment” without apology, I do not face the new year either bitter or in fear. I agonize for our great country; one cannot abandon principles of truth and morality without paying an awesome price. If you question my point of view, just watch the news.

But I do not despair. It is a great strength to me to that I and our nation are under the watchful care of a Benevolent God that is unseen but real. As stated by the Apostle Paul, “He who began a good work in you will carry it on to completion until the day of Christ Jesus.” Although I am but one “voice in the darkness,” I will continue to believe in, and pray to, a God Who has all things under His control.

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

Send your letters!

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LETTERS TO THE EDITOR

Why are our selectmen only meeting bi-weekly?

To the Editor:

During a regular Sanbornton Board of Selectmen (BOS) meeting on Nov. 13, a brief discussion took place and a statement was made in regard to stopping the weekly BOS meeting and replacing it with a biweekly meeting instead. This statement was made and recorded in the No minutes as part of another agenda item being discussed at the time. Checking the minutes it seems that neither a motion or a vote was taken by the BOS to go ahead and make this change.

This change has already taken place but it appears that very few people in town are aware of the change.

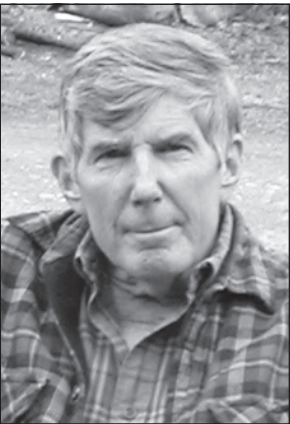
Our form of town management is very important and we must make sure that the BOS is available weekly to our residents and Town Departments heads so they may keep abreast of what is going on in town.

As I recall Selectmen’s compensation was raised to \$4,500 a year in the past because of the time Selectmen had to spend on the job. Reducing the number of BOS meetings seems to go against that compensation increase. What do you think?

Bill Whalen
Sanbornton

NORTH COUNTRY NOTEBOOK

The rationale of feeding birds, and the vagaries of the language



By JOHN HARRIGAN
COLUMNIST

The bears are denned up, although an extended thaw might draw the odd bear out, and the tilt and orbit of Mother Earth tell us we’re unofficially into winter. People who feed birds, meanwhile, have waited for neither. This includes me at the kitchen sink, with Peterson’s and binoculars at hand.

Although most people seem to time their first serious bird-feeding within a few seconds of the first snowflake, some people feed year-round. Paul Doherty, for instance, enjoyed feeding raptors, crows and ravens at his Gorham Hill home, and had an ingenious tree-high pulley and platform for same.

Over the years, readers have sent in photos of some unbelievable bird-feeding stations, which always leave me wondering about the snow. Unless inventive raising systems are employed, you can’t drive a plow-truck under a bunch of bird-feeders. A snow-blower is a possibility, assuming creative and quick direction of throw. But most of it inevitably comes down to scoop and shovel.

Some people have feeders right on their outside windowsills, or as an extension of same. These strike me as made by (a) some incredibly talented people, or (b) people with way too much time on their hands, or (c) both. But even the most inventive jobs involve some sort of outside slog to fill the feeders and, according to schedule or need, clean the perches and pecking places.

Or in the case of blue jays, slewing places. Just now, I have a



COURTESY

This photo encapsulates my fond mental image of a raven, which comes from a good deal of reading, lots of watching from my deck, and more than one inquisitive squinty-eyed gurgling “squ-ark!” from treetop level. (Courtesy iStock)

pair of these hanging around, on the dole, picking their teeth in adjacent softwoods until the next foray, in which they glide down, pick out a preferred perch, and proceed to fecklessly slew their beaks back and forth in search of sunflower seeds, while all else plummets to the snow.

The chickadees come along then and forage for what has fallen, all the while bobbing their little heads up and down, on the lookout for predators. With them come the red squirrels; ditto for their heads.

+++++

Well, between the drama of doing dishes and the beauty of bird-watching, I just can’t help noticing the little things of everyday life, especially when someone decides to change them, willy-nilly.

For instance, a new way to explain breathless television coverage of the latest storm is to point out how many millions of people it might “impact.” (Flag down at the ten-yard line! Use of “impact” as a verb!)

Anyway, we’re now told that a storm rolling across the High Plains could “impact” a few million people around Denver, and a few million more around St. Louis and Chicago, and suddenly we’ve got a storm that could, maybe, just might, once in a blue moon, never on Sunday, affect 20 million people. This explains all the hoopla.

The very latest weather-hyping gimmick, however, is to report not what the temperature actually is, but what it “feels like.” This is a way to educate us all about “wind chill.” Therefore, we’re told, in dire tones, that it “feels like” 10 degrees in New York and “feels like” zero in Boston. (At this point, the viewer “feels like” a good book.)

+++++

In a recent column about the genetic make-up of what is loosely referred to as the Eastern coyote, I left out the actual figures on the genetic makeup of the Eastern coyote. Duh.

There are a lot of variants at play here, and something out of sight and mind might have gone on between your old beagle over there asleep on the rug and a coyote with a wink in its eye, but still, in general: --60 to 84 percent of the wolfish-looking animals out there trying to make a living in the wild, eating anything they can get, are indeed coyotes. It’s just that they’re pretty big coyotes--bigger than a breadbox, bigger than those coyotes who elect, for reasons known only to the coyotes, to stick to the region known vaguely as “west of the Mississippi.” Whether this is the result of some big secret coyote conference a long time ago I don’t know.

--8 to 25 percent of the definitely wolf-like creatures we see cavort-

ing around out there are carrying “significant amounts” of wolf genes. If it tries to do a bent-top-hat, go-to-Grandmother’s-house routine, it’s probably leaning more toward Wolfdom.

--8 to 11 percent of the dog-coyote-wolf-like animals out there just panting to snatch cooling pies off windowsills actually contain some non-pie-stealing dog genes. If it tries to play with a squeaky-toy or fetch your slippers, it’s probably on the high end in the Dog Department.

+++++

I know, this next bit of business should have been covered back there in all the carping about TV weather reporting, but I just want to say a little something here about the Winter Solstice.

The thing about the Winter Solstice is that it doesn’t seem to get talked about much or celebrated in any big way, except to note that it’s there, sort of, sometime around Christmas. In other places they are very big on the Solstice, and use it as an excuse for pagan-like behavior, such as wearing goat-skin chaps and leaping over bonfires.

For example, although I’ve been to Alaska several times, I’ve long wanted to go up there again not just to mooch off Jeff Fair, for sure, but also to be there for the Winter Solstice because in Alaska people tend to go crazy over it. SEE **NOTEBOOK**, PAGE A10

Franklin VNA & Hospice reminds us to keep safe in the winter

FRANKLIN — Icy walk ways, throw rugs, the smallest imbalance while walking, stairs, slopes, and health conditions can all cause falls. Sometimes a fall results in no injury, except maybe to our pride, but other times can result in a break, bruise, sprain or worse!

The statistics are dire: an older adult falls literally every second, one in five falls results in a serious injury. They cause more than 95 percent of hip fractures, and cost more than \$50 Billion in

2015 alone. Also scary, three older adult die every hour from a fall and those numbers are expected to rise to seven an hour by 2030 according to the CDC.

Even fear of falls is damaging as it causes people to reduce their activities and can increase isolation.

The good news is that falls can be reduced or prevented in a few easy ways.

Rachael Dargie, an Occupational Therapist at Franklin VNA & Hospice says, "Fall

prevention screenings are a routine part of our assessment for any patient receiving physical or occupational therapy. We check for things like strength and balance and then match people with fall prevention devices like grab bars, railings, shower seats or other devices that will benefit them."

A talk with your primary care provider about your fall risk can determine if those therapies will help. Others may have dizziness caused by medications,

vision changes or even osteoporosis, which can all increase your fall risk.

Maintaining your strength and balance is also key. There are a variety of ways to do this, including many low impact forms of physical activity that even those with existing mobility issues can take part in.

So this year, sand the walk ways, de-clutter by getting rid of those pesky throw rugs, and talk with your healthcare provider about ways to further reduce your fall

risk.

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

Bob Ewell joins Prescott Farm Board of Directors

LACONIA – Prescott Farm Environmental Education Center is pleased to announce the recent appointment of Bob Ewell to the Board of Directors. Ewell, already a dedicated volunteer, member, and program participant at Prescott Farm, looks forward to assisting the nonprofit with networking in the community and facilities management.

A Laconia resident and New England native, Ewell retired in 2014 after a distinguished 40-year career of teaching and coaching in high schools and colleges across the northeast. Bob is a current member and past president of the Lakes Region Rotary Club.

Ewell's connection to the nonprofit organization began over ten years ago when Bob took over as the coordinator of a local Rotary-lead Youth Leadership Program that teaches future leaders from high schools around the Lakes Region about leadership and community service. Under Bob's leadership, the group contributes a day of service at Prescott Farm every year. In 2015, Ewell and members of the Lakes Region Rotary Club helped build elements of Prescott Farm's



Bob Ewell

Natural PlayScape and in 2019, Ewell served on a committee dedicated to growing high impact volunteer engagement at the nonprofit.

"Bob's commitment to community service is unsurpassed and we are thrilled that he is stepping up to this leadership role," Prescott Farm Executive Director Jude Hamel said. "From his experiences teaching and coaching to rolling up his sleeves and diving into projects at Prescott Farm, Bob displays incredible dedication to the Lakes Region. He's truly a perfect

fit for our organization."

Interested community members are invited to contact Prescott Farm about other leadership roles available in the areas of community engagement, education, risk management, and property.

Prescott Farm is a

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

Christian Smith named to Fall 2019 Dean's List

NEW LONDON — Colby-Sawyer College has named Christian Smith of Sanbornton to the Dean's List for fall 2019. Smith majors in business administration and is a member of the class of 2020. To qualify for the Dean's List students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

About Colby-Sawyer College

U.S. News and World Report has recognized Colby-Sawyer as a Best Regional College in its category - North (#8), Best Value College (#4) and Best Undergraduate Teaching (#4) in its 2020 Best Colleges issue. Founded in 1837 in the heart of the scenic Lake Sunapee Region of central New Hampshire, Colby-Sawyer is a comprehensive college with an emphasis on the liberal arts and sciences, a focus on professional preparation and a commitment to individualized experiences. Students choose from a variety of innovative majors in the School of Arts and Sciences, the School of Business and Social Sciences, and the School of Nursing and Health Sciences. Colby-Sawyer's transformative teaching and learning community, which includes an enhanced partnership with Dartmouth-Hitchcock Health, promotes students' academic, intellectual and personal growth. Graduate outcome data indicates that 99% of 2018 graduates are employed or in graduate school within six months of graduation. Learn more at colby-sawyer.edu.

TOWN OF SANBORNTON

The following positions are available for filing Declarations of Candidacy.

In order for the name of the candidate to appear on the ballot, written declaration of candidacy must be filed with the Town Clerk, Juliana Lonergan, from January 22, 2020 thru January 31st, 2020 at this office. The office hours are as follows: Mondays-closed, Tuesdays, 8am-4pm, Wednesdays 8am-6:30pm, Thursdays 8am-4pm, and Fridays 8am-4pm. As per RSA 652:20, the office will remain open until 5pm for Declarations of Candidacy on Friday, January 31st, 2020. **The Town of Sanbornton elected positions are as follows:**

- Budget Committee (Two) 3-year terms
- Cemetery (One) 3-year term
- Library (Two) 3- year terms
- Moderator (One) 2-year term
- Selectman (One) 3-year term
- Supervisor of the checklist (One) 6-year term
- Town Clerk/ Collector (One) 3-year term
- Trustee of Trust Fund (One) 3-year term

All candidates shall be elected at-large, and must be a registered voter of the Town of Sanbornton. Elections will be held on March 10, 2020 at the Old Town Hall 7am-7pm.

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Calvin Wayne Clouse, 73

SANBORTON — Calvin Wayne Clouse, 73, a longtime resident of Sanbornton, died on Wednesday, Jan. 8, 2020 at the Genesis Rehab in Laconia after a long illness.

Wayne, as everyone knew him, was born in Weymouth, Mass. on Aug. 19, 1946, the son of the late Virgil “Jim” and Rita (Bowman) Clouse. He worked for the Braintree, Mass. Highway Department from 1970 to 1990. He moved his family to New Hampshire in 1990 after he and his wife started Mac’s Country Store in Sanbornton, which they ran until closing in 1999.

Wayne was a U.S. Army Veteran, serving in Vietnam from May 10, 1966 to May 9, 1969, earning the Vietnam service medal with bronze service star. He was a life member of the Disabled American



Veterans, the VFW Post 1698 in Franklin and the Vietnam Veterans of America.

Wayne was predeceased by his parents and a brother, Glenn Clouse.

He is survived by his wife of 41 years, Marsha A. (Rafuse) Clouse of Sanbornton; his daughter, Cindy A. Webb of Rochester; his two grandchildren, Andrew Clouse and his girlfriend, Cassie Nixon of Revere, Mass., and Allyssa Bagley and her partner, Chris Huyck of Manchester; and his

great granddaughter, Lilli Clouse of Revere, Mass. He is also survived by his two sisters, Alva Chaletzky of Harwich, Mass., Bette Johnson and her husband Alan of New Brighton, Minn.; several nieces, nephews and many cousins.

There will be no calling hours, a graveside service with military honors will be held on Wednesday, April 1, 2020 at 1 p.m. at the New Hampshire State Veterans Cemetery in Boscawen.

Memorial donation in memory of Wayne may be made to the New Hampton Community Church Building Fund, P.O. Box 458, New Hampton, NH 03256.

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

For more information, go to www.smart-funeralhome.com.

NORTHFIELD — Carolyn “Carol” Dion, 72, died on Jan. 8, 2020 after a hard fought battle with cancer.

She was born in Franklin on Feb. 16, 1947, the daughter of George E. Dion and Martha (Cruz) Bryson. Carol was raised in Franklin and was a 1964 graduate of Franklin High School.

She moved to California in 1965, returning to Franklin after three years. Carol resided in Northfield for the last 45 years.

For many years, she was a senior computer operator at Anthem Blue Cross/Blue Shield, retiring in 2001. Carol lived life to the fullest; she loved NASCAR with a passion, the ocean, especially Foot Bridge Beach in Ogunquit, ME, and traveling the world where she made lasting friendships with many. She walked on The Great Wall of China, toured throughout Italy,



Spain, Morocco, and Ireland on various trips, and lastly a tour of our Western National Parks. She went on numerous “adventures” with her grandchildren; a trip to New York City, or Boston, or the Midwest to visit family. Family was most important to Carol, especially her nieces, nephew Ronnie La Branche, and all the “great” little ones. Finally, in her greatest adventure of all, she is at peace now in a far better place with those who have passed before; her father “Pete” Dion, beloved son Mikey, nephew Peter LaBranche and sister Sherry Murphy.

Family members include her soulmate, Michael J. Sheehan of Northfield; her daughter, Vanessa E. Day of Belmont; her mother, Martha Bryson of Texas; three grandchildren, Zachary P. Graham of Sanbornton, Alexis Day and Gabrielle Day of Belmont; three sisters (Elizabeth “Bunny” Rogers of Virginia, Mary Jo Robichaud of Tilton, and Jeannie Heminger of Texas); half brother Phillip Bryson of Berlin; and nieces and nephews.

A celebration of her life will be held at a later date. Burial will be in Holy Cross Cemetery in Franklin.

Donations in memory of Carol may be made to the American Cancer Society, 2 Commercial Dr., Suite 210, Bedford, NH 03110.

Thibault-Neun Funeral Home of Franklin is assisting Carol’s family.

For an online guestbook, please visit www.neunfuneralhomes.com.

Pauline E. Orzech, 90

TILTON, NH— Pauline E. Orzech, age 90, passed away on Dec. 30, 2019 at her daughter’s home in Tilton, peacefully in her sleep.

Pauline was born on Dec. 26, 1929 in Southbridge, Mass. Her parents were Joseph and Irene (Langlois) Gauthier of Southbridge, Mass. Pauline was employed at the American Optical Company in Southbridge, Mass. for many years before her retirement in 1991.

She moved to Tilton in 2015.

Pauline was predeceased by her husband, Charles Orzech, in 1987, and her sisters, Gloria (Kitty) Duda, Ramona (Ninoo) Gibeault, Lorraine (Chered) Prince and Joan (Snooky) Ernest.

Pauline is survived by her daughter Kathleen and son-in-law, Raymond Boulanger, Jr.; a son, Charles D. Orzech; and daughter-in-law Mary Ellis Gibson.



She is also survived by her grandson, Charles Boulanger, and granddaughter Emily Orzech.

She has one surviving brother, Joseph (Sonny) Gauthier, and her sister-in-law, Stella Smith. She is also survived by various nieces and nephews.

An interment next to her husband at St. Mary’s Cemetery in Southbridge, Mass. will be arranged this coming spring or summer. Details will be posted in the Southbridge News when arranged.

In lieu of flowers, donations in her name

may be made to the charity of one’s choice.



COURTESY

Putting a fresh spin on traditional Irish music, the Jordan Tirrell-Wysocki Trio will perform on the newly restored stage of the Franklin Opera House on Saturday, Jan. 18, at 7:30 p.m.

Franklin Opera House welcomes Jordan Tirrell-Wysocki Trio

FRANKLIN — Putting a fresh spin on traditional Irish music, the Jordan Tirrell-Wysocki Trio will perform on the newly restored stage of the Franklin Opera House on Saturday, Jan. 18, at 7:30 p.m., with a dynamic show full of foot-stompin’ fiddle tunes and classic sing-alongs.

Fiddler Jordan Tir-

rell-Wysocki is joined by fellow New Hampshire natives Matt Jensen on guitar and Chris Noyes on upright bass. Their shows blend traditional Celtic music with their own original material, drawing on multiple genres to produce a unique sound. In 2015 they released their first record as a trio, "Return To The Castle," which

is an instrumental mix of old fiddle tunes and new compositions from various members of the band. In 2018 they released Live At Cedarhouse, which featured their vocals for the first time.

The Trio has appeared live on NHPR’s "The Folk Show," been featured on "NH Chronicle" and performed regu-

larly at some of NH’s best venues, as well as listening rooms, pubs and Celtic festivals around New England.

Tirrell-Wysocki can be contacted for interviews at jtirrellwysocki@gmail.com, or by phone at 344-0400.

Learn more about Jordan and the trio at www.JordanTWmusic.com.



How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to: obituaries@salmonpress.com

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

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

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

PET OF THE WEEK

Hi, I’m Willa! I am a 6 month old mix from Lubbock, Texas. I already know sit and I’m very food motivated! I am super sweet and playful and would love some exercise and training! I can be a little fearful of other dogs at first but with proper introduction I am very playful! Willa would be best in a home with kids 12 and older and of course she may chase cats for fun until properly trained!





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Comfort Keepers

Low impact exercises

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Maintaining our physical health as we age is an important part of overall wellbeing. Making activity

part of our daily routine becomes more vital as we age but can also be more difficult. Seniors should always discuss their physical activity level and ability with their physician. For most,

engaging in 30 minutes of moderate activity each day can have numerous long-term benefits. There are a variety of low-impact exercises and activities that can be beneficial for

seniors. Low-impact exercise can elevate the heart rate, which in turn has physical health benefits. While it is typically easier to participate in these less rigorous types of exercise, older

adults should always talk to their doctor before starting a new program. Types of low-impact exercise can include: Walking: One of the benefits of walking is that, unlike running, it's easier on the joints. Plus, it doesn't require any special equipment or a gym membership. With a comfortable pair of tennis shoes and a smooth pathway, someone can start this right away. For the most benefit, keeping a brisk pace for at least 15-20 minutes is important.

chair, move one leg to the side and then back. Repeating this, with different variations, can help strengthen lower back and thigh muscles. Dancing: In recent years, there has been a rise in the popularity of dance class enrollment – and for good reason. The constant movement in dancing classes can help circulation and flexibility. Attended these classes can also provide great opportunities to socialize and connect with others.

Comfort Keepers® Can Help

At Comfort Keepers®, we create individual care plans for every client. These plans include wellness goals that consider physical, mental and emotional health. Our caregivers can help your aging loved one establish a daily routine that promotes a healthy lifestyle. Whether that's taking daily walks or providing transportation to the local gym, we'll work to provide care that is unique to your loved one. Our Comfort Keepers® provide the essentials our clients need to live a healthy, active, and independent life.

To find out more about our other in-home care services, call us today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.nhcomfortkeepers.com for more information.

Franklin Savings Banks announces appointment of bank officers

FRANKLIN — Franklin Savings Bank is pleased to announce the appointments of Amy Rankins to Human Resources Officer; Tab Gerry to Sr. Project Manager & Bank Systems Officer; Sue Paradis to Bank Secrecy Act Officer; Ulrike Smith to Loan Compliance, HMDA Manager & CRA & Safe Act Officer; and Kristina Caverly to Compliance Officer.

“This is an outstanding accomplishment for Amy, Tab, Sue, Ulrike and Kristina, and I am very pleased to recognize them for their dedication and commitment to the bank,” commented Ron Magoon, President & CEO. “I am very appreciative of their efforts and wish them all the best in their expanded roles.”

Rankins joined the bank in 2017 as Executive/HR Assistant. She recently received her Master of Science degree in human resources from Southern NH University and is a certified Professional in Human Resources from the HR

Certification Institute. Rankins also has over 23 years of experience in employee benefits administration in the municipal sector.

Gerry started with FSB in 2006 as a Teller and has advanced to other positions over her tenure to include retail, electronic banking and IT. She has more than 13 years of banking experience and is a graduate of the Northern New England School of Banking and NE College of Finance. In addition, she is a certified Regulatory Vendor Program Manager.

Next, Paradis began with FSB in 2014 in the IT area before transitioning into the risk management department. She has over 18 years of experience in deposit operations and loan operations. She is also a graduate of the Northern New England School of Banking and recently received her BSA certification from the American Bankers Association.

Smith joined FSB in 2014 as Loan Operations

Manager, later transitioning to Residential/Consumer Project Manager, then Quality Control & HMDA Manager. She has more than 42 years of banking experience in loan operations, residential lending, loan compliance and community reinvestment. In addition, she is a graduate of the National School of Banking and Executive Development Program with America's Community Bankers.

Caverly started with FSB in 2014 as a Compliance Specialist. She has 15 years of experience in retail and compliance and is a graduate of the Northern New England School of Banking. She served a one-year term as President of the Lakes Region Compliance Association in 2015.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region

and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown, as well as an office in Bedford for business lending. The Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Since 2009, Franklin Savings Bank has donated more than 11 percent of its net income to charity. Visit www.fsbnh.com bank to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

MARK ON THE MARKETS

Moving parts



BY MARK PATTERSON

There are certain times that I will invoke the use of a fixed index annuity or indexed universal life policy that have a certain crediting strategy that appears to be almost too good to be true. The indexed annuity or the indexed universal life may be beneficial for a portion of an overall strategy. If a client is looking for income or wants to place an amount of their money in a vehicle that can grow without equity market risk, a fixed indexed annuity may be a good fit. An indexed universal life policy may be a great addition to a portfolio if you want a death benefit, with potential cash accumulation and maybe some chronic illness benefits. What most fixed indexed annuities and indexed universal life policies have in common is a crediting strategy that allows for growth that

is in relation to an equity index, i.e. the S+P 500 that is capped on the upside but usually has a floor of zero for losses. The client has no market risk regarding losses. When I explain this to clients, the next question is “How can they do that?”! The answer sounds very technical but is quite simple. First off, all this is done in the insurance companies “Hedging” office or whatever firm they use to hedge for them. Typically, not always, the insurance company takes your premium dollars, let's use \$100 as an example. Using approximate dollars, the first \$95.00 is invested in investment grade corporate bonds for the insurance companies benefit. Another \$ 2.00 is paid in expense for the policy, like administrative, commission to agent, para-med exams if it was a life policy. The last three dollars goes toward an option contract that will go towards the index cap and crediting strategy that you chose. You must understand that a variable contract, whether it is annuity or life, is a totally different structure that I do not advise for my clients because I do not believe it is the best option available. Variable contract's typically do not protect the

principal, have market risk and high fees. The “guaranteed benefit base “addition is mostly mis-understood by the client and not explained by the agent or broker.

Having been a manager and trader of a fund that uses options and futures hedging strategies, I can guess that they are using a spread strategy and buying a call option at the strike price of where the index is trading when you fund the policy, and selling a call at the upper limit of your index cap. The sale of this call option funds a portion of the purchase of the more expensive “near the money” call. It sounds confusing, but when you do that on a regular basis, it is one of the simpler option strategies that portfolio managers employ while

managing money. The insurance company is invested very conservatively; the client gets the capped upside to the index that they have chosen with no market risk. But there are many moving parts that must be evaluated that makes a policy good for the policy owner vs. the agent. This part seems simple, and it is. An annuity that has “income” features or a life policy with its death benefit is the part of the insurance company's strength and expertise that involves actuarial science and the law of large numbers along with proper assets in reserve to pay these death benefits.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or mark@mhp-asset.com.

NOTICE TOWN OF NORTHFIELD

Filing for the following Town Offices
will be accepted at the Town Clerk's office
January 22 through January 31, 2020

Moderator..... 2 year term
Selectman..... 3 year term
Supervisor of the Checklist.. 6 year term
Town Clerk/Tax Collector.... 3 year term
Trustee of Trust Funds 3 year term

Cindy L. Caveney
Town Clerk/Tax Collector

Shaker Regional School District PUBLIC NOTICE

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR MODERATOR AND SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 22, 2020.

The election will occur during the annual voting on Tuesday, March 10, 2020 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:
Moderator – to complete one-year of a two-year term
Belmont – two members to serve for three years (2023)
Canterbury – one member to serve for three years (2023)

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, January 31, 2020 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 267-9223, or by calling Stacy Kruger, Clerk, at 267-7552 evenings.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Stacy Kruger, Clerk
Shaker Regional School District

I am the Democrat best prepared to beat Trump on his biggest selling point: the economy.



Trump received hundreds of millions of dollars from his father and left a trail of bankruptcies in his wake. I built a business from scratch and grew it into a multi-billion dollar company. As a self-made investor, I learned how to grow prosperity — but I also saw how big corporations used their power to influence politics and enrich themselves. Unlike Trump, who has rigged the economy for the wealthy, I have a track record of taking on the big corporations and pushing economic power back to the people. This election will be won or lost on the economy.

**Join our campaign
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Registration open for Prescott Farm WildQuest Camps

LACONIA — Prescott Farm Environmental Education Center has once again opened registration for the WildQuest Vacation Camps. When school vacation comes around, don't sit the kids in front of a screen, throw open the doors to nature and the great outdoors with Prescott Farm. Families looking for outdoor and nature-based activities need look no further than WildQuest Camps at Prescott Farm.

These nature-based day camps coincide with local school February and April vacation weeks and run nine weeks in the summer. With a focus on the natural world – and plenty of outdoor fun – WildQuest Camps are the perfect match for inquisitive young explorers.

All camps are weekdays from 9 a.m. to 4 p.m. with extended care hours available from 8 a.m. until 5:30 p.m. Winter Camp (Monday, Feb. 24 - Friday, Feb. 28) and Spring Camp (Monday, April 27 - Friday, May 1) are open to children age 6 – 12. Registration is for a full week with some limited by-the-day spots available.

WildQuest Summer Camp features nine weeks of unique nature-based themes and is open to children age 4 – 16. Campers age 13 and 14 participate in the Leadership in Training (LIT) program which emphasizes hands-on team building and explores various leader-



COURTESY

Exploring new heights! Campers climb over a tree while discovering the natural world during Winter Vacation Camp.

ship styles. Similarly, the new Junior Counselor Program (JC) offers leadership, adventure skills, volunteer time and off-campus experience to campers ages 15 & 16. Registration for summer camp is by the week and an Early Bird discount is available on registrations made be-

fore March 2. Camp Director Jake Newcomb and the WildQuest staff are eager to create a memorable experience for campers. "WildQuest camp counselors are enthusiastic educators who love science and nature," Newcomb said. "Individually, we have our

own unique knowledge, skills and styles, so when we come together during WildQuest, campers get dynamic, informative and fun adventures that they can carry with them for a long time to come!" For details about WildQuest pricing, Early Bird and Prescott

Farm member discounts, and scholarship opportunities, visit prescottfarm.org or call 366-5695.

ages and a place in the Lakes Region community that encourages curiosity, discovery, fun and connection to the natural world. For more information about programming, events and volunteer opportunities at Prescott Farm, please visit prescottfarm.org.

Public invited to Belknap Mill Society's Annual Meeting

LACONIA — The Belknap Mill Society invites you to the 2020 Annual Membership Meeting on

Wednesday, Feb. 19 from 8:30 to 10 a.m. This meeting will be held in the Riverside

Gallery on the first floor of the Belknap Mill in the heart of downtown Laconia. Beginning at 8 a.m., there will be a

'hard hat' tour of the 3rd floor Rose Chertok Gallery which is currently undergoing extensive renovation, all are welcome.

In accordance with the Belknap Mill Society Bylaws, the Annual Meeting serves the purpose of reviewing the affairs of the Society, electing Directors and transacting other business that may

come before the meeting. An agenda for the meeting and voting proxy will be emailed to all members and will also be posted to our Web site, www.belknapmill.org. All current members are eligible to vote in person at the meeting or via proxy. You can become a member of the

Belknap Mill at: [https://www.belknap-](https://www.belknapmill.org/html/membership.html)

[mill.org/html/membership.html](http://www.belknapmill.org/html/membership.html)

For members who would like a hardcopy of the agenda and proxy to be mailed or for any general questions, please contact Tara Shore, Program and Operations Manager at 524-8813.

The Annual Meeting of the Belknap Mill Society is open to the public

and all are welcome. We look forward to having you join us to learn about our accomplishments of 2019 and our exciting plans for 2020. A light continental breakfast will be provided.

We look forward to seeing you at the Belknap Mill! #wherecommunityhappens

NOTEBOOK

CONTINUED FROM PAGE A1
For instance, they might have had the sun's last known position marked by some feature on the surrounding landscape, such as the south end of their porch railing.

In some parts of Alaska this translates into

"below the horizon," so they might not have seen the sun for a while, and by mid-December they're sick of this, and celebrate its lowest (known or guessed) point on the Solstice, given the understanding that they (and we) begin gaining daylight forthwith.

Technically, we're

gaining daylight, but equally technically it takes a while for our top half of a half of a cold piece of rock to begin shrugging off winter's worst, and warming up--and we haven't even seen winter's worst. In other words, it's a long way from Winter Solstice to

Mud Season, let alone dropping seeds into the ground.

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

TNS

CONTINUED FROM PAGE A1
knit hats, mittens and scarves. Tilton Police Dept. held their annual toy drive at Walmart to support the fund, while other collections of cloth-

ing and toys took place at Tilton House of Pizza, Pauli's Restaurant, Thomas Richard Salon, Walgreens and Northway Bank. There were also many donations from other area businesses and individuals,

"Without all of them this program would not be as successful as it is," the organization said. "We're very fortunate to have American Legion Post 49, the Rainbow Girls of Doric Centre Lodge #20 and the Til-

ton-Northfield Rotary help us with food baskets and deliveries every year. We are very thankful to have so much help from so many people and we are truly grateful for each and every person involved!"

Halie Haskins of Northfield named to Lasell University Dean's List

NEWTON, Mass. — Halie Haskins of Northfield was named to the fall 2019 Dean's List at Lasell University in Newton, Massachusetts.

To be named to the Dean's List, they needed to complete at least 12 credits as a full-time student and achieve a semester GPA of 3.5 or higher.

For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.



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Storied career comes to a close *Livernois retires as Winnisquam volleyball coach*

BY BOB MARTIN
Bob@Salmonpress.news

TILTON – The Winnisquam volleyball team has been one of the most successful programs in the state and much of that can be attributed to long-time coach Mike Livernois. After two separate stints with the Bears, multiple championships and coach of the year honors, Livernois has decided to retire from coaching.

Livernois admitted that he stumbled into coaching. He said he wasn't an athlete in high school, although he wanted to be but his tall, skinny body didn't equate to athleticism. However, Livernois got to playing volleyball for fun in a sand pit at Steele Hill and loved the sport.



BOB MARTIN

Mike Livernois coached the Winnisquam Bears to five state titles and is retiring from coaching.

Red Raiders race against top D-II teams at Gunstock



JOSHUA SPAULDING

(Right) Katie Gagnon races down the GS track at Gunstock last week.



BOB MARTIN

Becca Camire skied well at Gunstock last week for the Red Raiders.

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Belmont High School ski team competed at Gunstock last week and the skiers on both the boys' and girls' teams had impressive runs.

The girls' team placed seventh and was led by Katie Gagnon, who had a combined time of 1:20.11 for sixth place in the slalom. Her first run had her placed third with a time of 38.70 but the second run of 41.41 was sev-

enth in the heat.

Placing 16th was Becca Camire with a combined time of 1:39.67. Trinity Dunn was 54th with a time of 2:15.06 and Sarah McLaughlin was 55th with a time of 2:21.32.

In the giant slalom, Gagnon was 10th with a combined time of 56.26. Camire was 20th with a time of 1:02.21 and Sarah McLaughlin was 58th with a time of 1:22.59.

In slalom, the boys' SEE ALPINE, PAGE B3

Livernois went off to graduate from the University of New Hampshire and started teaching at Winnisquam Middle School in 1986. He walked in the building one day to see an advertisement on the door for a JV volleyball coach and figured, why not, and he was hired.

The school didn't have a JV coach in the past, and while Livernois coached the team he also assisted in the varsity practices. After a year, the varsity coaching position opened up and Livernois took the spot.

The first year, he admitted, was rough because he was the new guy coming in. The team went 2-6 in the first half of the season, but Livernois said he spoke with the players and they apparently bought into his system because the Bears went 6-2 the rest of the way and made it to the second round of the playoffs.

This is when Livernois got the true coaching bug by reading books, going to camps and watching videos on how to improve. In 1989, he attended a Nike Festival that was the largest single sport tournament in the country with 12,000 volleyball players at a convention center in Sacramento, Calif. He was able to go to workshops and speak with college coaches for insight.

"I started going to camps to learn what the heck I was supposed to be doing as a coach," said Livernois. "At the same time Winnisquam had a great field hockey run going on when I started. Everyone played field hockey. I would wait to see who got cut because maybe we could turn them into a volleyball player. I was pretty much a .500 coach for a while, in the early times."

In 1995, Livernois said he had a group of athletes playing for him that truly wanted to be volleyball players. Three years later the team became the first undefeated state championship team in Winnisquam school history.

"I started to understand I had to build a culture and it wasn't just teaching them how to

SEE LIVERNOIS, PAGE B2

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Belmont hoop teams split with Berlin Mountaineers

BY BOB MARTIN
Bob@Salmonpress.news
BELMONT – The Bel-

mont High School boys' basketball team came back and had one game

last week after the long holiday break, and the Red Raiders took it to the

Berlin Mountaineers for a 71-14 win on Jan. 10. The Red Raiders were

able to pile on the scoring from the start and coach Jim Cilley said his play-

ers did a good job honing in on Berlin's strongest players and shutting them down completely.

"My guys played really well and I don't want to understate the hard work they put in after a lot of time off," Cilley said, noting that the team was very good fundamentally. "We worked things like simple defensive positioning and being disciplined while playing tough, boxing out and rebounding. I was happy because hopefully that will translate to good play the rest of the way. We have a tough schedule coming up."

Cilley said the Red
SEE **HOOPS**, PAGE B3

Bear boys win key battle with Saints, girls fall short

BY BOB MARTIN
Bob@Salmonpress.news
TILTON – An early battle of potential playoff teams faced off on Friday night with Winnisquam taking a 51-46 win at home against St. Thomas Aquinas.

It was a 9-9 game after one quarter and remained fairly even in the second quarter, with St. Thomas taking a one-point lead into halftime with a score of 21-20. The third quarter was close with the Bears outscoring St. Thomas 13-12 to tie the game going into the final quarter. Winnisquam got a strong quarter from Caleb Bushway, who had eight of his

game high 14 points in the final frame to secure the victory.

Bushway was 4/4 at the foul line down the stretch and overall the Bears were very efficient at the free throw line going 8/9 at an 88.8 percent clip. This is compared to St. Thomas's 47 percent from the foul line.

Phil Nichols had a huge first quarter for the Bears with nine of his 13 total points. Gunnar Horman was consistent all game and had eight points. Noah Pearson chipped in five points, all coming in the second quarter.

"I thought our guys played extremely hard,"

said coach Kevin Dame. "We did execute very well but we made enough plays against a quality St. Thomas team. We got a lot of contributions from different guys."

The Bears took on Newfound after deadline and next up is Somersworth on Friday on the road.

The Winnisquam girls' basketball team's tough start continued with a pair of losses last week. On Jan. 7, the Bears lost 55-20 to Campbell. Mackenzie Phillipy led the team with 15 points and was a perfect 7/7 from the foul line. Emma Griffin had a good night on the

boards with 11 rebounds. Sophia Day had six defensive rebounds to go with a pair of free throws. Freshman Delaney Skourtis hit a three-pointer in the game.

"We had a hard time getting the ball past half court," said coach Pam Rozean, who recently took over at the helm for Winnisquam. "Struggled to take care of the ball."

On Jan. 10, Winnisquam traveled to St. Thomas Aquinas and suffered another big loss by a score of 56-16. Griffin had five points and 12 rebounds, with seven being offensive boards. Phillipy played well defensively

with six steals and six defensive rebounds to go with her two points. Cheyenne Cooper and Lexi Hamilton were commended by Rozean for their tough play.

Despite the slow start and the team's inexperience, Rozean has high hopes for the Bears.

"A very young team," Rozean said. "We need to take care of the ball. The score doesn't show it but the girls never gave up and played hard."

Bulldogs shut out arena rival Lakers

BY BOB MARTIN
Bob@Salmonpress.news
LACONIA – In a battle of Lakes Region hockey teams, the Belmont/Gilford Bulldogs and the Lakers of Laconia/Winnisquam/Inter-Lakes squared off at the Merrill Fay Arena last week, with the Bulldogs putting together a three-goal second period and coming away with a 5-0 win.

Belmont/Gilford got on the board in with 10:31 left in the first period on a power play goal by Owen Guerin with assists by Joey Blake and Hayden Parent. The majority of the first period was controlled by the Bulldogs, who fired off 15 of 34 total shots in the opening frame. Laker goalie Evan Rollins did a good job, turning away 14 of the 15 shots and kept L/W/I in the game.

The second period was back-and-forth for the first four minutes but then with 10:24 left, Will Robarge took a nice pass from Cam Jarvi and knocked home the second goal of the game for B/G. Nate Shirley was also credited with an assist on the goal. With 8:30 left in the period Shirley scored a goal of his own, unassisted, to make it 3-0 on a nice shot from about 15 feet away that snuck by Rollins. Only seven seconds later, Blake scored on an unassisted goal to go up 4-0.



Colin McGreevy of Belmont/Gilford knocks away a shot against the Lakers' Blake Dunlap last week.

The fifth goal of the game was by Jarvi with an assist credited to Blake, who put together a nice game with a goal and two assists.

Bulldog coach Jason Parent was very happy with the win against the nearby rival Lakers, who are in their first season as a cooperative team. He said it was an impressive overall performance for his team.

"Great play from Colin McGreevy in net," Parent said of his goalie, who had 15 saves in the shut-out. "Scoring was across the board from multiple players, which showed a great team effort. Defensively we were able to shut down the Laconia offense."

Laker coach Paul Wheaton recognized that his team was outplayed in the first meeting between the Bulldogs and L/W/I.

"The Lakers played hard but struggled offensively," said Wheaton. "B/G protected the puck well and made the most of their chances."

The Bulldogs

The strong play of B/G continued with a 10-1 win over Monadnock/Fall Mountain on Saturday. Blake and Parent each had hat tricks in the win. Shirley had a goal and four assists in the game. Jackson Collins, Robarge and Trevor Chassie rounded out the scoring.

McGreevy played well in net again with 14 saves. He has allowed only two goals in four games this season for the Bulldogs.

The Lakers

Laconia/Winnisquam/Inter-Lakes also played Hollis-Brookline on Jan. 11 and suffered a 5-1 loss. Matthew Nichols scored his second goal

of the season in the first period with an assist by Blake Dunlap and Zachary Holmes. Rollins stopped 31 Warrior shots in the game.

"Fairly even game," said Wheaton. "The Warriors cashed in on a few rebounds. The Lakers, a little snake bit, hit three posts."

LIVERNOIS

CONTINUED FROM PAGE B1
play," said Livernois. "It was about a community and a family. Learning how to build a community and a team takes a while to get a grip on."

Livernois coached for two more years but then left Winnisquam to coach for Merrimack Valley, which he currently teaches at. His first stint he had a record of 125-107 with a state title, and he felt he was starting to figure it out.

Livernois was a marching band coach at Merrimack Valley and he decided to focus on this. However, nine years later, the volleyball position opened up at Winnisquam and he decided to apply, and was rehired in 2010.

When he arrived, he said the team included some players who really wanted to play. Kevin Archibald came on as a JV coach and he had never coached before. This was the start of the current incredible run that Winnisquam has shown the past decade.

The Bears went 19-1 in his first season back and won the state title, which he said he was even amazed by after being gone for 10 years. During that time the game had changed, including many of its rules, but he was able to adapt nicely.

Since 2010, the Bears have a record of 163 wins and 26 losses. In that time,

Winnisquam has won four state titles, with one being undefeated, and was a runner up twice. The team consistently had All-State athletes and has also had four athletes named Division 3 Player of the Year including Carolyn Hajdusek, Marissa DeBlasie, Shannon Goodwin and Talia DeBlasie. Livernois was the Division 3 Coach of the Year in 2016, 2017 and 2018.

"We've had a very fortunate and remarkable run for the past 10 years," said Livernois. "It has been like the perfect storm. It was kind of miraculous how it came together the way it did. We built a family. The parents got involved. The kids bought in and started playing summer and J.O. We worked on team building. The coaches, Kevin and Jonathan Ledoux added a whole new element."

Livernois said it was incredible how volleyball at Winnisquam became a culture that went down the family tree. He said sisters and cousins of former players rolled through the system and made significant marks on the program. In many ways, he said, it became the sport to play.

As a coach, he has aligned with the mantra of Patriot coach Bill Belichick: "Do your job." He said it is important for players to go out and do their best, know their role, play to win, put the

team first and give it their all.

Livernois has coached countless Winnisquam high school girls on the volleyball court and have watched them go on to do great things, and much of their direction he feels pertains to what they learned through teamwork and success in athletics. He said he has seen players overcome adversity both on and off the court, and later become incredible people who he has been impressed by.

"It's been really great," said Livernois. "We've had a lot of kids go on to play in college but it has also helped them go off and start their new life. Watching these kids grow into remarkable young women is really satisfying as a coach. They dedication and hard work. Make a mistake, you pick yourself back up. All these things they dealt with in the sport they have applied to their lives."

The Bears are coming off another successful season, and Livernois said there is never a truly perfect time to retire. But he decided now is the time and he is happy with where the storyline his coaching career has led.

"It's time for me to start dialing things down," said Livernois. "It felt like the right time to step away. For as much as I will miss it, I am very much at peace with it."

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Raiders and Bears compete in meet at Plymouth State

BY BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH – The Winnisquam and Belmont indoor track teams competed at Plymouth State University over the weekend.

Winnisquam

The girls' team placed ninth out of 12 teams. In the 55 meters, Astrid Renaud was 31st with a time of 8.92 and Lucia Rodriguez was 38th with a time of 9.34. In the 300 meters, Rodriguez was 28th with a time of 55.38 and Milee Perrino was 30th with a time of 56.19.

In the 1,000 meters, Faith Gosselin was second with a time of 3:17.17. In the 600 meters, Gosselin was fifth with a time of 1:53.02.

In the shot put, Nadia Oettingen was 13th with a toss of 20 feet, 10 inches. The boys' team was sixth out of 11 teams.

In the 1,500 meters, Dylan Robert won with a time of 4:25.18. Brennan Dunn was 10th with a time of 5:20.75.

In the 1,000 meters, Riley Mann took the win with a time of 2:48.90. Collin Phelps was 15th with a time of 3:26.60.

In the 300 meters, Mann was fourth with a time of 39.76. Aiden Phelps was 19th with a time of 43.49; Sheamus Dunn was 27th with a time of 44.87 and Collin Phelps was 34th with a time of 49.47.

In the 55 meters, Ryan Belleville was 22nd with a time of 7.84.

In the 600 meters, Evan Griffin was 17th with a time of 1:43.99.

In the 55-meter hurdles, Belleville was seventh with a time of 10.50.

In the 4X400-meter relay, Winnisquam was fourth with a time of 4:01.47. The team included Belleville, Dunn, Griffin and Mann.

Belmont

The girls' team placed sixth overall at the meet at Plymouth State University.

In the 55 meters, Jada Edgren was third with a time of 8.07; Emma



Jada Edgren races down the Plymouth State track last week for Belmont.



Sana Syed leaps over a hurdle in a meet on Sunday.



Brandon Robichaud, left, and Lucas Mathieu take off from the starting line for Belmont.

Winslow was fifth with a time of 8.13; Gabrielle Day was sixth with a time of 8.15 and Ella Irving was 42nd with a time of 9.53.

In the 300-meter dash, Edgren was fourth with a time of 46.76.

In the 600 meters, Mercedes McIntyre was ninth with a time of 2:12.03.

In the 3,000 meters, Aurora Couto was fifth with a time of 12:23.

In the 55-meter hurdles, Sana Syed was second with a time of 10.17.

In the 4X200 meters, Belmont's team of Syed, Day, Edgren and Winslow was second with a time of 1:59.14.

In the long jump, Syed was fifth with a time of 13 feet, 11.5 inches.

In the shot put, Irving was 15th with a time of 19 feet, nine inches.

The boys' team was seventh overall out of 11 teams.

In the 55 meters, Lucas Mathieu was seventh with a time of 7.24;

5-0 but we have a long way to go."

The Belmont girls' basketball team traveled to Berlin the same night and while it was a much more tightly contested game, the Red Raiders fell 31-29.

Berlin led 10-5 after one quarter and 20-11 at the half, but the Red Raiders battled in the second half but to no avail.

Becca Fleming and Molly Sottak each had 10 points in the game. Morgan Hall added six points. In the end, free throw shooting was the name of the game. Despite shooting a low percentage, Berlin got to the line 26 times and made 14 free throws. Belmont only made three of 10 shots from the charity stripe.

"Tough game on the road tonight," said coach Mark Dawalga. "We held them to just two field goals in the second half, but we just could not make up the difference at the foul line."

Both teams take on St. Thomas Aquinas on Friday beginning at 6 p.m. with the boys' team at home and the girls' team on the road.



Riley Mann had a strong day running for the Bears at Plymouth State University.

Brandon Robichaud was eighth with a time of 7.44; Joey Spinale was 14th with a time of 7.57; Nick Miles was 25th with a time of 7.90 and Michael Dandurand was 39th with a time of 8.63.

In the 300 meters, Eddie Mann was seventh with a time of 39.91 and

Miles was 24th with a time of 44.55.

In the 600 meters, Micah Edgren was fifth with a time of 1:34.17.

In the 1,000 meters, Chris Pare was seventh with a time of 3:04.80 and Cody Annis was 15th with a time of 3:22.80.

In the 1,500 meters,



Trinity Dunn makes a turn around a gate for Belmont.



Lars Major placed fourth in the GS at Gunstock.

ALPINE

His first run was a fourth place time of 36.02 but he fell to 19th in the second run with a time of 43.85. Rounding out the scoring for the boys' team in the slalom was Dylan Flanagan with a 39th



Collin Phelps runs hard for the Winnisquam Bears during last week's meet at PSU.



Faith Gosselin finishes her first lap in the 1,000 meters.

Jared Whitcomb was fifth with a time of 4:57.55.

In the 4X200 meters, Belmont's team consisting of Mathieu, Mann, Edgren and Robichaud was third with a time of 1:44.65.

In the long jump, Mathieu was fifth with a distance of 17 feet, 11.25

inches; Robichaud was 10th with a distance of 16 feet, 8.25 inches; Miles was 15th with a leap of 15 feet, seven inches.

In shot put, Spinale was second overall with a time of 39 feet, three inches. Dandurand was 10th with a time of 29 feet, three inches.



Mitchell Berry had a strong day for the Red Raiders at Gunstock.



Tanner McKim makes his way toward the finish line in the slalom.

place time of 1:54.74 and Hunter Hacht-Acers, who placed 50th with a time of 2:18.68.

In the giant slalom, Major placed fourth with a time of 52.06 and also cracking the top 10

was Berry in ninth with a time of 53.58. Tanner McKim was 32nd with a time of 1:00.08; Flanagan was 41st with a time of 1:03.09 and Hacht-Acers was 69th with a time of 1:20.16.

HOOPS

CONTINUED FROM PAGE B2

Raiders did well controlling the glass and playing good defense, while also not forcing plays offensively. He said defense was able to transition well into offense all night.

Jackson Ruelke had 23 points in only 19 minutes. Also in 19 minutes, Nate Sottak was outstanding in every facet of the game with 15 points, eight assists and six steals. Keith Landry just missed a double/double with nine points, 10 rebounds and five blocks. Cilley was happy to report that not only was he able to get everyone into the game, but everyone on the roster contributed to the scoring.

"I was really happy with the way we played," said Cilley. "The road gets much tougher from here and doesn't let up the rest of the year. We have a brutal stretch and not really any games for us to win easily on paper. It will be a tough road to get ourselves into the top eight, which is our goal as a team. It's nice to be

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Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

Michelle Eastman Realty: www.michelleeastmanrealty.com

Old Mill Properties: www.oldmillprops.com

Peabody and Smith: www.peabodysmith.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Remax Bayside-Steve Banks: www.winnihomes.com

Roche Realty: www.rocherealty.com



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NEW HAMPTON: 5-BR antique cape w/ modern amenities & antique charm. **\$489,900**



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LACONIA: Building lot offered with Dock #38. Bordered by woodlands & trails. **\$97,500**



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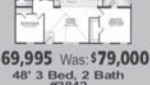

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F/T Employment Opportunity Town of Sandwich

The Town of Sandwich is accepting applications for a full-time Administrative Assistant to manage the daily operation of the Selectmen's office. Applicants must possess strong communication and organizational skills, ability to work with the public and Town Boards, and be well-versed with Microsoft Office software. Experience with QuickBooks and bookkeeping a plus. Salary commensurate with qualifications. References and resume required. Excellent benefit package. Application must be received by Monday, February 3, 2020 at 4:30 P.M. Complete job description and application available at Sandwich Town Hall, 8 Maple Street.

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Changing Lives

FULL TIME OFFICE MANAGER

NHS seeks a dynamic candidate to assume responsibility for administrative operations at the Mental Health Centers in Conway and Wolfeboro. Position involves traveling to both locations, many aspects of Human Resources including maintenance of personnel folders, oversight of clerical/administrative functions as well as payroll, building maintenance, assisting the Director of Behavioral Health, town funding applications, and direct supervision of administrative team. Candidate must have strong leadership skills with proven ability to problem solve, exercise sound judgment, maintain a high level of confidentiality, and work well under pressure with competing demands, frequent interruptions and changing priorities. Must work as supervisory leader of a team, be self-directed and present a positive, professional attitude.

Minimum 2 years of college, or equivalent combination of education and experience with special emphasis in administrative procedures required. Oral and written communication skills, working knowledge of Human Resources, proficiency with computers including the MS Office suite are needed. Solid math skills and an acute attention to detail are critical.

Interested candidates, please send cover letter and resume to: Rhonda Vappi, Office Manager, by e-mail: rvappi@northernhs.org, fax: 603-447-8893 or by mailing to: NHS, 87 Washington Street, Conway, NH 03818.

Northern Human Services offers an excellent benefits package including medical, dental, employer paid group Life, LTD & AD&D, 11 paid holidays, generous paid time off and more. The Mental Health Center provides a team-oriented environment which emphasizes professional development, quality improvement and consumer/community services.

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We are looking for an Educational Leader for **Bridgewater-Hebron Village School**. The next leader should have a strong background in an elementary educational setting, experience in the use of data to drive instructional decision making, and knowledge of the role of Principal in building level management. This Pre-K through 5 school is located in Bridgewater, NH and right next to the beautiful Newfound Lake.

Salary: \$90,000 with an excellent benefits package

Certified candidates should provide a letter of interest, resume, transcripts, job application, and three (3) current letters of recommendation no later than February 7, 2020 to be considered.

Mail to: Newfound Area School District
Attn: Superintendent Stacy Buckley
20 North Main Street
Bristol NH 03222

Application is available at:
<http://www.sau4.org/human-resources/employment-information>

TWO Administrative Positions

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

STAFF ACCOUNTANT – FULL TIME SALARIED

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

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

ACCOUNTS RECEIVABLE ASSOCIATE II – FULL TIME/35 HOURS

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

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

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

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

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- Assists lenders with correspondence, research and the preparation of miscellaneous documents as needed.

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Town of Holderness

**Part time
Deputy Town Clerk/Tax Collector**

The Town of Holderness is seeking candidates for the position of Deputy Town Clerk/Tax Collector.

This is a part time position and will consist of 15 to 20 hours a week and occasional additional hours will be required. The hourly pay range of \$ 15.50 to \$ 22.07 depending on experience.

Applicants must be a resident of Holderness.
Minimum requirement: High School Diploma, must pass a background check, basic accounting skills, typing, office procedures, and computer skills are required.

The job description and application are available on the town website at www.holderness-nh.gov. Position is open until filled.

Completed application, resume and references should be mailed to or delivered to:

Town of Holderness
Attn: Ellen King
PO Box 203
Holderness NH 03245

The Town of Holderness is an equal opportunity employer.

**PLYMOUTH SCHOOL DISTRICT
PRINCIPAL**

The Plymouth School District is seeking an experienced administrator for its 404 student PK-8 elementary school. The successful candidate should be a team player as well as be able to develop a vision for the school through community and faculty input, and have high expectations for students, faculty, and self. Parents and members of the community are extremely supportive of their school. Strong leadership in curriculum, instruction and assessment. Proven success with school-wide academic and behavioral systems. Experience with oversight of special education/504, personalized learning and innovative practices in education. Competitive salary and benefits.

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Lynn Davis
Human Resources Coordinator
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
ldavis@pemibaker.org

Deadline for applications Friday, February 14, 2020

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Contact Kristine @
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JOSHUA SPAULDING
Brandon Marceau placed fifth in the 182-pound weight class at the Winnisquam Winter Classic last weekend.



JOSHUA SPAULDING
Burton Swanson wrestled for Winnisquam at the Winnisquam Winter Classic.

Winnisquam wrestlers host annual Winter Classic

BY BOB MARTIN
Bob@Salmonpress.news

TILTON – The Winnisquam Winter Classic wrestling tournament took place at Winnisquam Regional High School on Saturday and the Bears came in seventh out of 18 teams, with Concord taking the top spot.

In the 113-pound weight class, Michael Mitchell placed fifth. He had a win against Vincent Harris of Keersarge and a win by fall over Alana



JOSHUA SPAULDING
(Left) Devon Flores competed for the Bears this past weekend in the 170-pound weight class.

Cilbrith of Mascoma Valley.


In the 182-pound class, Brandon Marceau placed fifth. He had a win by fall over Jackson Moskalenko in the first round. He also beat Cam Sylvester of Pinkerton Academy.

In the 160-pound class, Connor Corey won his first round match against Benja-


min Motta of Keene by fall, 2-0.

In the 285-pound class, Eyan Hanks placed fourth. He won the first round against Brian Vattes of Concord and also the second round against Zach Howland of Lebanon.

In the 220-pound class, Chaz Hibbert placed fourth. He beat Logan Rafter of Lebanon 2-0 and also 2-0 over Jace Furbush of Concord in the second round.



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