

Winnisquam Echo

THURSDAY, JANUARY 20, 2022

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE

Filing period open for local town offices

BY DONNA RHODES
Contributing Writer

REGION – With the March 8 Town Meeting Day drawing near, registered voters in each town within New Hampshire are encouraged to sign up to run for elected positions in their local community government, beginning Wednesday, Jan. 19, with a statewide deadline of 5 p.m. on Fri., Jan. 28, for all filings.

In Belmont, openings will be available for the following positions: Selectman (3-year term), the Budget Committee has four 3-year terms up for election, there is one 3-year opening for Cemetery Trustee, a 3-year term for Library Trustee, two 3-year seats on the Planning Board, a 3-year term for Town Clerk/Tax Collector and another 3-year term for Town Moderator.

Shaker Regional School District, comprised of the towns of Belmont and Canterbury, is accepting candidate filings as well for one member each from those communities to serve a 3-year term on the School Board as well as one opening from either town for SAU 58 District Moderator. Applications for each of the openings can be obtained at the district office, located at 58 School St.

in Belmont during normal hours of operation, by calling the Superintendent's office at 267-9223 or contacting District Clerk Stacy Kruger at 267-7552 in the evenings.

The Town of Northfield will be accepting candidacy filings for one 3-year seat on the Board of Selectmen, a 2-year term for Town Moderator, one 3-year term for Trustee of the Trust Fund, a 3-year term as Library Trustee and one 6-year opening for Supervisor of the Checklist.

Sanbornton's Town Clerk's office will be accepting Declarations of Candidacy for two 3-year terms on the Budget Committee; one 3-year term on the Board of Selectmen; two 3-year terms as Library Trustee; one 3-year and one 1-year opening for Cemetery Trustees positions; a 2-year term for Moderator; a 3-year term for Treasurer and a 3-year term as Town Welfare Officer. Filings should be done through the Town Office at 573 Sanborn Rd.. The Town Clerk/Tax Collectors office is open Tues., Thurs. and Fri. from 8-4 p.m., from 8 a.m. until 6:20 p.m. on Wed. and closed on Monday. As with all New Hampshire town offices, they will remain open until 5 p.m. on Jan.

SEE FILING, PAGE A9

Sanbornton resident honored at Rose Parade



COURTESY

Sanbornton resident Ginger Chapman, director of Moulton's Band, was honored as one of 270 band directors from all over the U.S. and Mexico selected to take part in the 133rd annual Rose Parade in Pasadena, California on Jan. 2.

BY DONNA RHODES
Contributing Writer

SANBORNTON – Millions of people tune in each January to see the spectacular Rose Parade, but this year, Ginger Chapman of Sanbornton had a different perspective of the 133rd anniversary of the spectacular event when she actually participated in the legendary parade. Chapman has had a

long-standing career in the medical field with degrees in nursing and midwifery. She is currently an Assistant Deputy Medical Examiner for the State of New Hampshire, specializing as a Forensic Death Examiner. Her off-duty passion however is music and for the past 20 years she has been the director of the locally renowned Moulton's Band. "I joined Moulton's

Band about 30 years ago when I moved (from Alton) to Sanbornton," Chapman said, "I play flute and piccolo, but one year, they needed a director, so I finally agreed to take it on and I've been directing them ever since."

In 2021, that role led her to the Rose Parade as part of an entry by the Michael D. Sewell Foundation.

SEE CHAPMAN, PAGE A9

Common Man's Cindy Bates receives NHLRA Lifetime Achievement Award



Cindy Bates

became The Common Man's first director of training in 2006.

During her acceptance speech, Bates noted that she didn't intend to stay in the hospitality business, rather her server position was a part-time job meant to expose her to some adult conversation, having three small children at home.

"But the truth is, I fell in love with this company," said Bates. "I fell in love with who we are, what we do, how we support our communities and how we support each other. I realized that the restaurant business is about so much more than just food, it's about a love of caring for others and a love of caring for each other."

Named Chief People Officer in 2020, Bates leads training initiatives for the hospitality family of more than 675 employees, advises on human resources policies and procedures, and leads recruitment of new talent. She developed a management mentor program and conducts various training seminars across the company.

Over the past 19 months, Bates became the go-to expert regarding health and safety

SEE BATES, PAGE A8

ASHLAND — The Common Man family's Chief People Officer Cindy Bates, PHR, CHT, was recognized for her decades of commitment to hospitality in New Hampshire with the 2021 Lifetime Achievement Award from the New Hampshire Lodging and Restaurant Association

(NHLRA).

A resident of Belmont and graduate of Colby Sawyer College, Bates began her career with The Common Man family as a server at Tilt'n Diner in Tilton in 1992. She was promoted to general manager of the diner in 1998, and

Berry leads Belmont alpine boys to second place



JOSHUA SPAULDING

Mitchell Berry led the way for the Belmont alpine team in Friday's race at Gunstock.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Belmont alpine ski team took to the slopes of Gunstock for the second week in a row and the Raider boys won the giant slalom and finished second overall.

In the morning giant slalom, the Belmont boys took the win, led by

a third place finish from Mitchell Berry, who finished in a time of 58.64 seconds.

Tanner McKim was sixth overall in a time of 1:03.36 and Tyler Flanagan was 14th overall in a time of 1:11.2.

Landon Bormes finished in 15th place overall in a time of 1:11.45 to

round out the scoring.

Mathias Krauchunas rounded out the field of Belmont boys with a time of 1:15.84 for 26th place overall.

The Raiders finished second overall in the afternoon slalom, with Berry again leading the

SEE ALPINE, PAGE A9

Jam-packed January in store at Hall Memorial Library

NORTHFIELD — Hall Memorial Library has a jam-packed calendar of events for January with new activities, new programs and new days for

old favorites. First up, we've extended our open hours! Hall Memorial is now open Monday, Wednesday and Friday, 10 a.m. to 6 p.m.,

Tuesday and Thursday 10 a.m. to 8 p.m., and Saturday 10 a.m. to 2 p.m. Masks are encouraged for all patrons and are required for indoor programs, regardless of vaccination status.

Carrying over from 2021, the Chess Club will continue to meet on Mondays, 3 to 5 p.m., and the Quilters' Group on Fridays, 10 a.m. to 2 p.m. Both groups welcome new members of all skill levels.

The Chess Club will be hosting a special beginner's chess program on Saturday, Feb. 2, 11 a.m. to 1 p.m. - "Learn How to Play Chess." Please note that this is a change from the originally scheduled date of Jan. 29. It is open to all ages.

Our popular Children's Storytime for preschool age children is now twice a week at 10:30 a.m. on Mondays

and Saturdays. Children's Take and Make kits inspired by Jan Brett's "The Mitten" are available for children up to age 12. Tweens, teens, and adults are invited to Take and Make wire rings. All materials are provided. Just pick up at the library (curbside available!) during open hours.

In addition, we're excited to announce a return to tech help at HML - Tech Thursdays! Every Thursday, Hall Memorial staff are available to help with tech issues and questions such as using our digital apps (LibHow and Hoopla), setting up and using devices, email, software demonstrations and more. Call or email us to book your appointment or drop-in between noon and 7 p.m.

On Thursday, Jan. 27 at 7 p.m., Hall Memorial will host a New Hampshire Humanities pro-

gram via Zoom: "New England Quilts and the Stories They Tell." New England Quilt Museum Curator, Pam Weeks, will be talking about the history of quilts and how it intersects with women's history, industrial history, and "anything she can fit-in related to quilts." She will feature participants' quilts if photos are emailed to her, pamelaweeks@gmail.com, by January 20th. Don't have access to Zoom? Come to the library to view the presentation on our large screen TV. Masks and social distancing will be required. The presentation is made possible by a grant from the New Hampshire Humanities, and is free and open to the public. Learn more about their programs at www.nhhumanities.org.

Last, but not least, our friends at Baker Free Library in Bow are

challenging Northfield and Tilton to a community reading competition during the month of February. The patrons who collectively read the most minutes will get bragging rights for a year! Support Hall Memorial by logging how many minutes you read during February, either digitally or in-person, and be rewarded with weekly raffle entries.

For more information on any of our programs including the reading competition, please contact Hall Memorial Library at 603-286-8971 or hallmemoriallibrary@gmail.org. Follow us on Facebook and Instagram @HallMemorial for news and updates about library programs and sign up for our monthly newsletter at www.hallmemoriallibrary.org.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 3-10.

Patrick J. McDonald, age 28, of Belmont was arrested on Jan. 3 in connection with a warrant.

Amanda M. Mullen, age 30, of Belmont was arrested on Jan. 4 in connection with multiple warrants.

Demisson D. Chiasson, age 27, of Belmont was arrested on Jan. 4 for Driving Under the Influence-Impairment. Two other individuals whose names have been withheld from publication were taken into protective custody.

Bailey G. Swinton, age 25, of Laconia was arrested on Jan. 6 in connection with multiple bench warrants.

Kayla Shay Durdu, age 27, of Belmont was arrested on Jan. 6 for Suspension of Vehicle Registration, operating after Revocation or Suspension, and violating Driver's License Prohibitions.

Bruce Brien Fortier, age 53, of Gilmanton was arrested on Jan. 7 for Simple Assault-Physical Contact or Bodily Injury.

Janelle D. Moulton, age 34, of Belmont was arrested on Jan. 7 for possession of a Controlled Drug (subsequent).

Francis H. Nidock, age 35, of Canterbury was arrested on Jan. 7 for Driving Under the Influence-Impairment.

Devon Eldridge, age 26, current address unknown, was arrested on Jan. 8 in connection with multiple bench warrants.

Donald G. Sanborn, age 49, of Laconia was arrested on Jan. 9 for Driving After Revocation or Suspension (subsequent).

Eric Steven Bozeman, age 34, of Green Cove Springs, Fla. was arrested on Jan. 9 for Driving After Revocation or Suspension.

Comfort Keepers

Winter health risks for seniors

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many senior's regular schedules. And, it's not just snow and ice that make winter a difficult season for seniors - additional factors include post-holiday isolation, illness, and the physical effect of cold weather.

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness.

Some factors to consider include:

Winter blues - Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Creating opportunities for socialization and finding

joyful moments isn't just for fun - it can help foster critical connection and combat loneliness. There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

Winter illness - There are a variety of ways that seniors can be physically affected by the winter season.

Pneumonia: Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help.

Joint pain: Joint pain can be more common for seniors in cold conditions - whether they suffer from arthritis or not. Dressing in layers, regulating temperature inside and stretching exercises can help. A healthcare professional can also suggest exer-

cise, medication or other coping strategies.

Heart issues: Heart attacks and high blood pressure are more common in winter because cold snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially in seniors.

Winter safety - Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for those with some health conditions, like Parkinson's disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided through education too. Examples include being mindful about fall risks, monitoring carbon dioxide levels and preventing hypothermia.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care

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

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

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

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

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Forest Society adds nearly 74 acres to Stillhouse Forest

CANTERBURY —The Society for the Protection of New Hampshire Forests (Forest Society) is excited to announce an addition of nearly 74 acres to the Stillhouse Forest Reservation in Canterbury and Northfield. This important acquisition adds 1,200 feet of undeveloped frontage along the Merrimack River; more than two miles of intermittent streams, and eight acres of wetlands that are integral to the aquatic resources found on the existing Stillhouse Forest Reservation.

The property is within the conservation focus area of the Merrimack Conservation Partnership's Conservation Plan. In 2010, a U.S. Forest Service report identified the Merrimack River as the most threatened watershed in the nation in terms of projected loss of private forestland over the next 20 years. The report stirred the Forest Society and more than 23 other groups and state agencies to form the Merrimack Conservation Partnership, which focuses on the protection of the Merrimack River.

"The Merrimack River's dire designation in 2010 as a watershed at risk made it abundantly clear that the development of forestland in the watershed is a danger to the river's water quality and quantity," states Jack Savage, president of the Society for the Protection of New Hampshire Forests. "Hundreds of thousands of people rely on the Merrimack River for their drinking water. We're proud that the Stillhouse Forest addition represents the 12th project in a series of projects that protect shoreline along the river."

In 2020, the Forest Society released a documentary, "The Merrimack: River at Risk," highlighting the urgency the region faces in the fight to protect the Merrimack River watershed.

The Stillhouse Forest property has an intact forested riverine buffer and portions of a rich floodplain forest. Otter and mink dens, bank beaver lodges, along with fresh mink, otter, beaver, raccoon, deer, and bear tracks have



been observed on the land. The inland portion of the property contains harvested Appalachian Oak-Pine Forest that is seeing strong pine regeneration. The New Hampshire Natural Heritage Bureau lists several threatened and endangered species on or near the property as well.

The Stillhouse Forest

falls within the Wellhead Protection Area of the Penacook-Boscawen Water Precinct's three drinking water wells. Protecting the property helps to advance the Town of Northfield's 2014 Master Plan vision that the shorelines of the Merrimack River will largely be free from development and accessible to the public.

Federal, state, and private donors came together to help conserve the new 74-acre addition, including the New Hampshire Land and Community Heritage Investment Program (LCHIP), the State of New Hampshire's Aquatic Resources Mitigation Fund (ARM) and the Drinking Wa-

ter and Groundwater Trust Fund (GWDW-WTF), the Fields Pond Foundation, the Merrimack Conservation Partnership, and more than 100 private donors.

About the Forest Society

The Forest Society is a private, non-profit land trust and forestry organization established in 1901. It currently holds more than 750 conservation easements statewide permanently protecting more than 135,000 acres of New Hampshire's landscapes. The Forest Society also owns 191 forest reservations constituting more than 58,000 acres in 105 New Hampshire communities.

LRPC seeking input on Bicycling and Walking plan

BY ELISSA PAQUETTE
Contributing Writer

REGION — The Lakes Region Planning Commission (LRPC) is seeking input from its thirty participating towns for the its 2022 Bicycling and Walking plan. The anonymous survey is collecting key demographic data and individual thoughts reflecting personal experience walking and biking along New Hampshire roadways. If one doesn't walk or bike, what is it that prevents that activity?

LRPC contact for the survey, Jessica Bighinatti, says the LRPC and its Transportation Advisory Committee would like to hear where wider road shoulders would be helpful, specific places that have access problems to address, such as visibility, shoulder maintenance, or have poor signage, for example, in order to provide feedback to the New Hampshire Department of Transportation and individual towns as it develops ten-year plan projects.

The survey may be accessed on the LRPC Facebook page or possibly your town Web site. Questions? Please contact Jessica at jbighinatti@lakesrpc.org.

SNHU announces Fall 2021 Dean's List

MANCHESTER —It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2021 Dean's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 are named to the Dean's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

- Jonathan Merrill of Belmont
- Matthew Prescott of Belmont
- Kegan Lachapelle of Tilton
- Valerie Wirth of Tilton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 160,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

SNHU announces Fall 2021 President's List

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Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above are named to the President's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

- Jacob Roy of Belmont
- Jevanie Rubner of Sanbornton
- Brittany Davis of Sanbornton
- Alexis Ladieu of Belmont
- Maria Hanson of Belmont
- Chelsea Goulet of Northfield
- Kate Chase of Northfield
- Corey Arbogast of Northfield
- Grace Therrien of Sanbornton
- Nikolas Haddock of Belmont
- Alexis Garside of Northfield
- Jacqueline Trotter of Belmont
- Gregory Cyr of Northfield

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Opinion

A4 Thursday, January 20, 2022

WINNISQUAM ECHO

Remembering the man behind the holiday

Offices were closed nationwide this past Monday in observance of Martin Luther King, Jr. Day. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement from 1954 until his assassination in 1968. The federal holiday falls around the birthday of King on Jan. 15.

Republican President Ronald Reagan made the holiday official in 1983. In 1986, the first observation of Martin Luther King, Jr. Day took place. In the year 2000 the holiday was observed by all 50 states for the first time since 1986.

Labor unions in contract negotiations brought the idea of celebrating King via national holiday. Republican Senator Edward Brooke of Massachusetts and Democrat John Conyers of Michigan brought forth the legislation in 1979 where it was five votes shy of passing in the house.

Those in opposition of the day cited costs in that paying federal employees would be too expensive. Others stated that honoring a private citizen would go against tradition in that King never held a public office.

In 1980, Stevie Wonder released the single "Happy Birthday" to shed light on the campaign. The largest petition in favor of an issue in the history of the United States gathered six million signatures.

Two Republican senators from North Carolina (Jesse Helms and John Porter) opposed the bill because of King's opposition to the Vietnam War, and also accused King of being a Communist. An FBI investigation dating back to 1963 turned up no evidence that King had been influenced by communists.

The bill passed the House of Representatives 338-90. Within the bill was language establishing the Martin Luther King, Jr. Federal Holiday Commission. King's wife, Coretta Scott King was made a life long member of this commission by President George H.W. Bush in May of 1989.

Martin Luther King Day is seen as a day to promote equal rights for all Americans. While there are few traditions surrounding the holiday, many educators use the day to teach their students about the struggle against racial segregation and racism. In New Hampshire and Arizona, the day is combined with Civil Rights Day. In Idaho the day is referred to as Human Rights Day, and in Wyoming, Equality Day.

King, who was born in 1929, was an American Baptist minister from Atlanta, Ga. In 1963, during the March on Washington, he delivered his famous 'I have a Dream' speech. In 1964, King was awarded the Nobel Peace Prize for his work in promoting nonviolent resistance and for advocating for Civil Rights.

King was assassinated at the age of 39 in Memphis, Tenn. by James Earl Ray. Ray, 41, was sentenced to 99 years in prison. The assassin died in prison in 1998 from hepatitis.

An excerpt from King's famous speech:

"So let freedom ring from the prodigious hilltops of New Hampshire; let freedom ring from the mighty mountains of New York; let freedom ring from the heightening Alleghenies of Pennsylvania; let freedom ring from the snow-capped Rockies of Colorado; let freedom ring from the curvaceous slopes of California. But not only that. Let freedom ring from Stone Mountain of Georgia; let freedom ring from Lookout Mountain of Tennessee; let freedom ring from every hill and mole hill of Mississippi. From every mountainside, let freedom ring.

"And when this happens, and when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: 'Free at last. Free at last. Thank God Almighty, we are free at last.'

Raffaely retires from Northfield PD

On Dec. 31, the Northfield Police Department announced the retirement of Police Chief John Raffaely after 42 years with the department. Congratulating him on his successful career were Selectmen Mark Hubbell and Kevin Waldron. When this photo appeared on social media, both the town and law enforcement communities chimed in to wish Raffaely all the best as well. One resident wrote, "You have served your time honorably and heroically. You will be greatly missed. Thank you and your family for the sacrifices you all have made to keep our community safe for all these years." Waldron also added, "What a great guy. He has a community connection like no other. 27 years of dedication. 27 years of work and never called in sick. Love him like a Brother. I was on the Board of Selectmen when he was promoted to Chief. That was probably the high point of that term. Dedication to community of that level is unheard of today. I suspect it will be a struggle to replace him. Big shoes to fill for sure."



STRATEGIES FOR LIVING

On the darkest of days

By Larry Scott

Sitting in my office one Saturday afternoon, I was relaxed, listening to music my wife had on in the living room. Bill Gaither and his Vocal Band have always been a favorite of ours, but one song that afternoon brought back dark memories of a time I shall never forget. As the quintet sang "At the Cross," an old Christian hymn, I broke into tears.

I remembered well the day I first heard this same rendition sung by the band. I was half-way across Texas in my 18-wheeler going nowhere with my life. But something electric happened as the group sang. "At the cross, at the cross, where I first saw the light, and the burdens of my heart rolled away. It was there by

faith I received my sight, and now I am happy all the day."

But I wasn't. Far from enjoying my ride through life, it was a time of trauma, uncertainty, and despair. The song was well known, a hymn with which I was familiar from my youngest days. I sang with them but never made it through the chorus. I wept uncontrollably, and for a few moments, the cab of my truck became a sanctuary. I remember shouting, amid the tears, "GOD! WHAT DO YOU WANT ME TO DO?" And, although I am not given to hearing voices, not even from God, a thought passed through my mind that had all the earmarks of a divine word. "All I want from you is the gift of a holy life." And then, silence.

That day marked the

beginning of my reconstruction. Slowly, and without fanfare, I began to put my life back together. There is reason behind the deep-felt appreciation I have for what God has done in my life. Few people know how far I have come from the lowest of all lows. No, it wasn't drugs, or alcohol, or women, and my conscience is clear. But I had single-handedly destroyed what could have been a successful career; I had made some terrible choices, and life had thrown me out with the garbage.

You would be amazed at how many of us who preach the Gospel, sometimes with such enthusiasm we come across as "just another fanatic," have been to hell and back. When we talk of what God can do in a man's life, we speak

from experience; we have been there.

When I reflect on where my sweetheart and I are today it challenges believability. If you knew me better, you could easily understand my love for Jesus Christ. Standing unrecognized in the shadows, but watching carefully over my progress, He was there. My friends will tell you I am no fanatic, but I am deeply grateful for what God – and I know it was God – has done in my life. He is a God of second chances, a God of the impossible, and the thoughts about which I write are more than empty words. They are the story of my life.

You want to talk about it? Hit me up at rlarry-scott@gmail.com.

LETTERS TO THE EDITOR

More discussion about women's health care

To the Editor:

My recent letter about safe abortion access being part of women's health care drew an impassioned reply that I think well represents right-to-life arguments. I want to continue for a bit here.

I was a ninth grader in a new-to-me school/town when a classmate named Judith Y. befriended me and helped me know the building, cafeteria process, etc. This was in Upstate New York. 1959. Judith seemed hungry for friendship, but with some time passing, I learned that she was an outcast. She'd

had a baby with her father. Her family was raising the child as a sibling of Judith's and the others. Our other classmates, repulsed, held that against her. I don't think we even knew the word "incest." Yet incest is a fact. It would take years to go by before I'd realize of course Judith wasn't a willful participant but a victim in that early and wrong sex.

I just went looking online for incest facts, and found this in Jan. 24, 2013's Atlantic Monthly: "One in three-to-four girls, and one in five-to-seven boys, are sexually abused before they turn 18, an overwhelming incidence of which happens within the family. These statistics are well known among industry professionals, who are often quick to add, 'and this is a notoriously underreported crime.' Incest is a subject that makes people recoil."

I looked in our Class of '63 yearbook just now. Judith Y. isn't there. She didn't graduate with us. I don't know when she disappeared from school or why. If it were now and not 1958-1959, and if safe, accessible abortion were possible as it should be and was rightly fought for, her mother or a female relative possibly could have intervened, and with medical help not let tragic sexual abuse change Judith's whole life.

Sincerely,

Lynn Rudmin Chong
Sanbornton

Send your letters!

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

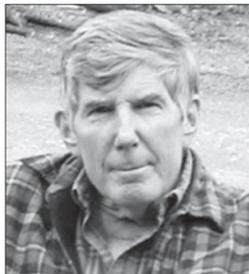
Our fax number is 279-3331.

Or, you can e-mail us at echo@salmonpress.news

Please include your name, address and phone number.

North Country Notebook

A wandering discourse on the burning of wood



By JOHN HARRIGAN COLUMNIST

The Achilles heel for many northern New England homes heated by wood continues to be electricity. That's because an increasing number of homes rely on pellet stoves, or use fans to move air, both of which require power. Well, okay, some fans don't. If anyone ever figures out how to move electricity by radio-wave or something, the problem will be solved, but for now, that's out.

There has been a huge movement to pellet stoves in recent years, as people accustomed to burning firewood have aged, and sought out the convenience of pellets instead. This movement has been exacerbated by the aging of Baby Boomers, which found many post-World War II babies hitting "the wall" at about the same time. (Why anyone should have been surprised at this, least of all health-care planners, remains a mystery.)

With pellet stoves, bags of compressed wood pellets are dumped into a hopper and fed into a combustion chamber, which requires electricity. But it is a heck of a lot easier to move bags of dry pellets around than to cut, split, pile, "season," move in, re-pile, and then bring in firewood to burn. Besides, every time you move wood you have to sweep up.

The goal with "seasoning," by the way, is to get your firewood to about 20 percent moisture, or put another way, 80 percent dry. This requires a full summer season--hence the term. This is why many people buy their firewood before the sap rises from the roots, and get right to cutting it into stove-length and splitting it early in the spring.

Quite often, in the yards of many a home, you'll see entire families out there taking care of a pile of logs and reducing it to firewood, to be piled in the yard to season before moving it into a shed or the like before winter. That alone could make the spring my favorite time of year--seeing families, out there doing that--if other seasons, even Deep Winter, didn't have so much to offer.

Before we move on to other things, a bit more about this business of using fans and other tactics to move air:

--Some fans use convection of hot air right on the stovetop to move air, and these heat-driven fans of course re-

quire no electricity. I've used one of these rigs, and they're great. I've got one medium-sized wood stove that heats my spare living room like a champ, and I'd have the convection fan atop it all the time if it didn't smell so good all through the house to have a Boston Butt roast on there instead. Careful use of bricks, however, can allow both.

--When moving warm air, a slow fan is best. For this, you need a rheostat between outlet and fan. Computer fans--typically used in upper doorways--turn too fast, and cool the air.

--The most fortunate homeowners are the ones whose air moves around the house all by itself. Houses oriented north-south seem the best for this. Hot air seems to want to go north, and cold air south, with the front stairway often serving as the automatic cold air return. In my house, the stairway cascades like a waterfall.

--When kindling a fire, an old trick is to open a door to the outside, to let the cold air find a way in. This will let the warm air push the cold air up the chimney, and start the draft your fire needs to get going.

--Many wood-burning furnaces rely on electronically driven systems to test water or air temperature, and to operate thermostatically controlled dampers to fire up combustion chambers. The saving grace for some such homes may be that we are still a nation of tinkerers. Many homeowners have found ways to get around power-requiring components, and jury-rig them until the power returns.

Most homes heated with wood have backed up oil furnaces, and occupants burn wood because they're used to it, and like it, or cannot afford the oil.

I like going into homes where burning wood is a force of habit acquired over generations. Often these have been older farmhouses that never had any real central heating but have relied on a succession of fireplaces and free-standing stoves, with cellars

mainly serving as protection for potatoes and root-crops.

Many of these houses were quite small, to conserve heat, and had an Ashley Heater (or one of their many modern equivalents) huffing away in the kitchen, and throwing a tremendous amount of heat. Typically, you removed layers of clothing in the kitchen, and put them back on the farther away you got.

Many of these homes had drying-racks of various ingenious aspects in use above the stoves. Likewise, foot-gear was set on the stairway to dry. The whole scene was redolent of wool, wet cotton and canvas, and hot rubber boots. Often, something was simmering on a corner of the stove (covered, of course). Occasionally, a cribbage board, a jug of hooch, and perhaps a plate of cheese and crackers graced the table.

Sometimes, it was hard to leave such a place. Supper was always implicit. A bunk for the night was a saving grace.

For some houses set up just right for a ground-floor heater, the Ashley (or its equivalent) was the greatest thing since sliced bread.

These stoves, which are (or were recently) still being manufactured, had a childproof outer shell, and a deadly serious burning unit within. This consisted of an air-tight steel and firebrick combustion chamber, the only air-intake being a small gravity-operated damper controlled by a magnesium coil.

These small intakes were often jury-rigged to stay open just a crack --a small screwdriver, a bent nail, or some baling wire--and thus the stove was usually throwing off tremendous heat. Often, the front door of the house was open a crack or two, and perhaps, in March, a window.

For the occupants, heating with wood was a matter of course, and they hardly gave it a thought. Rarely did they let the fire go out, so kindling was rarely needed. When it was, they went out to the woodshed to get a few slivers, coincid-



A somewhat dated photograph: firewood rounds to be split; a small part of a huge pile; the garden; horses across the road.

ing with a warm day for cleaning out the ashes.

Kindling was not a matter of great concern. Huge piles of it magically took shape, the result of warm days and cold nights in the spring and fall, when there were weighty topics to discuss in woodshed and shop. These seldom resolved anything, but not for want of trying.

Some wood-heating statistics:

--Only about 1.9 percent of U.S. homes are heated by wood.

--Maine, New Hampshire and Vermont are consistently among the top ten states in which firewood is a major part of home heating. The rankings change along with fluctuations in the cost of oil and gas.

--Use of wood stoves to augment heat from oil or gas may be triple the use of wood as a primary source.

--The top ten coun-

ties in the U.S. for wood heat tend to be in the Southwest and the Pacific Northwest. However, other counties, even in the Northeast, are so close as to be "no statistically different," says the Census Bureau. Among them are Aroostook County, Maine; Franklin County, Mass.; and Cheshire County, New Hampshire.

(Note: These figures are geared for counties with populations of 65,000 or more.)

LEGAL NOTICE TOWN OF TILTON Budget Committee Public Hearing 2022 Budget Recommendations. The Tilton Budget Committee will hold a public hearing on Wednesday, February 2, 2022 at 7 p.m. The hearing will be held upstairs at the Tilton Town Hall, 257 Main Street, Tilton, New Hampshire 03276 for the purpose of receiving public comment on the FY2022 Budget Committee's Recommended Operating Budget and Warrant Articles.

NOTICE TO BELMONT RESIDENTS Declaration of Candidacy for the March election will be accepted at the Town Clerk's Office between the hours of 7:30 am to 4:00 pm from Wednesday January 19th, 2022 through Friday January 28th, 2022. On Friday January 28th the Town Clerk Office will be open for Declarations of Candidacy also from 4:00pm till 5:00pm.

TOWN OF BELMONT The Belmont Supervisors of the Checklist will be in public session on the following dates, times and locations to accept new voter registrations, and to make additions, changes and corrections to the voter checklist. You can also register to vote and make changes at the Town Clerks office Monday through Friday 7-4 pm.

Lakers rally, but ConVal-Conant wins it in overtime



JOSHUA SPAULDING

Ethan Bickford tallied a pair of goals for the Laconia-Winnisquam-Inter-Lakes hockey team on Saturday.

BY JOSHUA SPAULDING

Sports Editor

LACONIA — The Laconia-Winnisquam-Inter-Lakes hockey team welcomed ConVal-Conant to the Merrill Fay Arena on Saturday afternoon and appeared to grab the momentum in the third period.

However, the visitors were able to score on a power play with less than three minutes to go in regulation to force overtime and in the extra frame, the visitors potted the winning goal with less than two minutes to play to seal the 3-2 victory.

The visitors tested LWI keeper Evan Rollins right out of the gate, forcing him to make a couple of early saves. Ethan Bickford got in close for the Lakers and Zack Spicuzza, who recently made his return to the team, had a bid denied.

ConVal-Conant sent a puck through the crease

and then forced Rollins to make another save in the net. LWI took the game's first penalty with 10:42 to go in the first period and John Shea and Bickford both had good clears and Rollins was able to make a good save to help kill off the penalty.

Spicuzza made a run into the zone but was turned away by the defense, but the Lakers did get their first power play with 8:21 to go. Bickford had a shot denied and then Rollins made a save on a shorthanded breakaway at the other end. Spicuzza sent a shot wide and Austin Keenan sent a shot over the top of the net. Reid Vaillancourt got close in front but the penalty was killed off.

Spicuzza continued to get chances and Patrick Goodwin made a good defensive play at the other end. The visitors sent a couple of shots wide

of the net and another went high. Spicuzza and Bickford teamed up for a couple of bids that were stopped and Rollins made saves at the other end.

With 41 seconds to go in the period, the Lakers took a penalty and while the first period ended with no score, the visitors took the power play to the second period.

Rollins made a couple more saves to help kill off the power play to open the second period. Spicuzza and Brody Rollins teamed up on a bid in close and Spicuzza had another shot stopped. Evan Rollins continued to make the saves in net, turning away a couple of ConVal-Conant bids. Keenan had a bid denied as well for the Lakers.

The Lakers went on the power play with 11:04 to go in the period and Keenan had the best chance of the power play, sending a shot wide, but



Zack Spicuzza looks to fire off a shot in action against ConVal-Conant Saturday afternoon.

the visitors were able to kill off the penalty. Goodwin had a shot stopped and Bickford had a couple of bids, one that missed the mark in front and the other that was stopped.

With 5:18 to go, the visitors were able to get on the board, putting home a rebound for the 1-0 lead. Bickford continued to pressure but couldn't find the back of the net. Evan Rollins made a couple more saves and the period came to a close with the visitors up by a 1-0 score.

The Lakers came out firing in the third period, with Goodwin, Keenan and Shea all getting chances along with Spicuzza, but they were all turned away, while Evan Rollins made the saves for the Lakers.

With 9:04 to go, Bickford was able to break in and beat the ConVal-Conant keeper on an assist from Goodwin and

the game was tied at one.

The Lakers took a penalty just 11 seconds later and Bickford had a good clear to help Evan Rollins, who made a couple of solid saves. Goodwin also had a good clear and the penalty was killed off.

Keenan, Shea and Vaillancourt all had chances denied as the Lakers continued to pressure and all the pressure paid off with 4:39 to go, as Bickford put the puck home on an assist from Brody Rollins to give the Lakers their first lead of the game.

Evan Rollins continued to make the saves in the net and the two teams both spent time in the box and the visitors took advantage with 2:45 to go, ripping a shot off the glove of Evan Rollins for the tying goal.

The visitors made a few more attempts in the final couple of minutes, while Goodwin, Keenan

and Spicuzza all had late chances for the Lakers, but the game went to overtime tied at two.

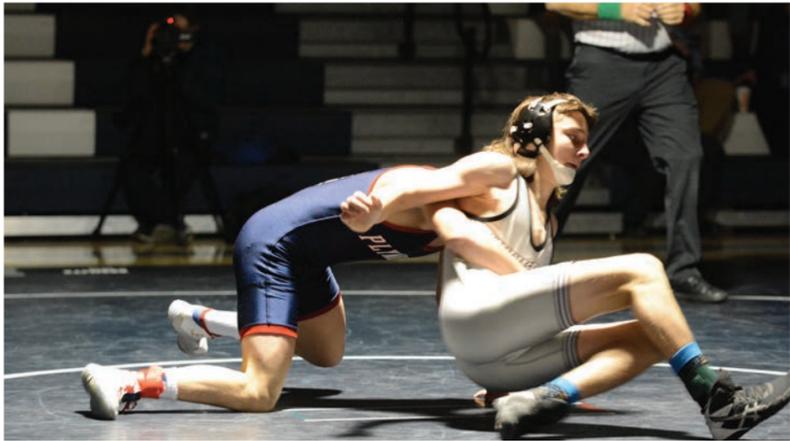
In the overtime frame, Brendan Goodwin had an early chance that was stopped and Brody Rollins got in close on the rebound. Bickford sent a shot high and Spicuzza had a bid denied. Bickford and Keenan combined for a bid and Evan Rollins made the saves.

However, with 1:46 to go, the visitors got the winning tally to leave with the 3-2 win.

The Lakers are slated to be at Kearsarge-Plymouth on Saturday, Jan. 23, at 4:30 p.m. and on Wednesday, Jan. 26, they host Hollis-Brookline-Derryfield at 1:45 p.m.

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

Bear grapplers fall to reigning Division III champs



BY JOSHUA SPAULDING

Henry Osmer tries to escape his Plymouth opponent in action last week.

Sports Editor

PLYMOUTH — A few days after both teams competed in the Winnisquam Winter Classic,

the Bears hit the road to Plymouth for a meet with the Bobcats on

Tuesday, Jan. 11.

The defending champion Bobcats took care of business, getting five pins on the way to a 52-9 win over the Bears.

Winnisquam got the day started with a win at 113 pounds, as Aemon Gauthier got the pin of Plymouth's Alex Ruff



Noel Licata works during action in Plymouth last Tuesday night.

for the 6-0 lead out of the gate.

Next up at 126 pounds, Luke Diamond of Plymouth pinned Carter Laliberte of Winnisquam to pull the Bobcats even at 6-6. Gianni Ciotti then gave the Bobcats four more points when he picked up a 13-0 win

over Henry Osmer at 132 pounds.

Joe Peters of Plymouth picked up a forfeit win at 138 pounds and Andrew Comeau upped the lead to 22-6 with his pin of Winnisquam's Luke Cote at 145 pounds.

Plymouth's Anthony Ciotti got a pin over Victor Pham of Winnisquam at 152 pounds and Plymouth's Nate Ruff got a pin of Winnisquam's Noel Licata at 160 pounds to push the Plymouth lead to 34-6.

Caden Sanborn of Plymouth picked up a forfeit win at 170 pounds and Matt Cleary of Plymouth got a pin of Winnisquam's Keion Miller at 182 pounds. Emmitt Nossaman finished with a forfeit win at 195 pounds for

the Bobcats and Plymouth's lead was 52-6.

The final match of the day got Winnisquam three points, as Brandan Parry worked his way to a 7-4 win over Plymouth's Alex Luehrs at 220 pounds for the 52-9 final score.

Winnisquam is slated to be hosting a meet on Saturday, Jan. 22, at 9 a.m. and then will host John Stark on Wednesday, Jan. 26, at 6 p.m.

Plymouth is slated to compete at Concord on Saturday, Jan. 22, and will be hosting White Mountains on Thursday, Jan. 27, at 6 p.m.

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

TOWN OF CANTERBURY

The Canterbury Supervisors of the Checklist will be in public session on the following dates, times and locations to accept new voter registrations, and to make additions, changes and corrections to the voter checklist.

- January 18, 2022, Tuesday 7 pm – 7:30 pm
Sam Lake House
- February 1, 2022, Tuesday, 6 pm – 6:30 pm
Sam Lake House
- February 9, 2022, Wednesday 6 pm School District
Deliberative Session – Belmont High School
- March 8, 2022, Tuesday, Election Day
7 am – 7 pm Belmont High School

Supervisors of the Voter Checklist:
Mary Ann Winograd, Denise Sojka, Brenda Murray

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Slow second quarter sinks Bears against Prospect

Winnisquam girls pick up wins over Raymond and Inter-Lakes.



JOSHUA SPAULDING

Hannah Capsalis of Prospect goes to the hoop as Isabella Sargent of Winnisquam goes up to defend in action last week.

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam hoop girls came out and took control early during last week's game with Prospect Mountain.

However, the Timber Wolves didn't let a slow start keep them from earning the win, as Prospect kept the Bears off the board in the second quarter and went on to the 39-25 win.

"We had six kids at practice last night, it's tough to get ready for a game when you're missing half the team at practice," said Prospect coach Rick Burley, who only had seven players available for the game. "But they played great and didn't get in foul trouble."

"The kids that went out there executed to the best of their ability," said Winnisquam coach Mark Dawalga, who was also short three kids. "We didn't even know anything (about playing the game) until about one this afternoon."

Prospect got on the board first on a three-pointer from Ella Smith but Winnisquam got their own three from Isabella Sargent and then got a pair of hoops from Lauren MacDonald and one from Victoria Kelly to go up by a 9-3 score.

Smith drained a bucket to cut the lead to four before Kelly answered for the Bears. Ella Misiaszek put back a rebound for the Timber

Wolves, but Kelly did the same at the other end. Aijah Thoroughgood hit a free throw for the final point of the quarter, but Winnisquam had the 13-8 lead after eight minutes of play.

The Timber Wolves controlled play in the second quarter, outscoring the Bears by a 10-0 score. Michaela Vernazzaro hit a free throw to start the quarter and then Smith drained two from the line. Thoroughgood hit a bucket to pull Prospect even at 13 and then Hannah Capsalis hit two free throws and Smith drained a three-pointer and the Timber Wolves found themselves up by an 18-13 score at the half-time break.

MacDonald scored Winnisquam's first bucket since the first quarter to start the third and Triniti Carter added a free throw to get the Bears within two. However, Smith and Capsalis buried back-to-back three-pointers for the 24-17 lead.

Kelly hit a hoop for the Bears, but Thoroughgood answered with a bucket and Misiaszek added a free throw to make it a 27-18 lead for the Timber Wolves heading to the fourth quarter.

Capsalis started the fourth quarter with a three-pointer before Sargent answered with a putback for the Bears. Smith hit a free throw for Prospect and Kelly did the same for Winnisquam. Capsalis hit another three-pointer and



Victoria Kelly drives toward the basket in action against Prospect Mountain last week.

Smith drained two free throws to stretch the lead to 36-21.

Emma Griffin hit for the Bears and Kelly followed with a basket, but Prospect got the final three points of the game, with Vernazzaro hitting a free throw and Thoroughgood finishing off a good feed from Smith for the 39-25 final score.

"We started in zone because we didn't want to get in foul trouble, but we had to go to man to pick up the intensity," Burley said. "We went to man and it changed the momentum in the second quarter."

He noted that Capsalis put in a great effort in the second half despite not feeling well and Smith drained a couple of big three-pointers at key moments. He also noted Misiaszek is irreplaceable for his team.

"She rebounds, she handles the ball, she's our most consistent player," Burley said. "She does so much for our team."

"To the girls' credit, they did a good job executing on short notice," said Dawalga. "I was pretty proud of them, their such a good group of kids."

"And Rick has a good team over there too," the Bear coach added. "We had a lot of different people out there, and the girls still handled it well."

The Bear coach praised the way MacDonald handled the ball and for her part, the

sophomore said she has grown more confident in that aspect.

"I'm getting a lot more confident ball handling for sure, I've grown into my ball handling skills and I feel really confident and I trust the girls around me," she added. "I've been on a lot of teams that haven't had good chemistry, but I love playing with this team, we get along on and off the court."

"I think we can ac-

complish anything if we put our mind to it," she added.

Smith led the way with 16 points and Capsalis finished with 11 points while Kelly had 11 points to lead the Bears.

Winnisquam opened the week with a 40-12 win over Raymond, with MacDonald leading the way with 12 points, five rebounds and seven steals, while Mackenzie Philippy had eight points and six rebounds, Carter had seven points and five rebounds, Kelly had six points and six rebounds, Griffin pulled down six rebounds to add to her five points and Madison Knopka grabbed a pair of rebounds to go with two points.

"Overall a good team win on the road," said Dawalga, noting Sargent was strong on defense with five rebounds and four assists.

The Bears finished the week with a win over Inter-Lakes, 48-35.

"Being down some kids tonight with injuries, other kids really needed to step up," said Dawalga. "Sophomore Vanessa Power had a big game, scoring 10 points."

Dawalga noted that Power got the start and played great while Sophia Braun played her first varsity game and stepped up and scored four points and grabbed 10 rebounds.

"Credit goes to those kids for being ready

when their number is called," the Bear coach said. "They all work hard every day in practice and to see them step up, I am very proud of them."

MacDonald had 11 points, five rebounds and five assists, Power added six rebounds and three steals to her 10 points, Sargent and Kelly each had eight points and Griffin grabbed nine rebounds and added seven points.

Prospect is slated to be at home on Friday, Jan. 21, against St. Thomas at 5 p.m. and will be at Gifford at 6 p.m. on Tuesday, Jan. 25.

Winnisquam is scheduled to be at home against Monadnock on Friday, Jan. 21, at 7 p.m. and will be at Mascoma at 6:30 p.m. on Tuesday, Jan. 25.

PMHS 8-10-9-12-39
WRHS 13-0-5-7-25

Prospect 39
Capsalis 3-2-11, Misiaszek 1-1-3, Smith 4-5-16, Thoroughgood 3-1-7, Vernazzaro 0-2-2, Totals 11-11-39

Winnisquam 25
Sargent 2-0-5, Carter 0-1-1, Kelly 5-1-11, Griffin 1-0-2, MacDonald 3-0-6, Totals 11-2-25

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

Shaker Regional School District

PUBLIC NOTICE

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR 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 19, 2022.

The election will occur during the annual voting on Tuesday, March 8, 2022 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

Belmont – one member to serve for three years (2025)

Canterbury – one member to serve for three years (2025)

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, January 28, 2022 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

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Edward Jones: Financial Focus

Should inflation affect your investment moves?

As you know, inflation heated up in 2021, following years of pretty stable – and low – numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics – strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for their goods – such as firms that produce building materials or supply steel or other commodities to other businesses – can do well. Conversely, companies that sell non-essential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop – a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power. However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you. Ultimately, inflation may indeed be something to consider when managing your investments. But other factors – especially your risk tolerance, time horizon and long-term goals – should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Bears knock off Rams in lone contest of week

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam boys' hoop team had a couple of games wiped out by COVID-19 last week, as both Prospect Mountain and Inter-Lakes had to postpone scheduled games due to protocols with their teams.

"It seems like every team is going to get hit with this," said Winnisquam coach Kevin Dame. "Hopefully it's a short spurt. We had a few cases, but it hasn't affected us too bad.

"But two springs ago, a lot of student-athletes didn't get their senior season," Dame said. "So, even if it's not nor-

mal, we're still getting a season and that's a good thing."

The Bears were able to get one game in last week, hosting Raymond and cruising to a 54-36 win over the Rams.

Winnisquam got out to a 13-6 lead after one and a 26-14 lead at the halftime break. The Bears had a slow third quarter, as the Rams cut the lead to 31-24 after three before the Bears closed strong for the 18-point win.

"They (Raymond) are a young team, but they're scrappy and play hard," Dame said. "We got a little comfortable in the third, but we turned it on in the fourth.

"I would've preferred to not have that lull, but it was nice to respond the way they did," the Bear coach added.

Caleb Bushway finished with 17 points to lead the way for Winnisquam, while Anthony Boomer finished with 15 points and Alex Nichols added 13 points.

The Bears are slated to be at Monadnock on Friday, Jan. 21, at 6:30 p.m. and will be hosting Mascoma on Tuesday, Jan. 25, at 7 p.m.

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



RC GREENWOOD

Bulldogs win

Evan Guerin (pictured) and the Belmont-Gilford hockey team picked up a 6-2 win over Kearsarge-Plymouth last week at the Merrill Fay Arena. The Bulldogs will be back in action on Saturday, Jan. 22, at Monadnock-Fall Mountain at 6 p.m. and will be hosting ConVal-Conant on Wednesday, Jan. 26, at 5 p.m.

BATES

CONTINUED FROM PAGE A1

regulations and protocols as restaurants and lodging properties grappled with COVID-19. She was in constant contact with state and local health officials to ensure that employees were following state-mandated guidelines and assisted those who had potential symptoms in finding testing centers and care when needed. She spent countless nights and weekends handling phone calls regarding health questions, securing back-up staff, and setting restaurant closings in motion as a precaution to keep guests and staff safe during the pandemic.

When The Common Man was in the unfortunate position of laying off hundreds of employees due to the mandated take-out only model of business during the height of COVID-19, Bates developed and led a program to purchase and distribute gift cards for necessities like diapers, prescriptions, groceries and gas to employees who were waiting for state unemployment benefits. She also assisted in coordinating a Family Meal program to serve a hot family meal for pick up each night to furloughed and existing employees.

Bates is a Certified Hospitality Trainer (CHT) recognized by the National Restaurant and Lodging Association and in 2014, she undertook the rigorous process to earn the Professional Human Resource (PHR) designation from the Society of Human Resources. She's also devoted her time over the past 14 years as a member of the national Council of Hotel & Restaurant Trainers (CHART), and was twice elected to the organization's board of directors by her hospitality peers from across the country.

As part of The Common Man's mantra to DO GOOD, Bates has been actively involved in giving back to the community throughout her almost 30 years with the company. In her time at Tilt'n Diner, she led many fund-raising efforts for local organizations including hosting benefit dinners and providing food and support for Cash N Cans and the Lakes Region Children's Auction. She has also represented The Common Man at the Made in NH Expo, at Senator Shaheen's Experience NH event in Washington, DC, and contributes to numerous other Common Man charitable events each year, including planning

and volunteering at their annual charitable golf tournament. Bates has volunteered her time as a member of the educational board of directors of the NHLRA, as an advisory board member for the NH Technical College culinary program and the Huot Technical Center in Laconia, the Plymouth High School educational advisory committee, and has conducted job interview and resume writing training sessions for clients of The Bridge House in Plymouth.

Founded in 1971 by owner Alex Ray, the Common Man family is made up of 15 restaurants, two Inns, a Spa and Salon, Company Store and The Flying Monkey Movie House and Performance Center. Common Man locations include Common Man restaurants in Lincoln, Ashland, Concord, Claremont, Merrimack and Windham; Common Man Inn & Spa, Foster's Boiler Room, Italian Farmhouse and The Flying Monkey in Plymouth; Common Man Inn & Restaurant in Claremont; Lakehouse Grille, Camp, Lago and Town Docks in Meredith; Route 104 Diner in New Hampton; Tilt'n Diner in Tilton; Airport Diner in Manchester; and the Common Man Company Store in Ashland. Sister businesses include The Common Man Roadside at the Hooksett Welcome Centers and Common Man Roadside Market & Deli locations in Plymouth and Manchester. For more information, visit thecommon.com and find them on Facebook, Twitter and Instagram @thecommonmannh.

LRMHC becomes a Recovery Friendly Workplace

LACONIA — Lakes Region Mental Health Center recently joined employers across New Hampshire in becoming a Recovery Friendly Workplace. Launched in 2018 and led by Gov. Sununu, the Recovery Friendly Workplace initiative encourages healthy and safe working environments where employers, employees, and communities can collaborate to create positive change, eliminate stigma, and support recovery.

Substance misuse costs the State of New Hampshire \$2.36 billion annually. These costs are related to the loss of productivity of individuals and businesses, as well as criminal justice, health care, and other related costs. (PoEcon Research, 2017)

There are an estimated 60,000 Granite Staters in recovery from addiction. People in recovery are our employees, our clients, our friends, and our family members. Prevention, treatment, and recovery supports and services save lives and save resources

"It is important to us as an employer, to promote individual wellness by creating work environments that further mental and physical well-being of employees; proactively preventing substance misuse and supporting recovery from substance use disorders in the workplace and community," said Maggie Pritchard, CEO of Lakes Region Mental Health Center.

To learn more about this initiative, visit www.recoveryfriendly-workplace.com.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services and Mobile Crisis Response Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; crisis teams in the event a tragic event occurs that impacts a community at

large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

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

HIGH SCHOOL SLATE

Thursday, Jan. 20

BELMONT
Girls' Hoops at Laconia; 6

GILFORD
Unified Hoops vs. Winnisquam; 3:30

Friday, Jan. 21

BELMONT
Boys' Hoops at Raymond; 6:30

GILFORD
Girls' Hoops vs. Raymond; 6

GILFORD
Alpine Skiing at Gunstock; 10

Boys' Hoops vs. White Mountains; 6

Girls' Hoops at White Mountains; 6:30

Swimming at Hanover; TBD

WINNISQUAM
Boys' Hoops at Monadnock; 6:30

Girls' Hoops vs. Monadnock; 7

Saturday, Jan. 22

BELMONT
Nordic Skiing at White Mountains; 10:30

BELMONT-GILFORD
Hockey at Monadnock; 6

GILFORD
Nordic Skiing at White Mountains; 10:30

WINNISQUAM
Hockey vs. Lebanon-Kearsarge; 3

Wrestling Home Match; 9

Monday, Jan. 24

GILFORD
Boys' Hoops at Mascoma; 6:30

Girls' Hoops vs. Mascoma; 6

Tuesday, Jan. 25

BELMONT
Boys' Hoops vs. St. Thomas; 6

Girls' Hoops at St. Thomas; 6:30

GILFORD
Unified Hoops at Newfound; 3:30

WINNISQUAM
Boys' Hoops vs. Mascoma; 7

Girls' Hoops at Mascoma; 6:30

Wednesday, Jan. 26

BELMONT
Nordic Skiing at Gunstock; 2:30

GILFORD
Boys' Hoops at Prospect Mountain; 6

Girls' Hoops vs. Prospect Mountain; 6

Nordic Skiing at Gunstock; 2:30

WRESTLING vs. John Stark; 6

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PETS OF THE WEEK



Tate

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



Cuke Roll

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



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ALPINE

CONTINUED FROM PAGE A1
way, as he finished in second place in a time of 1:25.68.

McKim was 10th overall in 1:43.99 and Bormes finished in 17th place with a time of 1:57.53.

Krauchunas was 30th overall in a time of 2:21.82 to finish out the

scoring for the Raiders. Belmont had a pair of girls on the slopes, with Trinity Yale leading the way in 23rd place in the giant slalom in 1:18.14. Cate McDonald was 28th overall in 1:21.67.

Yale again led the way in the slalom, finishing in a time of 2:00.61 for 11th place and McDon-

ald was 21st overall in a time of 2:16.21.

The Raiders are scheduled to race at Gunstock again on Friday, Jan. 21.

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



Tyler Flanagan races for Belmont during his team's race at Gunstock last Friday.



Trinity Yale led the Belmont girls at Gunstock during last week's race.



Cate McDonald races for Belmont during the giant slalom Friday afternoon at Gunstock.

CHAPMAN

CONTINUED FROM PAGE A1
dation of Pickerington, Ohio, honoring America's band directors for their ongoing contribution to music education. Their float was titled, "We Teach Music. We Teach Life."

Chapman said she received an application for the foundation's entry into the parade, which her daughters first thought was a hoax. However, once it was validated and they realized the foundation was reaching out to band directors for a special tribute to their work, Chapman decided to apply.

In her application she emphasized that while she doesn't teach, but instead directs a small community band, her firm belief is that music is important for not only school-aged children, but people of all ages. The committee for the Sewell Foundation agreed and she became one of the 270 band directors accepted for their Rose Bowl Parade entry. The group included band directors from all 50 states and Mexico.

Last spring, sheet music for the parade arrived at her Sanbornton home, and she began practicing on her piccolo. Other mailings from the foundation included recordings for her to practice along with, zoom meetings with other band members and videos of marching styles she needed to become familiar with, too.

Then, at the end of the year, she headed to Pasadena, California to join her fellow band directors. The theme

of this year's parade was "Dream, Believe, Achieve" and they were all determined to live up to those words.

Arriving in Pasadena on Dec. 29, they immediately took part in their first in-person three-hour practice that same night. The next morning the group had one other early call for practice before setting off to perform together in a number of pre-parade events over the next few days.

On the morning of Monday, Jan. 2, Chapman then joined her fellow bend members at a lot where everything was highly coordinated. Being the first entry in parade history to have both a float and a marching band, they were assigned numbers 58 and 59 in the parade lineup and waited patiently until it was their turn to board a bus to take them to the starting line.

"It was a well-organized machine but a long wait though because we were so excited," she said. "Our band was lined up at 7 a.m. but we didn't step off until about 9 a.m."

It was all worth the wait though, she recalled last week. Rounding the corner from their drop off location then marching on to the route along Colorado Boulevard, was a moment Chapman will always remember.

"Looking up the street, it was just a sea of people. It was incredible," she said.

The Rose Parade, known for its amazing floral-covered floats and celebrity guests such as singer LeAnn Rimes and actor/Grand Marshall

LeVar Burton, spans a five-mile route through Pasadena. Marching with their float in dedication to band directors everywhere, Chapman said they were met with loud cheers and support from the throngs of people lining the route.

"That was very heart-warming," she said, but it was at the three-and-a-half-mile mark that their spirits really perked up though. "That's where there were grandstands for our family and friends, and as we got closer we could hear them start to scream and cheer for us. It was really incredible!"

Among those fans were two of Chapman's daughters who travelled to California to witness her participation in such a famed event.

While Chapman has been part of countless parades throughout central New Hampshire over the past 30 years, none have ever been that long, however. She said a few of her new band director friends had to drop out along the way but she was determined to complete the long trek through Pasadena.

"Would I do it again? I don't know, but all of us were so thrilled that when we were done we said we had to get together again... maybe do the Macy's Day Parade or something like that," she said. "The whole experience was fantastic. We all spent three or four days together, but we didn't march for ourselves, we marched for our bands, for our colleagues, for our love for music. None of us came 'alone.' It was amazing."

FILING

CONTINUED FROM PAGE A1
28.

Tilton voters are asked to consider filing for 12 openings in their town this year. There is one seat opening up on the Board of Selectmen for a 3-year term along with two on the Budget committee, the first being an "at large" seat while the second is for a registered voter from the Lochmere District. Town Clerk/Tax Collector is also up for a vote this year, as well as an opening for Treasurer; Town Moderator, and three open seats on the Planning Board. Other opportunities are one position for Library Trustee, one 6-year term as Su-

pervisor of the Checklist and one 3-year term for Sewer Commission.

Residents in both Northfield and Tilton will also be asked to consider three candidacy openings this year for the Tilton-Northfield Fire District. One is a 3-year term as Fire Commissioner and there is an opening for a 2-year term as Moderator. A 2-year position is also opening up for the Clerk's position to fill the remainder of a term being vacated. Registered voters from either town can file for those openings at the Tilton-Northfield Fire District Office, located at 12 Center St. in Tilton, from now until 5 p.m. on Jan. 28, during normal

business hours.

For more information on how to file for candidacy and the openings available in each town, please visit their website or contact the local Town Clerk/Tax Collector or district office. Please be advised that, per state regulation, there is a \$1 fee required for each candidate filing submitted.



DONNA RHODES

Spirited storefront

As the Town of Tilton prepared for its holiday parade in December, a small team of students from Tilton School pitched in by decorating a downtown storefront with window art appropriate for the entire winter. Their painting depicts children having fun on a long hillside at Tilton School where families often gather for sledding. The artwork brightens the downtown area for local shoppers as well as those travelling along Main Street, and town officials say their volunteerism, community spirit and talents are greatly appreciated.

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Part of a 270-member contingency of band directors from all 50 states, Sanbornton's Ginger Chapman posed for a photo with her fellow piccolo players before taking part in 2022 Rose Parade in Pasadena, Calif.

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University of New Hampshire announces December graduates

DURHAM — The following students graduated from the University of New Hampshire in December 2021. Students who received the honor of summa cum

laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated

with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement

ceremony is the act of honoring and celebrating academic achievement.

Sydni Chapman of Sanbornton

Emily Wilcox of Tilton

Christopher Hanson of Tilton

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal

arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling 13,000 undergraduate and 2,500 graduate students.





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

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

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



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NGH Upper Connecticut Valley Hospital

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

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WWW.UCVH.ORG

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
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We will also train those who don't yet have experience.

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

 **Wallace**

FOOD SERVICE WORKER NEEDED

Can't work full-time because of daycare issues? Looking for something to do while your children are in school? Shaker Regional School District Food Service Department has openings for Food Service Assistants at Canterbury Elementary School for 4 hours per and is paid \$12.21 per hour. Work involves preparing and serving meals to students along with after-service clean-up. Experience is preferred but not necessary. Must be able to lift up to 25 pounds. Successful completion of a post-offer, pre-employment physical and criminal background check – including fingerprints – is required. Please contact Nancy Cate, Director of Food Service, at 267-6525 x1352 for more information or to receive an application.



Full-Time Installers Assistant

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

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

**Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH**

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- Build estimates including parts and labor, that is presents to customer in a timely manner.
- Meet department goals
- Perform other duties as assigned

QUALIFICATIONS:

- High school diploma or GED
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- Previous experience in this field or similar is a plus
- Must have experience in the powersports industry, of some sort.
- Knowledge with our product line is a huge benefit – on and off-road bikes, ATVs, UTVs, snowmobiles and power equipment- snow blowers, lawn mowers, small engines etc.

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Lincoln-Woodstock Cooperative School District
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Telephone (603) 745-2214



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sholt@lin-wood.org

Job Applications are available on the District's website at www.lin-wood.org/employment or from the Administrative Offices located in the Lin-Wood Plaza, 78 Main Street, Lincoln NH 03251.

Applications will be accepted until the position is filled.

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ADVERTISING WORKS.

Billin, Howe help PSU track to second place finish

MIDDLEBURY, Vt. — Senior Terrell Lewis (New Boston) and juniors Mike Olson (Sutton, Mass.) and Ian Griffiths (Bedford, Mass.) had big days to help Plymouth State University to a second-place finish at the Middlebury Winter Classic in men's indoor track and field

action at Virtue Field House on Saturday.

Lewis won a pair of events, with Olson also claiming victory, while finished second in two events, including a personal best in the 60-meter dash.

The Panthers ended up second out of four teams, trailing only NCAA Division I University of Vermont in the team scoring.

Lewis was PSU's top performer after cruising to victory in the 60-meter hurdles in 8.39 seconds, before soaring to the win in the long jump after covering 6.39 meters.

Olson was the sole competitor to break the two-minute barrier in the 800-meter run after posting a time of 1:59.66 to win the event.

Griffiths finished runner-up to Lewis in

the long jump with a leap of 6.27 meters. He also ran a personal best in the 60-meter dash after finishing second with a time of 7.22 seconds, just 0.04 off the lead.

Junior Owen Billin (Meredith) was the runner up in the triple jump after covering 11.95 meters on his final attempt, while senior Mike Barrett (Hudson) finished third.

Junior Colin Moar (Annandale, Va.) took third in the 800-meter run after crossing the line in 2:05.37, while classmate Luke Gomes (Litchfield) was fourth in the 1,000-meter run in 2:43.81.

Freshman Christian Oglesby (Penacook) led a pack of PSU runners in the 400-meter dash with a fifth place showing in 53.27.

PSU took second in the 4x400-meter relay as Olson and Oglesby teamed up with senior CJ Miller (Branford, Conn.) and junior Mason Howe (Sanbornton) to finish in 3:37.50.

Plymouth State heads to Tufts University for the Branwen Smith-King Invitational in two weeks.

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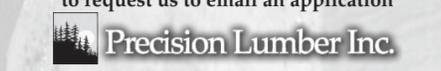


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The Town of Sandwich Help Wanted

The Town of Sandwich is accepting applications for a part-time Land Use Secretary to support the Town's Planning Board and Zoning Board of Adjustment. Hours vary depending upon Board needs. Full job description and application are available at the Selectmen's Office or under Forms & Documents at sandwichnh.org. Application materials are due January 20, 2022 by 5:00 P.M. For inquiries, please call 284-7701 or e-mail tos@cyberpine.net

Equal Opportunity Employer.

Tyler LaFlamme named to Dean's List at Bob Jones University

GREENVILLE, S.C. — Tyler LaFlamme, a Sophomore Business Administration major from Northfield, was among approximately 820 Bob Jones University students named to the Fall 2021 Dean's List.

The Dean's List recognizes students who earn a 3.00-3.74 grade point average during the semester.

Located in Greenville, S.C., Bob Jones University provides an outstanding regionally accredited Christian liberal arts education purposely designed to inspire a lifelong pursuit of learning, loving and leading.

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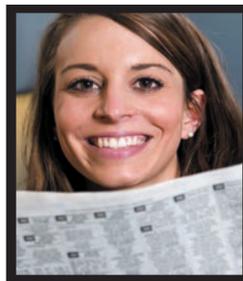
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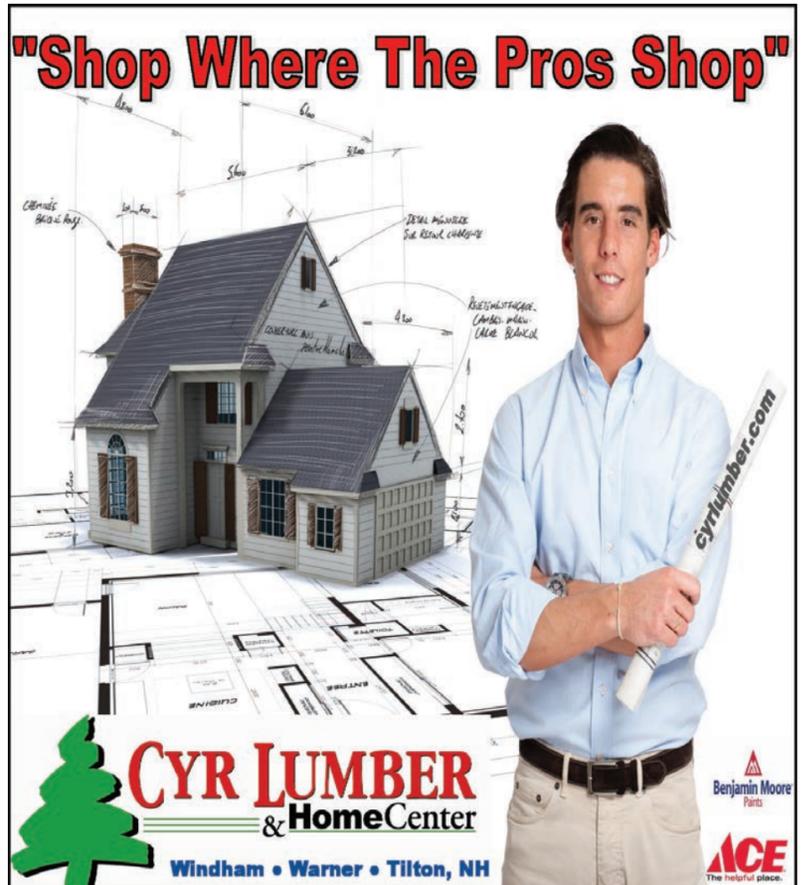
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