

Bears make a little history with playoff win

Winnisquam hoop girls get program's first playoff win in more than a decade

BY BOB MARTIN
Contributing Writer

TILTON — The Winnisquam girls' basketball team had a goal entering the season to win a playoff game and this year the Bears did that for the first time in more than a decade, with Winnisquam topping Inter-Lakes 48-31 in the opening round of the Division 3 state tournament.

It was a tight game in the first quarter, with the Bears leading 10-6. The Lakers got on the board first with a three-pointer by Erin Furnee on an assist by Hannah Lopez. The Lakers had a



BOB MARTIN

Lauren MacDonald takes the ball up the court for the Bears.

6-2 lead with about four minutes left in the half, but the Bears went on an 8-0 run to close the quarter. Leading the charge for Winnisquam was

Mackenzie Phillippy and Lauren MacDonald with four points apiece.

The second quarter was all Winnisquam, who outscored the Lak-

ers 17-7 on the way to a 27-13 halftime lead. The run for the Bears continued making it 15-straight points, highlighted by two straight buckets by MacDonald to start the quarter. Vanessa Power drained a three to make it 17-6 before Molly Moynihan ended the run with a layup and a made

free throw. However, the Bears would pick themselves back up and score the next eight points. Phillippy and MacDonald scored six points each in the quarter to fuel the offense.

Winnisquam finished the third quarter with a 40-24 lead, but it was Inter-Lakes who started the second half offense with a three-pointer by Furnee, assisted by Moynihan. Winnisquam then went on a 7-0 run, showing that the team's streaky offense could come in bursts. Phillippy had three makes from beyond the arc in the quarter and 11 points. MacDonald had the only other basket.

The Bears outscored the Lakers 8-7 in the last quarter on the way to a 48-31 victory to move on in the playoffs.

Winnisquam was led by Phillippy, who had a

SEE **BEARS**, PAGE A13

Golf, anyone?

NH Humane's Compassion Tournament set for May 10

LACONIA — Civic-minded golfers itching to get an early start on the 2021 golf season are encouraged to sign up for NH Humane Society's inaugural Compassion golf tournament, which will be held on Monday, May 10 at Laconia Country Club. The inaugural tournament – originally planned for 2020 but canceled due to the pandemic – serves as the primary fundraiser for NH Humane's emergency animal fund (called the Willow Fund), with all net proceeds from the event going directly to this fund.

The scramble format event will begin at 10 a.m. on the historic private country club, which was founded in 1922. It will include 18 holes of golf, fun events along the links, snacks, lunch, bloody mary bar, outdoor reception and a virtual awards ceremony held through Zoom in the later afternoon. Individuals and foursomes can reserve their spots online at NHHumane.org/Golf. Individuals are \$125 per person and foursomes are \$500. The event is made possible by title sponsors Ben and Heather Wilson and is hosted by event honorary chairs Mike Sherman, CEO of Melcher & Prescott insurance, and Dr. Audrey Sherman, with NH Humane Golf Committee Chair, Tim James Everett.

"I am very excited about this tournament which also kicks off a series of safe, social-distanced outdoor events in 2021 that support NH Humane's efforts to find loving homes for homeless pets. We are all ready to return to the course after a long New Hampshire winter. Charles Stanton and his team at NH Humane are doing wonderful work and I hope everyone will join us to golf for a great cause," said Ben and Heather Wilson.

Ben serves on the NH Humane Board and is sponsoring the event.

The Willow Fund was established about 35 years ago to serve as a resource to fund life-saving procedures on a moment's notice. A dog who was near death when found tied to a tree was brought to the Humane Society. The staff named him "Willow." He required significant emergency care and, thanks to help from the community, he recovered and was adopted. Since that time, donors have supported the Willow Fund allowing thousands of animals to receive the emergency care they need.

"Laconia Country Club is such a great course and since we love to golf, we're excited that the NH Humane Compassion Tournament will be at the start of the season. We know lots of friends will join us to support the care for the homeless animals. We are glad to help raise money to get them back to good health so New Hampshire Humane can find them loving homes," Mike and Audrey Sherman said.

The golf tournament is the first of a series of outdoor events planned for 2021. The series is designed

SEE **TOURNAMENT**, PAGE A12

Bulldogs rally past Lakers in playoff opener

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The two teams that call the Merrill Fay Arena home

took to the arena's ice on Wednesday, March 3, for the opening round of the Division III tournament.

While the Laconia-Winnisquam-Inter-Lakes Lakers, playing without two of their

top players, got off to a hot start, it was the Belmont-Gilford Bulldogs who finished strong, rallying from a 3-1 first period deficit to pull off a 4-3 win to advance to the quarterfinal round.

"They (LWI) came to play and we didn't match it," said B-G coach Jason Parent. "They had a big first period and it took us a while to get in the flow of things."

"That was a great game, I am very proud of them," said LWI coach Paul Wheaton. "There is no quit in these guys, they deserve better."

The Lakers came out on fire and after an early Carter Smith shot went wide of the net, the Lakers were able to get on

SEE **BULLDOGS**, PAGE A6



JOSHUA SPAULDING

Ryan Bousquet (left) of Laconia-Winnisquam-Inter-Lakes tries to control the puck as Belmont-Gilford's Brady Logan looks to knock it away in playoff action last week.

Red Raider boys snag wins in first two tourney games

Season comes to a close in quarterfinals at Gilford

BY BOB MARTIN
Contributing Writer

BELMONT — The trio of Jamison Gaudette, Jackson Ruelke and Nate Sottak were on top of their game last week in the opening round of the Division 3 state tournament where the Belmont boys' basketball team dominated



BOB MARTIN

Jamison Gaudette was the top scorer for Belmont against Inter-Lakes.

Charles Dowd joins MVSB as Vice President of Residential Mortgage Sales



Charles Dowd

M E R E D I T H — Charles (“Charlie”) Dowd has joined Meredith Village Savings Bank (MVSB) as Vice President of Residen-

tial Mortgage Sales. In this role, Dowd will lead mortgage lending efforts and create strategic plans to expand mortgage opportunities for the Bank. He is based out of MVSB’s main office in Meredith.

“Charlie’s entrepreneurial spirit and passion for helping our community and customers with affordable homeownership is inspiring,” said Mark Danahy, Senior Vice President of Residential Lending. “his passion will ensure

we can be the lender of choice for our customers and community members.”

“I am excited to be part of the MVSB legacy and look forward to help us maximize our potential and supportive services within residential lending,” said Dowd. “Through our 150-plus year history, the Bank has proven to be a strong, stable company that demonstrates leadership by being a true community partner.”

Dowd has an extensive career in banking spanning more than 21 years. He is an active volunteer with Prescott Farm in Laconia and a longtime member of the Benevolent and Protective Order of Elks Club. He earned his Bachelor of Science degree from UNH and was a founding member and part-owner of Everything But Anchovies, the pizzeria, and restaurant once considered an institution of Hanover before they closed in 2017.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers, and surrounding communities. As a result, MVSB has remained steadfast in fostering the community’s economic health and well-being since it was founded in 1869.

For more than 150 years, Meredith Village Savings Bank (MVSB) has been serving the people, businesses, non-profits, and municipalities of the greater Lakes and

Seacoast regions. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork, and stewardship.

To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth, or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Central NH VNA & Hospice offers online Parents’ Circle for parents grieving loss of a child

REGION — Central New Hampshire VNA & Hospice will offer a new circle of support for par-

ents who have suffered the death of a child at any age due to any circumstance. The circle

will gather via Zoom video meeting this spring on Tuesdays, March 9, April 13, and May 11

from 6 – 7:30 p.m.

“Parents have told us how vital it has been to be with other parents who have suffered shattering heartbreak like theirs - to listen, to share, to remember; to give and receive support, and to bear witness to each other,” shares Dan Kusch, Bereavement Care Coordinator, one of the facilitators. “Whether your loss was recent or some time ago and no matter what the circumstances, you are invited to simply come as you are.”

Parents are encouraged to come individually or with partners, spouses, or co-parents to connect and share with other bereaved parents who are walking this journey. The group is non-religious, no cost, and is based on a deep commitment to honor each person and family’s experience.

To register or for more information please be in touch with Dan Kusch, Bereavement

Care Coordinator with Central New Hampshire VNA & Hospice (524-8444, ext. 2390, dkusch@centralvna.org).

About our Hospice Program

Central New Hampshire VNA & Hospice provides care focused on maintaining dignity, increasing quality of life, and providing comfort, including pain and symptom management. Hospice recognizes that every person’s experience will be different and the hospice team creates a plan of care according to the individual needs and wishes of each patient. With fully certified hospice care practitioners and a Medicare certified program, the care we provide is held to the highest of standards.

About Central New Hampshire VNA & Hospice

Providing care to New Hampshire’s Lakes Region since 1918, the Mission of Central New

Hampshire VNA & Hospice is “Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services.” Central New Hampshire VNA & Hospice serves Lakes Region communities in Belknap and Southern Carroll County and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations. Visit on the Web at www.centralvna.org.

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Feb. 22 to March 1.

Katelyn E. Cushing, age 22, of Belmont was arrested on Feb. 23 for Driving Under the Influence-Impairment and making a False Report of a Motor Vehicle Accident.

James E. Vien, age 35, of Center Barnstead was arrested on Feb. 25 for Possession of a Controlled Drug, Possession of Drugs, and Control of

a Premises Where Drugs have been Kept.

Nathan G. Bishop, age 21, of Belmont was arrested on Feb. 25 for Criminal Threatening-Conduct, Breach of Bail, and Harassment.

Heidi M. Sweeney, age 42, of Laconia was arrested on Feb. 27 in connection with multiple

bench warrants. Henry L. Mousette, age 49, of Laconia was arrested during the same incident for Breach of Bail Conditions.

Brittany L. Estey, age 27, of Franklin was arrested on Feb. 28 for Theft By Unauthorized Taking.



COURTESY

Drawing Us Together with Larry Frates

Join Belknap Mill’s Artist-in-Residence, Larry Frates, via Zoom on Monday, March 15 at 6 p.m. for a “Drawing Us Together” virtual event! All materials you’ll need can be found at home: pencil, paper, and tissue for smudge work. Larry will be your tour guide as he whisks your inner artist to the hills of Ireland just in time for St. Patrick’s Day! The fee for the Zoom class is \$10. Gather a group of friends or family members and have a home drawing party! All proceeds help the Belknap Mill continue to provide high quality, mission driven programming for the Lakes Region community. Visit www.belknapmill.org or our Facebook Event page to register and the Zoom information will be emailed to you. For more details, please contact Tara Shore at operations@belknapmill.org.

LRMHC to expand services for youth with substance use disorders

LACONIA — Lakes Region Mental Health Center will be participating in a new program, The Seven Challenges, which is part of Creating Connections NH, a federally-funded project to develop and implement a system of care for youth (ages 12-25) with substance use disorders and those with a co-occurring mental health disorder and substance use disorder. Creating Connections NH is being implemented by the Department of Children’s Behavioral Health within the NH Department of Health and Human Services. The Seven Challenges program is specifically designed for counseling adolescents and young adults facing substance use challenges, and provides training and supports to deliver developmentally appropriate, research-based screening and brief intervention to youth.

“The Seven Challenges Program doesn’t force change, but rather

motivates the young person to make a personal commitment to change,” said Charlotte Hassett, Director of Child & Family Services at Lakes Region Mental Health Center. “The program helps youth examine the importance of their choices and make healthy decisions on their personal road to recovery. The Seven Challenges Program has been proven effective in treating both substance use disorders along with other mental health and trauma issues. Therapists trained in the Seven Challenges program facilitate discussion and help youth speak openly about their experiences. During these group discussions, counselors seamlessly integrate the challenges as part of the conversation. We are excited that five members of our Child & Family Services team will begin their training in April.”

Seven Challenges is implemented as the counseling component of

an outpatient program, and can be delivered in a variety of settings with different levels of intensity to meet the needs of each person.

New Hampshire ranks in the top eight states with the highest rate of underage binge drinking (youths age 12-20 years). Young adults in New Hampshire between the ages of 18 and 25 have some of the highest rates of alcohol and drug use when compared to young adults nationally. Early-onset frequent substance use during adolescence increases the risk of developing mental health problems, long-term alcohol or drug dependence, educational underachievement, health problems, and social difficulties during late adolescence and early adulthood. (NSDUH 2018)

“Early intervention is critical for youth who are at risk for substance use. Our role is to promote healthy decision-making and help people identify

problems they may be having with alcohol or other drug use early on, helping them with assessments and treatment services and connect them to prevention and recovery supports,” says Chelsea Lemke, Director of Substance Use Services at Lakes Region Mental Health Center.

The Lakes Region Mental Health Center, Inc. is designed 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

serve more than 4,000 children, families, adults and older adults each year. LRMHC provides Emergency 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; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports;

housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 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.

Bank of New Hampshire promotes Tiffany Baert to VP – Marketing Officer

LACONIA — Bank of New Hampshire is proud to announce the promotion of Tiffany Baert to Vice President – Marketing Officer. In this role, she is responsible for overseeing the Marketing team in a variety of functions in support of the Bank’s strategic initiatives as they relate to customer experience, communication, public relations and advertising.

“Tiffany has spent the last ten years of her career honing her skills, successfully functioning in several roles within the Marketing department,” said Michael Seymour, SVP, Chief Marketing & Retail Lending Administration Officer for Bank of New Hampshire. “Bank of New Hampshire is lucky to have a professional such as Tiffany to lead our marketing efforts into the future.”

Baert joined Bank of New Hampshire in 2010 as the Marketing Ad-

ministrator, and over the past ten years has been promoted several times focusing on all aspects within the Marketing Department. She holds the top professional designation for bank marketers from the American Bankers Association, the Certified Financial Marketing Professional (CFMP) designation.

Baert holds a Bachelor of Science degree in Marketing from Plymouth State University. She is also a graduate of the ABA Bank Marketing and Management School, the Northern New England School of Banking and is currently enrolled in Leadership Lakes Region. She continues to be active in the community serving time as a mentor for the Circle Program, a board member of the Campton Historical Society and a member of the Marketing Advisory Committee for Plymouth Regional High School.

Bank of New Hampshire is excited to have

Tiffany in this role as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Bank of New Hampshire promotes Eric Carter to SVP – Digital Solutions & Innovation Officer

LACONIA — Bank of New Hampshire is proud to announce the promotion of Eric Carter to Senior Vice President - Digital Solutions & Innovation Officer. In this role, he will lead the new Innovation & Process Improvement team while continuing to oversee the Electronic Banking division. Carter’s extensive knowledge in bank technology and operations will enable him to identify ways to enhance the bank’s processes, enhance our customers’ banking experience and introduce new and innovative solutions to the Bank.

“This is the perfect role for Eric,” stated Cheri Caruso, SVP, Chief Technology, Digital Banking & Operations Officer for Bank of New Hampshire. “Under his leadership, the bank will continue to make advancements in digital technology, improve business processes and provide our customers’ with innovative products and solutions.”

Carter joined Bank of

New Hampshire in January of 2000. His past roles within the bank, include AVP – Retail Office Manager, VP - Alternate Delivery Channels/Operations, and SVP - Electronic Banking Manager.

He holds a Business Management Degree from Plymouth State University and is a graduate of the ABA Stonier Graduate School of Banking. He has been active in the local community serving as President/Chairman of the Board for a number of non-profit organizations including the Lincoln/Woodstock Chamber of Commerce, Pemi-Baker Home Health & Hospice, Plymouth Main Street Inc., and the Bolduc Park Association. He currently serves on the New Hampshire Financial Abuse Specialty Team (FAST) and is the chair for the New Hampshire Bankers Association’s Fraud Peer Group.

Bank of New Hampshire is excited to have Carter in this new role as we aspire to remain

an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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Bank of New Hampshire promotes Lisa Dauphine to VP – Project Management Officer

LACONIA — Bank of New Hampshire is proud to announce the promotion of Lisa Dauphine to Vice President – Project Management Officer. In this role, she is responsible for planning, organizing and directing the completion of specific projects for the bank while ensuring these projects are on time, on budget and within scope.

“Lisa is a very dedicated and committed employee who is very deserving of this promotion,” said Cheri M. Caruso, SVP, Chief Technology, Digital Banking & Operations Officer for Bank of New Hampshire. “She brings a high-level of banking knowledge and experience which includes good leadership, communication, time management and team management skills which lead to successful projects.”

Dauphine joined the

bank in 2000 as the Items Processing Supervisor. She has held many positions since then including Items Processing Manager where she was responsible for the daily management of the Mail Delivery/Processing and Courier Functions, Statement Rendering, Printer and Copier Servicing, and Office Supply and Business Card Servicing. She was then promoted to AVP – Project Manager & Items Processing.

Dauphine is a graduate of the Northern New England School of Banking, BMA Leadership on the Line, Leadership Lakes Region and also holds her Supervisory Skills Certificate from Northern New England CFT.

Bank of New Hampshire is excited to have her in this new role on our team as we aspire to remain an independent mutual financial insti-

tution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.


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Opinion

A4 Thursday, March 11, 2021

WINNISQUAM ECHO

Here comes the sun, and we say it's all right

After a long (but, we think, mild) winter, warmer, longer days are finally here. As the official first day of spring nears on March 20, we're noticing people have more of a pep in their step. A refreshing sight given the year 2020 delivered.

While each season has its own perks, there is something about spring that seems to surprise us each year. We re-acquaint ourselves with our yards as they slowly reveal themselves as the snowbanks melt away. Muddy grass has never been a kinder sight.

Over the past few weeks, the common chatter has been about baseball, springtime fitness goals, gardening, hiking, you know the usual. This week we reminisced about old April Fool's Day pranks in the office. Tacks on seats, the soda bottle filled with water sitting on top of a door waiting to be opened in order to drench an unsuspecting individual, saran wrapped cars, fake lottery winnings, fake wedding proposals and lost wedding rings, to name a few. Stunts to make Larry, Moe and Curly proud.

With spring comes "spring fever." In modern times this is a semi-positive term, however back in colonial times, 'spring fever' referred to the poor quality of health everyone was in, after sustaining a winter without fresh vegetables and proper diet. Today's "spring fever" will have children restless, new romances transpire and people attacking their homes with dust cloths and Windex.

Experts say the changes that a person goes through during the springtime are due to hormonal changes in the body. During the winter months, the body secretes a large amount of melatonin, (the sleep hormone). The presence of more sunlight in spring sends the body a message to stop producing as much melatonin. This causes folks to be more awake. Add this to the uptick in your serotonin levels due to the sunlight and you will not only be awake but enthusiastic.

Interesting to note is that during the springtime the body becomes more susceptible to illnesses. Way back when, scurvy outbreaks always occurred during this time of year as did rubella and measles. Doctors note that in spring, gout, a condition that affects joints, peaks in individuals. Because there are more allergens in the air, you will see more cases of rosacea and other skin irritations on the rise.

We encourage everyone to spend as much time outdoors this spring, including the days leading up to its official start. Get back to basics, back to nature, keep things simple and pick up an old hobby you have abandoned but have been meaning to reconnect with, life is meant to be fun.

Send your letters!

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

Our fax number is 279-3331.

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

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

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

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

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

Tilton Historical Society gets receives new banner from Staples

COURTESY

A big thank you goes out to our sponsor, Staples, for our new vinyl banner which will be used during future public events. Kelli Peterson, the Store Manager and Cindy Jalbert, the Print and Marketing Supervisor, have been great to work with and they will be donating future support to our Society as well. It's great to have local business that appreciates and supports our town's unique and proud history! When you go in, please tell them Thank You for helping us! Also, a huge thank you to Gabe Clogston, who designed our logo and sized the image for printing.



STRATEGIES FOR LIVING

At the crossroads of American history

BY LARRY SCOTT

The Equality Act, recently passed by the House of Representatives, is now in the hands of the U. S. Senate. Many of us hope it will be stopped there by legislators who take seriously the awesome responsibility they have been given in determining America's future.

Conservative legislators have promised the act will be amended to accommodate the religious beliefs of Catholics, Muslims, and the Evangelical community, but that gives little comfort to those of us who remember what happened in 1973. When Roe v. Wade became law voices of caution were ignored and less than forty years later, pushing the statute to its limit, the State of New York determined the life of an unwanted child can be taken on the very day of its birth. It may be lawful, but infanticide by any other name is still infanticide.

It is difficult to know how to respond to the Equality Act. Countless organizations and writers have outlined the dangers and changes that will come to America if the Act becomes law. The House of Representatives, however, passed it 236 to 173, when 58 percent of our legislators capitulated to political expedience.

This is serious business, America. We are at the crossroads of history. This is a red-letter moment in our country. We are allowing our legislators to make a decision that will have a profound impact on all segments of our society. Business, medicine, the church, education, and sports will be forced to make changes that violate principles of conscience, limit parental rights, challenge established practices, permit government intrusion, and violate fundamental principles that have made America great

It is with reason that

some of America's most revered institutions are justifiably worried. Such organizations as the Women's Liberation Front, Focus on the Family, the Alliance Defending Freedom, Concerned Women for America, and the Heritage Foundation, have all come out against the bill. Adoption and foster care agencies, women's shelters, Christian businesses, church schools, and medical professionals, have banded together to oppose this legislation. And that is to say nothing of those from whom we have yet to hear: the prison system, the police, and the courts.

So ... where do we go from here? We have been told you cannot legislate morality, and that is true, but it works both ways. And the fact the Christian community opposes this legislation does not brand us as the pariah of this generation. We want what is best for America, and that includes all Americans. This, howev-

er, is not it!

It is likely the Act will not get through the Senate, but progressives and liberal extremists will continue to advocate for change in America's social landscape. You have heard this from me before, and you will hear it again, but this is what happens when you get away from an objective standard of right and wrong. When your definition of truth is determined by popular consent, when you ignore the guidelines God has given us in His Word, sooner or later there will be hell to pay.

Take note, America. There is only one way out of the morass into which we find ourselves, and it is God's way! Ignore Him, and you cannot win, but take Him into your confidence, and you cannot lose! It is high time, America. We need to get back to God.

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

North Country Notebook

Thinking about loons, already, and the ice is still pretty thick



By JOHN HARRIGAN
COLUMNIST

Back in the early '90s, I was on the Northern Forest Lands Council, charged with envisioning the future of 26 million acres across northern New England and upstate New York. We were expected to make recommendations and then disappear, which we did.

One of my meager suggestions addressed uniform trucking regulations. For years, I'd been hearing complaints from friends in the trucking business about having to deal with four different sets of weight regulations.

Wonder of wonders, there it was back there 30 years ago, in our final report: "Recommendation 32, to establish consistent truck weight

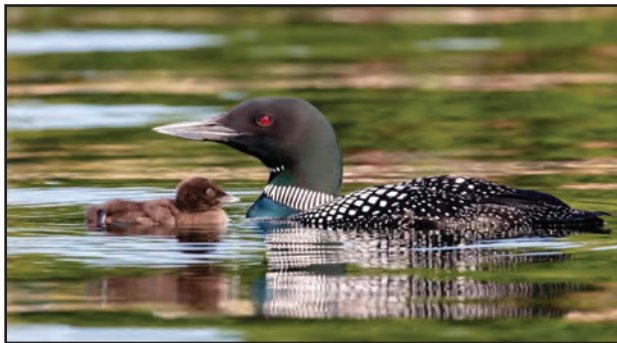
regulations. State transportation agencies should coordinate with one another to establish consistent truck weight regulations across the region."

Back to the here and now. The New Hampshire Timberland Owners Association sends members a legislative watch-list, which keeps us informed on where bills are in committee and floor-votes, and offers advice on proposals. The TOA gave a thumbs-up on this one:

"House Bill 279--- This bill increases the weight allowance for tandem axles (on truck/trailer combinations where there are more than four axles hauling forest products) to 40,000 pounds for forest products being hauled from log landings. This will make New Hampshire consistent with our neighboring states and will address a perennial problem with weight distribution in chip vans and log trucks."

+++++

Last month's loss of Jefferson's original built-for-purpose town hall (ca. 1872) was a hard blow for a town that could be



JEN ESTEN — COURTESY

This is a scene that the Loon Preservation Committee hopes will play out all over New Hampshire in a few (it says here) short months. Meanwhile, we're still measuring the ice in feet.

forgiven for being warier of fires than most. This is the town, after all, that went through the infamous arsons of 1988 and '89, in which more than 20 local or nearby fires were set or unusual.

I had to choose my words carefully in that first line, because so many of northern New England's towns held their first town meetings in a school, church, or someone's house. In many cases, the town didn't have a town hall until well after it was incorporated. And in many cases, towns were not incorporated until long after being settled.

But wait---what about that word "settled," and by whom? Many of the state's meadowlands had

already been farmed, for millennia, by people who had no concept of carving land up for individual ownership.

In Jefferson's case, Paleo-Indian artifacts 7,000 years old have been found in nearby archaeological digs. More recently, offshoot tribes of the Abenaki used what later were known as the Upper Cohasse Intervales as seasonal planting grounds.

The town was incorporated in 1796, but it's anyone's guess on how many hunters, trappers, speculators, surveyors, and yes, settlers were there before.

+++++

This from the Loon

SEE NOTEBOOK PAGE A5

BULLDOGS

CONTINUED FROM PAGE A1
the board less than two and a half minutes into the game. Zack Spicuzza snapped a shot from the circle past Bulldog keeper Colin McGreevy for the 1-0 lead.

The Bulldogs came charging back with a number of chances, with Jackson Collins making a nice centering pass, Zoltan Stefan sending a shot on net that Laker keeper Evan Rollins stopped and Zack Gilbert sent a shot over the top of the net. The Lakers came back with a chance from Andrew Spicuzza that McGreevy stopped.

The Lakers doubled their lead with 9:12 to go in the first period, as Connor Blake scored his first career goal on an assist from Austin Keenan for the 2-0 lead. The Lakers kept pressuring, with Ryan Bousquet and Andrew Spicuzza sending shots on net that McGreevy stopped. Geena Cookinham had a shot for the Bulldogs that went wide.

Belmont-Gilford got on the board with 7:38 to go in the period, as Owen Guerin sent a nice pass across the crease where Cookinham was waiting with a wide open net in

front of her and she buried the puck to cut the lead to 2-1. The teams exchanged chances, with Guerin and Andrew Spicuzza putting shots on net, along with Andrew Rowley and Eric Ellingson for B-G, but Rollins and McGreevy held tight.

The Lakers upped the lead to 3-1 with 3:20 to go in the period, as Zack Spicuzza got in all alone and buried the shot with an assist from Rollins. Nate Holmes just missed connecting with Zack Spicuzza on a chance and Andrew Spicuzza made a nice defensive play on a rush into the zone by Guerin.

However, with 36 seconds left on the clock in the first, the Bulldogs cut the lead to 3-2, as Collins sent a shot on net that McGreevy stopped but Brady Logan put the rebound in the net and the period came to a close with the Lakers up 3-2.

The Bulldogs then pulled even 1:09 into the second period, as Guerin got in alone on an assist from Gilbert and made it a 3-3.

Smith made a nice centering pass that missed sticks in front while Dylan Flannery and Brendan Folan had



Owen Guerin prepares to fire off a shot in playoff action last week in Laconia.

chances for the Bulldogs that Rollins stopped. The Lakers went on the power play with 9:29 to go but the Bulldogs did the job on the penalty kill, as Bradley McIntire and Guerin did a nice job killing off the penalty. Rowley made a nice defensive stop on Andrew Spicuzza, who also had a power play chance, but the penalty was killed off.

Belmont-Gilford continued to pressure after the penalty, with Folan, Rowley, Guerin and Stefan all getting chances that Rollins denied. Austin Keenan came back with a chance for the Lakers but McGreevy made the stop.

With a tick less than two minutes to go in the second period, Guerin was able to propel the Bulldogs into the lead,

with assists going to Stefan and Cookinham for the 4-3 lead. The Lakers had some late chances, with Zack Spicuzza and Andrew Spicuzza getting good chances, but McGreevy held tight and the period ended with Belmont-Gilford up by one.

The Bulldogs got a power play to start the final period and Gilbert had a couple of good chances, but the Lakers did a nice job killing off the penalty, with Smith, Zach Cafarella and Bousquet all getting good clears to kill off the penalty.

Logan had a shot go wide for the Bulldogs while Keenan, Bousquet and Blake all getting chances in close, with McGreevy hanging tough. Gilbert also sent a shot high at the other



Austin Keenan skates with the puck in action against Belmont-Gilford last week.

end. The Lakers went on the power play with 7:08 to go and Cafarella had a shot denied and Gilbert sent a shot over the top of the net. Guerin did a nice job killing off the penalty and the Bulldogs got back to full strength.

The Lakers got another power play chance with 4:08 to go and had some chances, with Adam Ribeiro sending a shot wide. Stefan and Folan both had shorthanded bids while Bousquet came back with a great chance, with McGreevy making a sprawling save to preserve the win for the Bulldogs.

“I think we ultimately tired them out,” said Parent. “Rotating four lines, with four defense, we have a little depth.

“You’ve got to have people who can eat up time, they play the

body and slow the game down,” the Bulldog coach said of his bench depth.

He also praised the work of McGreevy, particularly in the final minutes.

“That’s what he does,” Parent added.

“This was the first playoff game we’ve had and the boys held themselves up well,” Wheaton said. “I’m very proud of these guys.

“They’re a tight knit group, it’s hard to lose,” the Laker coach continued. “And I feel for my seniors.”

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

HOOPS

CONTINUED FROM PAGE A1
in a 69-37 victory over Inter-Lakes.

While the end result was by a margin of more than 30 points with Belmont never trailing, the Lakers hung with the Red Raiders during the opening minutes of the game thanks to some solid defensive play. The game was tied 4-4 but with five minutes remaining in the first frame the Red Raiders stormed ahead with an 8-0 run to make it a 12-4 game.

Belmont led Inter-Lakes 33-15 at the end of the first half thanks to excellent play by Ruelke and Gaudette, as well as defense and playmaking skills by Sottak. Ruelke was held scoreless in the first quarter but he turned it up a notch in the second quarter with six points. Gaudette had six of his 10 first half points in the quarter as well. The half ended with a highlight reel play when Sottak stole the ball with time winding down. He heaved a perfect pass nearly the length of the court to Ruelke, who soared to the basket for a one-handed jam as time expired.

The momentum was clearly in the Red Raiders’ favor as the teams went into the second



Jackson Ruelke goes up for a bucket against the Lakers in the state tournament.

half. In the third quarter Belmont outscored Inter-Lakes 19-7 and held a 52-22 lead at the quarter’s end. Gaudette had seven points in the quarter; Ruelke added six points and Brian Carroll had four points. Sottak also had a basket.

While the offense woke up a bit for the Lakers in the final quarter the Red Raiders had a large enough lead and a continuous offensive presence that the margin was too large to overcome, with Belmont walking away with a 69-37 win in the opening playoff game.

Leading the charge was Gaudette, who tallied 17 points and seven boards with much of his play coming in the first three quarters. Ruelke had a great all-around night with 14 points, five rebounds and four steals. Sottak filled the

stat sheet per usual with nine points, seven assists, five rebounds and five steals. Sam Reposa added eight points, three assists and three rebounds.

Gaudette averaged nine points on 49 percent shooting this year, but came on with an especially strong performance when it mattered in the playoffs and as the regular season wound down. In his last three games he had point totals of 13, 16 and 17 points, and earlier in the season he posted 10 and 12-point efforts. He also averaged 5.8 rebounds, 1.9 assists and 1.8 steals this season.

“He had a couple low point totals early that keeps his season totals under 10 but he’s been as good as anyone aside from maybe Jackson that we have seen the last couple weeks, and

he’s only a sophomore,” said Belmont coach Jim Cilley.

Ruelke has consistently been one of the top players this season for the Red Raiders, averaging 17.9 ppg on 48 percent shooting. He also averages 4.9 rebounds, 3.2 assists, 2.8 steals and 1.3 blocks. He has shined in several games this year, notably a 33-point effort against Kingswood, a 32-point game against Laconia and 28 points against Franklin.

Sottak, who the offense can run through as a playmaker or also as a scorer, has averaged 10.4 ppg on 45 percent shooting. He averaged 4.8 assists, 3.4 rebounds and 2.8 steals.

Cilley said going through Sottak running the offense as a playmaker was a change to how he was used as the shooting guard the past couple

of years with Ruelke as the point guard.

“He was always the guy we would kind of play off of before, but this year the ball has kind of gone through him,” Cilley explained. “Jack (Ruelke) has become more of our scorer. Nate is really strong with the ball and is tough to press. He is tough to guard off the dribble anyway, and has been able to get Jack some easy baskets.

He said the team did a good job against Inter-Lakes offensively, saying that once the team settled in the Red Raiders were able to “really attack them.” He said defensively he was happy about the team’s success to force turnovers.

Cilley was especially impressed with Gaudette, who he said in recent games has really turned it on. He called the sophomore “the stud of the night” and said he expects him to be a focal point for the future. “He has such diverse skills as a big guy at the four, but he runs the floor well, can dribble the basketball and he

has some guard skills while being a big,” Cilley said. “When he polishes his outside shot, he will be very, very good.”

The Lakers were led by Luke Brown, who scored 12 points on the night. Jason Keysar hit a pair of fourth quarter threes for six points in the game. Joey Doda scored eight points in the game and T.J. Bailey drained a three in the second quarter.

Coach Mike Rathgeber acknowledged that due to COVID-19, the team had a difficult time, but he was proud of the effort put forth and has high hopes for the future of the young Laker squad, who only loses one senior in Keysar. Next year the team will have only one senior; Jack Gintof. As of now there will be four juniors, including Brown who has been a viable offensive presence since he suited up last year as a freshman, and two returning sophomores.

“I think it has been difficult for us than most,” said Rathgeber, which was a sentiment that Cilley agreed on. “We lost a lot of kids. Some teams lost none to one. We lost seven. I started two freshmen. We are just playing and trying to get better. We know our time will come. We know it’s not now but we are fine. We’re good.”

Belmont went on to beat White Mountains by a 43-30 score before dropping a hard-fought 49-45 decision to Gilford in the Division III quarterfinals.

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NH

Bulldogs come up short in quarterfinal tilt



Kennett's Colby Olivier skates in to try and knock the puck away from Belmont-Gilford's Geena Cookinham.

BY JOSHUA SPAULDING
Sports Editor

CONWAY — The Division III hockey quarterfinal battle at the Ham Arena in Conway on Saturday was a battle worthy of playoff hockey, as the Kennett Eagles rallied from an early deficit to knock off the Belmont-Gilford Bulldogs by a 4-2 score, advancing Kennett to the Division III semifinals.

The game saw the visitors jump out to a 1-0 lead after one quarter before Kennett scored three goals in the second quarter to take the lead and never look back. The Eagles were coming off a bye in the first round, which meant 10 days off, while the Bulldogs beat their Laconia rinkmates, Laconia-Winnisquam-Inter-Lakes earlier in the week.

"I think we would've rather had that other game," said Kennett coach Mike Lane. "We were a little rusty in that first period.

"But we got our legs going in the second," he continued. "It's different for your lungs in practice and what you can do in games."

"It's frustrating, up 1-0, and then we let in a soft goal from the corner," said B-G coach Jason Parent. "We're such a young team, something like that happens and it takes the wind out of our sails."

Robbie Murphy had a couple of early shots on B-G keeper Colin McGreevy, but the Bulldog keeper made the saves. Sam Seavey also sent a

shot over the top of the net for the Eagles. Zoltan Stefan had a centering pass for the Bulldogs that missed the mark in front and Owen Guerin had a shot wide of the net.

Colby Olivier made a nice defensive play on Adam Ribeiro while Brady Logan had a shot stopped by Kennett keeper Bryson Wroblewski. Zack Gilbert and Andrew Rowley continued the attack for the Bulldogs and Guerin sent a nice shot through the crease but could not convert.

Wade Volo had a couple of chances for the Eagles that McGreevy was able to stop and Olivier also had a shot denied. Matt Cormier and Seavey had bids for the Eagles as well but could not get anything in the net.

With 4:06 to go, the Bulldogs were able to take the 1-0 lead, as Gilbert snapped home a shot on an assist from Guerin. Belmont-Gilford also got a power play chance in the last three minutes of the frame, but the Eagles held tight, with Volo, Noah Keefe and Olivier making good clears while Keefe also had a shorthanded bid denied by McGreevy. The Eagles successfully killed off the power play but the Bulldogs took the 1-0 lead to the end of the first period.

Colby Hall and Cormier just missed connecting on a centering pass but it didn't take long for the Eagles to get on the board. Cormier fired

a shot from the goal line beside the net and it banked off McGreevy and in for the tying goal with 12:25 to go in the period. Volo and Murphy had assists on the goal to tie the game.

The goal sparked the Eagles as they continued to pressure in the offensive zone. Seavey, Hall, Murphy and Jack Robinson had chances in the offensive zone but could not convert. Logan had a chance for the Bulldogs, as did Guerin, but they also couldn't connect.

Belmont-Gilford went on the power play with 4:43 to go in the period and just 12 seconds later, Volo made a great individual effort, shaking off a defender and getting in alone and sliding the puck past McGreevy from his knees for the shorthanded tally and the 2-1 lead.

B-G came back with power play chances from Brendan Folan, Stefan and Gilbert, but Wroblewski held tight. Seavey also did a nice job killing off the penalty and with 2:33 to go, Kennett got a four-minute power play chance.

Just 30 seconds into the power play, Olivier was able to give the Eagles the 3-1 lead on a shot from the circle to McGreevy's right. Volo and Murphy got the assists. Kennett remained on the power play for another two minutes and Cormier, Murphy, Volo and Olivier all had chances while Gilbert and Bradley McIntire helped kill off the penalty, bringing the period to an end with



Sam Seavey of Kennett skates into the zone as Brenan Folan of Belmont-Gilford looks to keep him away from the zone.



Zoltan Stefan skates into the zone during playoff action on Saturday in Conway.

Kennett up 3-1.

Belmont-Gilford had some early chances in the third period, with Hall blocking a shot by Stefan. At the other end, Volo and Seavey had bids and Brady Shaw sent a shot over the net and also had a good defensive play on Guerin. Logan Moulton, Ribeiro and Logan continued the attack for the Bulldogs but Wroblewski held his ground.

With 8:16 to go in the game, Volo scored his second goal of the game on assists from Seavey and Keefe for the 4-1 lead.

The Bulldogs got a power play with 7:20 to go and Guerin got a number of chances early in the man-advantage but couldn't get anything past Wroblewski. Kennett took another power play with 6:21 to go, giving the Bulldogs 1:01 of five-on-three hockey and Stefan, Jackson Collins and Folan all got in close but couldn't convert and one of the penalties was

killed off.

However, just seconds later, the Bulldogs did convert on the power play, with Wroblewski making a save on a bid by Gilbert, but Guerin was there to put home the rebound to cut the lead to 4-2.

Kennett got a late power play chance and Murphy, Seavey and Volo had chances, while Guerin had a shorthanded bid, but the 4-2 score stood up, with Kennett getting the victory.

"We talked between the first and second, we had to put more pucks on net and get some ugly ones," said Lane. "Obviously we got lucky with that first one, we had some good energy in the second period.

"They're a gritty team, they battle hard and made it difficult for us all night," Lane continued. "On to the semis, we'll take it.

"I'm thrilled, I'm happy for them, just to get to experience this," he

added.

"We're a young team, we'll be better next year," Parent said. "We have a bunch of good freshmen coming up who can contribute and we have some kids who didn't play, hopefully come back.

"We got an unlucky draw," the Bulldog coach continued. "We had to play against the best player in the division (Volo) three times, other teams didn't have to play him at all."

Kennett moved on to the Division III semifinals, which took place after deadline Wednesday in Concord. The finals take place on Saturday, March 13, also at the Everett Arena in Concord at 7:30 p.m.

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

Raiders run into tough Newfound squad

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont hoop girls had a tough draw in their opening round of the Division III tournament.

The Raiders played host to a very strong Newfound team on Thursday, March 4, and while the Raiders battled, the Bears came out with the 39-28 win, ending Belmont's season.

"(We) closed the gap to two in the third quarter but couldn't get any closer than that," said Belmont coach Mike Andriski. "We struggled from the floor; just a tough night shooting the ball."

The Raiders shot just nine-for-56 from the field on the night.

"Their defense forced you to hurry your shots,"

Andriski said.

Newfound got out to an 11-4 lead after one quarter of play, but Belmont was able to close the gap to 19-13 at the halftime break. The Raiders were able to get the lead down to one possession in the third but couldn't quite get over the hump.

The first-year head coach remained impressed with what his kids did throughout the season.

"I have been impressed with everything these young ladies have overcome this year," Andriski said. "I definitely think that we improved a lot day-to-day throughout the season and am excited over the growth of our younger players."

Morgan Hall paced

the Raiders with 12 points in the playoff game while Rebecca Fleming chipped in with seven points.

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



RC GREENWOOD

Playoff battle

Keegan Donovan puts up a shot as Isabella McDonald prepares for a possible rebound during the Belmont unified hoop team's playoff game at Newfound on Friday. The visiting Raiders defeated the Bears by a 46-24 score to advance to the state semifinals. They played after deadline Monday in Berlin. The finals are Friday, March 12, at 5 p.m. at Bow High School.

Buckle Up!

Seatbelts save lives.

Bears fall in playoff defensive slugfest



Gilford's Sam Cheek and Winnisquam's Leighton Morrison leap for a rebound in playoff action last week.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — Most fans watching the Gilford-Winnisquam Division III boys' basketball



Phil Nichols fires off a shot in playoff action against Gilford last week.



Garret Mango goes hard to the hoop in action last week against Gilford.

Bank of New Hampshire promotes Jen Goddard to AVP — BSA Compliance Officer

LACONIA — Bank of New Hampshire is proud to announce the promotion of Jen Goddard to Assistant Vice President — BSA Compliance Officer. In this role, she will be responsible for the development and administration of overall procedures relative to the Bank Secrecy Act, including coordinating and monitoring the day-to-day compliance of the Bank's BSA/AML Program and managing the BSA compliance team. She will also oversee the BSA Compliance Assistants.

Goddard joined Bank of New Hampshire as a Bank Services Representative in 2011 and later joined the BSA department as a Compliance Assistant in 2015.

"Since joining the BSA Department Jen has played a vital role in

sion III boys' basketball playoff battle on Wednesday, March 3, probably expected an offensive showdown for the ages. After all, the Golden Eagles and Bears were two of the top teams in

the Bank's BSA and anti-money laundering efforts," said Natalia Beaulieu, VP, Compliance Officer for Bank of New Hampshire. "Jen brings a wealth of knowledge to her new position and we are confident that she will excel in her new role as the BSA Officer and the manager of the BSA Team."

Goddard graduated from the Northern New England School of Banking in November of 2020. She has earned her designation as a Certified Anti-Money Laundering Specialist (CAMS), and Certified AML and Fraud Professional (CAFP).

Bank of New Hampshire is excited to have Goddard in this new role on our team as we aspire to remain an independent mutual financial institution, delivering

innovative solutions

and exceptional service, while assisting our employees, customers and communities to build brighter futures. Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

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the division.

However, good teams also play defense and that's what the fans in attendance or watching at home got, as the two teams combined for 47 points over the course of the 32 minutes, with Gilford hitting free throws down the stretch for the 28-19 win.

"They're good, it just became a slugfest," said Gilford coach Rick Acquilano. "Both teams just dug in on the defensive end.

"I'm proud of the guys, proud of the effort," Acquilano continued. "And we're thankful to win tonight."

"The kids played their hearts out, to hold a team like that to 28 means we worked our tails off," said Winnisquam coach Kevin Dame. "We didn't face teams with their length and size to prepare us for what we saw."

Gilford got the first four points of the game with Curtis Nelson and Malik Reese getting hoops before Jacob Seavey got Winnisquam on the board with a three-pointer. Alex Cheek responded with a hoop for the Golden Eagles to push the lead to 6-3.

Phil Nichols drilled a three-pointer to tie the game at six but Nelson finished off the first quarter with a hoop, giving Gilford an 8-6 lead after one quarter of play.

Sam Cheek got the second quarter started with a hoop for Gilford and Nelson finished

the scoring with a hoop and a three-point play. The Golden Eagles held the Bears scoreless in the period and took the 15-6 lead to the halftime break.

The third quarter was another low-scoring affair, with Gilford scoring just one point in the frame while Winnisquam put in eight points.

Reese hit a free throw to start the quarter but Nichols responded with two free throws at the other end for the Bears.

Garret Mango and Anthony Robbins hit consecutive three-pointers for the visitors to cut the lead to 16-14 heading to the final quarter of play.

Nelson started the fourth quarter with a hoop and Jalen Reese hit two free throws and a floater in the lane to put Gilford up by a 22-14 score before Mango finished off his own steal to make it 22-16.

Jalen Reese and Malik Reese then each hit two free throws to stretch the lead to 26-16 before Robbins answered with a basket for the Bears with 31 seconds to go. Riley Marsh hit a pair of free throws down the stretch, sandwiched around one from Nichols at the other end, closing out the 28-19 win for Gilford.

"This will be one people will remember for a long time," Acquilano said. "I felt like it would be a slugfest because both teams play good defense.

"Defense travels well," the Gilford coach added.

"They're a very good squad, they are the defending champs for a reason," Dame said. "I told the guys to be very proud and they should be.

"I'm really going to miss these guys, I love this group of seniors," the Bear coach said. "They're special, the way they come to work every day. I'm going to miss every single one of them."

Nelson led all scorers with 11 points while Nichols led the Bears with six points on the night.

The Bears opened the tournament with a 53-33 win over Newfound to advance to the preliminary round. Gilford continued by knocking off Belmont in a hard-fought battle on Saturday night to move on to the semifinals. That game took place after deadline Wednesday in Laconia while the championship game is set for Saturday, March 13, also in Laconia.

GHS 8-7-1-12-28
WRHS 6-0-8-5-19

Gilford 28
Nelson 5-1-11, A. Cheek 1-0-2, Marsh 0-2-2, S. Cheek 1-0-2, M. Reese 2-3-5, J. Reese 1-4-6, Totals 10-10-28

Winnisquam 19
Nichols 1-3-6, Seavey 1-0-3, Robbins 2-0-5, Mango 2-0-5, Totals 6-3-19

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

Bank of New Hampshire promotes Cindy Salta to VP — Prestige Plus Officer

LACONIA — Bank of New Hampshire is proud to announce the promotion of Cindy Salta to Vice President — Prestige Plus Officer. In this role, Cindy will direct, administer and manage the entire Prestige Plus program, a professional travel program which is a benefit to our valued customers who are 45 years of age or older and maintain a Prestige Checking Account. In addition, she will support planning and implementation of executive level events and meetings.

"Cindy's breadth of experience and willingness perform any necessary function makes her one of the most valuable employees in our organization," said Michael Seymour, SVP, Chief Marketing & Retail Lending Administration Officer for Bank of New Hampshire. "For our

Prestige Plus members, Cindy is Bank of New Hampshire."

During her career with Bank of New Hampshire, Salta has held many positions including Bank Services Representative, Customer Service Representative, Customer Service Center Representative & Prestige Plus Assistant and Assistant Vice President — Prestige Plus Officer.

Salta holds a Travel & Tourism Degree from New Hampshire Technical Institute. She is a volunteer at Hands Across the Table in Laconia, and a parent booster for the baseball team at Plymouth State University.

Bank of New Hampshire is excited to have Salta in this new role on our team as we aspire to remain an independent mutual financial institution, delivering inno-

vative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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Beginner Rug Hooking virtual workshop hosted by Belknap Mill

LACONIA — The Belknap Mill is pleased to offer its second textile workshop as part of its year-long series in 2021. This 5-week virtual workshop will take place on Thursday

evenings from 6 - 8 p.m., April 1-April 29. Instructor Pam Bartlett, will teach the art and craft of rug hooking, a traditional New England fiber art that beautifully combines artistic expression and function. Students will learn the core skills of rug hooking, the history of the craft and complete a 16-by-16-inch piece. Designs will utilize a "hit and miss" approach to color. Skills learned in this course, will allow students to progress to pieces involving more complex designs and color shading in the future. Finished pieces can be designed into a wall hanging, pillow, or chair pad!

The Belknap Mill, along with funding from a grant from the NH State Council on the Arts, is able to offer this workshop at a special price of \$120 per participant. The cost includes a kit with a pattern, all material required to complete the 16-by-16-inch piece, 12-inch quilting hoop, a rug hook, and small group virtual instruction for five weeks. (A small pair of scissors will also be required.)

To register for this exciting workshop please visit our website www.belknapmill.org. Registrants will receive the workshop Zoom link via email prior to the first class.

For additional information please contact Tara Shore, Program & Operations Manager at operations@belknapmill.org.



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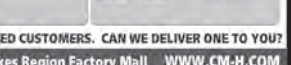
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The ideal candidate will have at least five year's combined education and experience in construction, building inspection, plans review, or related field; the ability to write reports and other correspondence; strong interpersonal and verbal skills; and demonstrated experience presenting information effectively and responding to questions from individuals and groups of people. Good math and technical comprehension skills are required One relevant plans examination or inspectors certificate issued by the International Code Council is desirable at time of hire. Once hired, within two years he/she must become certified as a One and Two-family Dwelling Combination Inspector. Valid driver's license is required. Pay range is \$26.00 to \$35.00 per hour, depending on experience. No benefits are included. Mileage is reimbursed at the posted rate.

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SHAKER REGIONAL SCHOOL DISTRICT

GIRLS VARSITY SOCCER COACH

Shaker Regional School District has an opening for a Girls Varsity Soccer Coach for the 2021-2022 School Year. Past playing and/or coaching experience preferred.

Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

SHAKER REGIONAL SCHOOL DISTRICT

COACHING POSITIONS

Shaker Regional School District has the following Coaching Positions available for the 2020-2021 School Year:

Middle School Boys Baseball
High School Track
(2 positions available)

Past playing and/or coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

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Michelle Booker, Director of Nursing
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Michelle.Booker@dhhs.nh.gov
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<https://das.nh.gov/hr/index.aspx>

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BEARS

CONTINUED FROM PAGE A1

huge night making shots from all over the floor. She had a game high 25 points in the win to go along with five assists and five boards. Mac-Donald had 14 points in the game and five rebounds. Isabella Sargent scored two points after being sidelined for a couple of weeks with an injury. Coach Mark Dawalga said that getting her back was huge for the team.

“Isabella does a lot for us that sometimes goes unnoticed,” said Mac-Donald. “Her defense tonight was great and we were glad to have her back.”

Power had three points and Triniti Carter had four points in the win.

Dawalga said after the game that while it has been a tough season for any team due

to COVID-19 protocols, he said his team is also especially young with eight freshmen and only 11 players in the program.

“To their credit, they really figured it out,” Dawalga said. “They learn and they listen, and they want to win. It has been a long time since we won a playoff game. Our goal when I took over was to win a game, progress and build. The kids all bought in, everyone contributes and I couldn’t ask for a better group of kids.”

Dawalga added that the group has worked hard all season to learn a new system and seeing them grow as players and win a playoff game was “awesome.”

Phillippy was proud of the way the team played in the win and said it is a sign of how much the team has improved as the season has gone on.

“We’re definitely getting better at transitioning, passing and finding the open person to shoot or drive,” said Phillippy. “We have gotten so much better since the beginning of the season. It feels good to be a part of the first win in a playoff game in almost 20 years. I am so proud of us but I think we can even go up from here. There is a lot we are capable of.

The Lakers were led by Moynihan, who had a team high 15 points. Furnee had six points, Caitlin Harris scored six points and both Taylor Alibrio and Hannah Pratt scored two points each.

Coach Scott Currier credited his players for persevering during what he described as “unimaginable time.”

“We have struggled a bit this year and we lost some really key pieces last year,” said Currier. “I thought the way they

competed tonight was something to be proud of. They have worked so hard.”

Currier commended the play of Harris, who is the team’s lone senior, as well as Moynihan and Furnee. He also said Pratt and Olivia Kimball came in for some key minutes playing guard.

“I think the future for this team is very bright,” said Currier.

Winnisquam faced White Mountains in the second round of the playoffs and fell 25-21. White Mountains made 14 of 25 free throws compared to one of five free throws for Winnisquam, which Dawalga said was the key to the game.

“Very proud of this team,” Dawalga said. “They have really grown as a group. We will miss our only senior Madison Gilbert next year.”



Isabella Sargent takes a shot in a game against Inter-Lakes.



Mackenzie Phillippy led the Winnisquam Bears with 25 points in a win over Inter-Lakes.

HELP WANTED

SHAKER REGIONAL POSITIONS OPEN

Shaker Regional School District is seeking to fill the following positions as soon as possible:

District Wide

- Social Worker
- Speech Pathologist – 3 days/week
- Speech Pathologist – Full Time

Belmont Elementary School

- Classroom Assistant – 6 hrs/day
- General Special Education Assistant – 5 ½ hrs/day
- General Special Education Assistant – 6 hrs/day
- 1:1 Behavioral Assistant (4 positions)
- 1:1 LNA

Canterbury Elementary School

- 1:1 Special Education Assistant

Belmont Middle School

- 1:1 Behavioral Assistant (2 positions)

Belmont High School

- 1:1 Behavioral Assistant

Please visit the Human Resource Department section of the District website, www.sau80.org, for more information and to apply for available positions.

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2020-2021 School Year PROFESSIONAL & SUPPORT STAFF

WHITEFIELD ELEMENTARY SCHOOL

- Title I Teacher (2020-2021 School Year Only)
- Paraprofessional (Anticipated)

ATHLETICS

- Middle School Softball Coach
- Varsity Boys Tennis Coach
- Varsity Girls Tennis Coach
- JV Baseball Coach
- JV Softball Coach

(positions are contingent upon COVID-19 status) (Contact Kerry Brady, AD, for application, etc. – 837-2528)

2021-2022 School Year PROFESSIONAL & SUPPORT STAFF

LANCASTER ELEMENTARY SCHOOL

- Upper Elementary (Anticipated)
- Middle School Science
- Special Ed Case Manager (Anticipated)
- K-8 Music Teacher

Applicants must hold the appropriate NH credential for most positions or a Statement of Eligibility (SOE) issued by the NH Department of Education.

For further information, contact:

Stephanie Glidden, Adm. Assistant to the Superintendent of Schools and to the Director of Student Services White Mountains Regional School District SAU #36 14 King Square, Whitefield, New Hampshire 03598 TEL.: 603-837-9363/FAX: 603-837-2326 • Email: sglidden@sau36.org

Plymouth State UNIVERSITY

Plymouth State University has the following positions available:

- Electrician
- Public Safety Officer
- Grounds Worker/Gardener
- Plumber/Pipefitter – Two Positions
- Business Services Coordinator
- Early Childhood Teacher I
- Assistant Director of Campus Recreation
- Chief Diversity Officer and Director of Diversity, Equity, and Social Justice
- Facility Project Manager III
- Director, Counseling Center
- Counselor I
- Building Service Worker (Custodian)
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- Teaching Faculty (Non-Tenure Track), Mathematics
- Teaching Faculty (Non-Tenure Track), Criminal Justice

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

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Help Wanted

Sales position available. Harris Family furniture in Plymouth is looking for another person to join our sales team. Harris Family Furniture serves all of NH, providing quality furniture and mattresses backed by exceptional customer service. If you enjoy working with people in a comfortable environment, this job may be for you. Prior sales experience is helpful, but not a must. Call Russ at 603-536-1422 or email resume to harrisfurniture@myfairpoint.net.

Delivery position available. Harris Family Furniture in Plymouth is looking for delivery help. Job includes delivering furniture and mattresses to customers’ homes, moving furniture and mattresses around on the store floor. If interested call Russ 603-536-1422 or stop by and pick up an application.

Office operations Manager wanted. Harris Furniture in Plymouth. This job includes, but is not limited to, order entry, receiving and generating purchase orders, answering phones if needed, and some bookkeeping. Must be willing to learn our computer software. Come join our team. Email Russ at harrisfurniture@myfairpoint.net or drop off resume at Harris Family Furniture in Plymouth.



Lumber Counter

This is a full time position in our Ashland store. Duties include assisting customers and contractors with product selection and order entry. Will train the right candidate. Basic computer skills required. Excellent customer service skills a must. Weekend hours on a rotating basis is required.

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

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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Help Wanted

Holderness Recreation is looking to build a dynamic team for its SummerEscape program. We are looking for responsible, energetic, hardworking leaders who love working with kids ages 5 – 12.

SummerEscape Counselors -Full and part time positions. Must be 16yrs + M-F, mid-June to August 6th.

For more information and job descriptions call 968-3700, email recreation@holderness-nh.gov or send resume to Holderness Recreation, P.O. Box 203, Holderness, NH 03245

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Nordic championships

Belmont's William Riley races during the Division II Nordic championships on Thursday, March 4, at Great Glen Trails in Pinkham Notch. The day's competition featured a classical loop followed by a freestyle loop. In the classical race, Riley finished in fourth place overall with a time of 10:23 and in the freestyle race, he finished in 11th place with a time of 13:08.



*Belknap Mill
hosting virtual NH
Humanities event*

LACONIA — The Belknap Mill will host a New Hampshire Humanities virtual program, “Votes for Women: A History of the Suffrage Movement” on Monday, March 8 at 6 p.m.

The campaign for women's right to vote was a long one, from the 1848 Women's Rights Convention in Seneca Falls, New York to ratification of the 19th Amendment in 1920. Who were the key players in New Hampshire and the nation? What issues and obstacles did they face? How did suffragists benefit from World War I in the final push for passage of the women's suffrage amendment? Who was left out when women got the right to vote? Using historic photos and documents, Liz Tentarelli will guide us on the journey. Liz is President of the League of Women Voters NH, a non-partisan organization that is the direct descendant of the National American Woman Suffrage Association.

This virtual 'Humanities To Go' event is offered through a grant from New Hampshire Humanities. Links to access the live stream can be found on the Belknap Mill's Facebook page and YouTube channel. For more information about this and other Belknap Mill programs contact operations@belknapmill.org or call 524-1367.



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