



Unified Basketball Jamboree lets all students share in the excitement of sports

BY DONNA RHODES
dhrhodes@salmonpress.news

BELMONT — Supported by Special Olympics, Unified Sports has provided students with intellectual and other disabilities the chance to participate in inter-scholastic athletic activities, and adding to that excitement has been the Lakes Region Unified Basketball Jamboree, first introduced by Belmont High School's Cassie Contigiani as her senior project in 2015.

Contigiani, a former star softball player for BHS, said she was inspired to start the tournament after watching some of the less-able classmates she grew up with left cheering her on from the sidelines when she moved on to high school; she was dis-

appointed that students who participated in sports with her in their younger years no longer made the teams. Of special interest were the tournaments she got to play in, so she organized a tournament for them.

"They sat on the sidelines and cheered for me throughout high school. Now I get to sit on the sidelines and cheer for them," she said last weekend.

Now a junior majoring in Sports Management at Thomas College in Maine, Contigiani has returned to Belmont each January since 2015 to run the tournament she began in high school.

"The nice part is, I have so many graduates of Belmont coming back to help out for the tournament," she said. SEE JAMBOREE, PAGE A11



Organizer Cassie Contigiani (center) joined Belmont High School's Unified Basketball team and her staff of volunteers as they watched one of several 16-minute games between seven schools last Saturday at the 4th Annual Lakes Region Unified Basketball Jamboree.

DONNA RHODES



COURTESY

Tilton police investigating retail crime

Police in Tilton are once again seeking the public's assistance in solving a retail crime at a local business. The female shown in the white jacket on video footage from the store is suspected to have been part of a theft/shoplifting incident and is wanted for further questioning. The other women caught on camera entered the store at the same time as the suspect and, while she is not currently believed to have taken part in the crime, police believe she could be a potential witness in the case. Anyone with knowledge as to who either of these women may be is asked to contact the Tilton Police Department at 286-8207.

FSB raises more than \$16,000 for Granite United Way

Bank provided a matching campaign contribution of more than \$8,400

FRANKLIN — Franklin Savings Bank announced this week that it raised more than \$16,900 for its Granite United Way Pacesetter Campaign. From this total, the bank provided a dollar for dollar matching contribution of more than \$8,400. As a Pacesetter organization, the bank's annual fundraising campaign takes place prior to the launch of GUV's general campaign.

"I am truly proud of the amount we were able to raise for our annual Pacesetter campaign for Granite United Way," said Ron Magoon, President & CEO. "This was the first time our Board approved a dollar for dollar match from em-

ployee contributions to the campaign which far exceeded our initial goal. This is just another example of our commitment to caring for and contributing to the communities we serve."

The funds raised for Granite United Way will be used to support three community impact areas, including education, income and health

across New Hampshire.

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

SEE FSB, PAGE A9

Belmont police warn against leaving idling vehicles unattended

BY DONNA RHODES
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BELMONT — It's winter, it's been bitterly cold, and a lot of people have begun their day by warming up their vehicles before heading off to work, appointments or errands but police in Belmont are cautioning residents to keep an eye on their property as they bundle up and prepare to head out the door each day.

"A car stolen recently on Route 3 had been left idling, unattended and unlocked by its brand new owner," they reported this week.

Luckily, that vehicle was quickly recovered and found undamaged in a nearby community, but that isn't always the case.

"We can only do so much to help locate your vehicle once it is stolen, so taking a minute to deter the theft in

the first place is your best protection," police advise.

Sanbornton Rec, Pines Community Center team up for winter skating program

BY DONNA RHODES
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TILTON — Sanbornton Recreation Department and Pines Community Center kicked off their joint six-week skating program at the MacMorran Field House on the Tilton School campus this past Sunday night, an event that was highly praised by participating families from Sanbornton, Tilton and Northfield.

"I grew up in Tilton, but we've never done this before. I don't skate but I brought my kids down to tonight and I can't believe how many



DONNA RHODES

Eight-year-old twins Eli and Katherine of Tilton were all smiles as they practiced their skating skills at Tilton School's MacMorran Field House last Sunday.

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Franklin Savings Bank announces promotions

FRANKLIN — Franklin Savings Bank announced today the recent promotions of Sarah E.M. Stanley to Community Relations & CRA Officer, Ulrike Smith to Quality Control & HMDA Manager, Dawn Phelps to AVP, Retail Lending Officer & Team Leader, and Kimberly Bliss to Commercial Lending Assistant.

"This is a tremendous opportunity for Sarah, Ulrike, Dawn and Kim to advance further within their respective roles at the bank," said Ron Magoon, President & CEO. "As we continue to expand our lending capabilities it became apparent that we needed to add additional sup-

port for home mortgage disclosure act reporting, commercial credit analysis, along with expanded oversight of data collection for community reinvestment act compliance."

In her new role, Stanley will continue her community relations efforts as well as administering all aspects of the bank's Community Reinvestment Act Compliance Program. She joined FSB in 1998 in the marketing department where she advanced into a few positions until she transitioned into the role of Community Relations Officer in 2015.

Smith will assume the responsibilities of Qual-

ity Control and HMDA Manager where she will have oversight of the administration and management of all commercial and residential lending quality control compliance, along with the administration and management of all Home Mortgage Disclosure Act (HMDA) compliance. She joined FSB in 2014 as Loan Operations Manager, then transitioned to Residential/Consumer Project Manager in 2017.

In her role as AVP, Retail Lending Officer & Team Leader, Phelps will oversee the strategic and new business development responsibilities for the residential lending department

and will manage the residential lenders. Phelps started with FSB in 2003 as a Mortgage Loan Originator. In 2004, she was promoted to Mortgage Loan Officer, then to AVP, Retail Lending Officer in 2013. She will report to Jim Dubois, SVP, Senior Loan Officer.

Bliss joined FSB in January 2017 as a Commercial Lending Assistant in the commercial lending department. As the bank continues to experience growth in its commercial lending division, Bliss will develop and enhance her skills in credit analysis under the tutelage of Debbie Clapp, AVP, Senior Credit Analyst.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank offices in Bristol, Boscawen, Tilton, Gilford and Merrimack, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bed-

ford, Gilford, Nashua, Rochester and Merrimack, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting www.fsbnh.bank, or following the bank on Facebook, LinkedIn, Twitter and YouTube.

Living Well with Diabetes

TILTON — Are you or someone you care for living with diabetes? Would you like to learn tools and strategies to better manage and live well with this disease? If so, the Living Well with Diabetes workshop is for you.

Learn how to better manage diabetes with the "Living Well with Diabetes" workshop presented by LRG-Healthcare. A free six-week workshop will be offered on Wednesdays from 9:30 -11:30 a.m. beginning Jan. 10 at the Franklin Savings Bank Community Learning

Center in Tilton. Those attending the workshops will apply skills for living a full, healthy life with diabetes, learn to set weekly goals and develop a practical step-by-step plan for improving diabetes care. Weekly topics include managing blood sugar levels, healthy eating, physical activity, relieving stress, and more!

Workshop leaders will guide participants through this proven program developed by the Stanford University School of Medicine. These sessions are ideal for anyone living with

diabetes or a caregiver of someone with diabetes.

For more information or to register for this upcoming workshops, please call LRGHealthcare Education Services at 527-7120.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRG-Healthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Free blood pressure clinic to be offered in Gilmanton

GILMANTON — Central New Hampshire VNA & Hospice will be offering another Free Blood Pressure Clinic, this time to be held at the Gilmanton Town Hall, 503 Province Rd. in Gilmanton. The clinic will be held on Jan. 17 and Feb. 21 from 9-10:30 a.m. Come meet your local visiting nurses and make a New Year's Resolution to care for your health!

No need to reserve a spot, just stop by. Call Heather Carpenter at the Gilmanton Town Hall at 267-6700, ext. 10 or Angela Smith at 524-8444 if you have any questions.

Central New Hampshire VNA & Hospice

is happy to provide this service, always free of charge, anywhere in the Lakes Region. If you are interested in having a clinic in your town, call Angela Smith at the number shown above.

About Central New Hampshire VNA & Hospice

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 has served Lakes Region commu-

nities since 1918 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. www.centralvna.org.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 340 calls for service and made the following arrests during the week of Dec. 25-31. Please note that the names of juveniles,

and those of individuals taken into protective custody but not formally charged with a crime, have been withheld.

Arrested during this time period were George Kemos (for Possession

of Drugs), Nicole Hollins (in connection with a warrant), Leah Storey (in connection with a warrant), Daniel Hill (for Willful Concealment), and Jessica Huber (for Willful Concealment).

BELMONT POLICE LOG

BELMONT — The Belmont Police Department responded to 122 calls for service and made the following arrests during the week of Dec. 29 to Jan. 5. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged

with a crime, have been withheld.

Laurie J. MacLeod, age 56, of Belmont was arrested on Dec. 31 in connection with a bench warrant issued by Franklin District Court.

A runaway, age 16, was involuntarily admitted for emergency treatment on Jan. 1.

Christopher A. Ladnay, age 32, of Meredith was arrested on Jan. 1 for Domestic Violence; Assault.

Joshua Cross, age 24, of Deerfield was arrested on Jan. 4 for failure to obey Traffic Control Devices and Driving After Revocation or Suspension.

Colby-Sawyer College names Christian Smith to Dean's List

NEW LONDON — Colby-Sawyer College has named Christian Smith to the Dean's List for academic achievement. Smith of Sanborn-ton majors in business administration and is a member of the class of 2020.

To qualify for the Dean's List students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. Founded in 1837,

Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.

About Colby-Sawyer College

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. The college's faculty, staff and students strive for excellence in an engaged teaching and learning community that fosters students' academic, intellectual, and personal growth.

With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking, and effective communication, Colby-Sawyer prepares students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.



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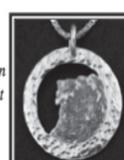
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QUICK MONEY

IN THE CLASSIFIEDS

Classified: It's Auto-matic



Amy Lesieur (Wendla) and Sophie Katz (Martha) at rehearsing a musical number.



Matthew W. McDougal (Hänschen), Spencer Costigan (Melchior), Justin Posnanski (Ernst), and Adam Messinger (Moritz) staging a scene at a recent rehearsal.

One Light Theatre Company presents "Spring Awakening"

MEREDITH — One Light Theatre Company's first professional production of the new year is "Spring Awakening!"

"Spring Awakening" is a rock musical featuring music by Duncan Sheik, with book and lyrics by Steven Sater. Set in 19th-Century Germany, it follows a group of teenagers as they confront the newfound inner and outer turmoil which accompanies adolescence, sexuality, and self discovery. This show tackles difficult but relevant themes, and is certain to spark the kind of important conversations that are all too often avoided

across generational lines.

This production is directed by Kirstin Riegler, a professor of theatre at Keene State College, who previously directed "The 39 Steps" during One Light's 2017 Professional Summer Season. One Light is thrilled to see her back.

Artistic and Co-Executive Director Jason Roy said of Riegler after a recent rehearsal, "I was astounded listening to her speak and collaborate with the cast. I am so excited to continue to learn from her. It has been so long since I have seen a director who leads instead of dictates...and

that is just one of her strong attributes in the theatre community."

The cast—which features a stellar group of young professionals from around New England, as well as lead actors local to the Lakes Region—has only two weeks to rehearse together before they take to the stage. But thirty minutes into the first rehearsal, they already looked and sounded as if they'd been working alongside each other for months.

"The amount of talent in this room boggles my mind," said Roy.

Local theatregoers may recognize some familiar names in the

cast, which includes Spencer Costigan (Melchior), Amy Lesieur (Wendla), and Adam Messinger (Moritz), as well as Samantha Drouin, Matthew W. McDougal, Sophie Katz, Justin Posnanski, Than Spence, Grace McLaughlin, Kenon Venno, Ian O'Brien, Rebecca Turmel, and Emily McIntyre.

Part of One Light's mission is to bring challenging pieces to the Lakes Region, and to use art as a means of provoking thought and stimulating conversation. Because "Spring Awakening" tackles subject matter like abuse and suicide,

is not recommended for children. However, One Light encourages parents of teenagers to look into the show and consider the value of theatre in exploring new or difficult subjects.

"This is a show about teenagers at a vulnerable time in their lives, and it's important for young adults to see their struggles represented. Even if the experience of a character doesn't resonate with them specifically, they're certain to be in the proximity of someone who's going through almost exactly that," said One Light secretary Olivia Mar-tinson.

"Spring Awakening" runs Jan. 12-13 at 7 p.m. at the Inter-Lakes Community Auditorium in Meredith. Tickets are \$15 for adults and \$12 for students and seniors. They are available for purchase at www.onelighttheatre.org or by calling 848-7979. Some tickets will be available at the door for both performances.

Stay up to date on all things One Light by following them on Facebook or Instagram (@onelighttheatreco) or visiting their website, www.onelighttheatre.org. Announcements of their 2018 Professional Summer Season will be coming soon!

Noah Kuczkowski of Sanbornton named to Dean's List at York College of Pennsylvania

YORK, Pa. — Noah Kuczkowski of Sanbornton a freshman Undeclared major at York College of Pennsylvania, has been named to the Dean's List for the Fall 2017 semester.

To be eligible for this honor, a student must be registered for at least 12

academic credit hours and earn a semester GPA of 3.50 or higher.

Located in southcentral Pennsylvania, York College offers more than 50 baccalaureate majors in professional programs, the sciences and humanities to its 4,600 undergraduate students.

The College also offers master's programs in business, education and nursing, and a doctorate in nursing practice. A center of affordable academic excellence, York is dedicated to the intellectual, professional and social growth of its students. The College helps

them develop a concrete plan to attain academic growth and career success; encourages them to try in the "real world" what they learn in the classroom; and prepares them to be professionals in whatever career they pursue.

Upcoming fitness & health events at Taylor Community

LACONIA — The following classes and fitness talk are scheduled at Taylor Community in the coming days. For more information, call 366-1206.

fied Aquatics Instructor, teaches this five-week class beginning Saturday, Jan. 13 at 10 a.m. The cost is \$65.

TED Talk: Brain Benefits of Sleep

There is nothing quite like a good night's sleep. What if technology could help us get more of it? Dan Gartenberg may have some answers. Join us Wednesday, Jan. 31 at 2 p.m. in Taylor's Woodside Building to find out the future of sleep technology. A guest panel will be available to answer questions on sleep and sleep apparatus. The event is free and open to

the public.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living op-

tions to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org, or call 366-1400 for more information.

Tai Chi with Russ Jones
Learn how to improve mental clarity, balance and mobility through the ancient art of Tai Chi. Mondays for four weeks beginning Jan. 8 at 6 p.m. The cost is \$24 for Taylor residents and \$48 for non-residents.

Water Babies and Toddlers Lessons
Martha Kidder, Certi-

Pines hosting family paint night

NORTHFIELD — On Friday, Jan. 19, the Pines Community Center will be holding a family paint night from 6-8:30 p.m. The cost is \$35 per person, with each participant receiving assistance and advice from Art Escape staff, and all materials necessary to create their choice of a variety of paintings. Pre-registration is required online or in person at the Pines by Wednesday, Jan. 17.

For more information about Art Escape visit their website at www.artescape.com. For more information about the program, contact Samantha at the Pines.

Test your Tastebuds at the Pines' Mac 'n' Cheese Cook-Off

NORTHFIELD — The Pines Community Center will be hosting a Mac 'n' Cheese cook-off on Saturday, Feb. 3, with a cash prize going to the top recipe. Participants must prepare their dish off-site, and have enough to provide samples to the public for the duration of the two-hour tasting. Judging will take place from noon-2 p.m. Contestants can register at a cost of \$25, online at www.pinescommunitycenter.com under the Events tab, or in person at the Pines. Registration closes Jan. 29. Admittance to the tasting is \$3 for adults and \$2 or children five and older.

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Opinion

A4 Thursday, January 11, 2018

WINNISQUAM ECHO

STRATEGIES FOR LIVING

On display: A magnificent creation

BY LARRY SCOTT

First appearing in Tokyo in 1995, a fascinating exhibit of the human body, dubbed Body Worlds, was featured in a way never before seen. Developed by German professor Gunther von Hagens, the preserved remains of men and women, in whole and in their parts, was featured in exhibits around the world and met with both excitement and resistance. A judge in Paris, in fact, shut down the exhibit there; those bodies, he said, deserved a decent burial.

In a process dubbed plastination, the cells of the human body were replaced with epoxy's and brightly colored resins, exposing the body in its most intricate detail.

One display (in London) as described by Philip Yancey in his book, *Rumors of Another World*, featured "a man all muscles, tendons, and ligaments, his face peeled like a grape. With the entire rubbery organ of skin, flayed and intact, draped over his arm like a raincoat. ... A chess player sat intently at a chessboard, his back stripped to the nerves of his spinal cord and skull removed to reveal the brain" (pp. 13-14). Gruesome and yet spellbinding, over 37 million visitors are reported to have seen the exhibit making this the world's most popular touring attraction.

This brings two thoughts to mind.

You have perhaps seen in your local department store a collection of items "for display only," often as a directive stating the fact that what was on the shelf was, shall we say, a lifeless stuffed animal and not for sale. There may be times when we feel like a stuffed puppy, but lifeless we are not. We are, from the moment of birth, "on display" with all of our emotions, dreams, and drives. For better or for worse, those closest to us are going to be influenced by who we are and by the principles by which we have lived. Our legacy, most generally seen in the families and acquaintances we leave behind, is left to history. Once we have passed on, our "displaying days" are over. For us the dye has been cast, and eternity will tell the story.

And then there is this.

Body Worlds highlighted two different ways of interacting with our world. One takes apart while the other seeks to connect and put together. We live in an age that excels at the first and falters at the second. As in the case of this exhibit, it is so easy to take things and show them in their constituent parts. We analyze and dissect – global weather patterns, an automobile engine, a successful business – to see how they work. But putting things back together again – a broken relationship, a dream smashed by reality, a word spoken in anger – these pose a different problem altogether.

Life is a precious gift, not generally destined to be boxed, shipped, and displayed behind the lights. We are living beings, created in the image of God, and it is up to us to determine the nature of the display for which we will be remembered. We are the products of three things: our heredity, our environment, and our power of choice. The first we inherit, the second we receive from many sources, but the last is ours alone. The choices we make are going to determine the "display" for which we will be known.

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

PET OF THE WEEK

BUDDY

Our pets simply want to just BE with us. Sitting in our laps, cuddling, providing quiet, non-judgmental companionship.

They are always there for us even as we weather the storms of our lives. Buddy, aged about 10 years, has been a GOOD CAT.

His original owner fell upon very hard times and brought him to us. We placed Buddy in a wonderful home – but the change of pace was difficult for him, he may have mourned his previous comfy, cozy life since adjusting to a more lively household with children, proved to be a difficult transition.

Buddy was returned in June 2017. Seven months later, he still awaits a permanent home. Such a handsome, sturdy, grey and white boy simply should not have been overlooked for so long. Buddy is quiet and reserved. He prefers not to indulge in the social scene with the other cats, not because he is unfriendly, he is just so terribly sad.

His prior home said he was a wonderful sweet lap cat. Image what his perspective is now – and his favourite toy – a Santa Claus treat toy is nowhere in sight. He was nice all year, but did not get what must have been



on his Wish List this holiday season, a new loving home!

Surely Buddy has completed his stint at New Hampshire Humane Society and sure-

ly should start the new year off properly, with people who will love him always.

Call 524-3252 or check www.nhhumane.org.

LETTERS TO THE EDITOR

An update from under the dome

To the Editor:

This is the 33rd in my series of reports on the House Legislature in Concord.

This was the first session in the New Year, and started with the "clean-up" of bills that were held over from last year. As a freshman Representative, I learned a little about how bills are magically sent to the grave yard. Now, many of these bills deserved their fate, but it shows that the fallacy of all 1,000 bills get an up or down vote. They don't.

One way is to "table" the bill – that means the bill is laid on the table awaiting future action. This is an easy vote because it avoids hard decisions and possibly getting an undesirable outcome for the bill. The catch is that it takes a super majority (two thirds vote) of the House to bring the bill back for consideration. This seldom occurs, and the bill effectively dies of starvation. Another way is to recommend a bill for "interim study." This is done during the second year of session, and puts off any action until further "interim study" is done later in the year when it is too late to act on the bill. I didn't keep statistics but if you look on the House web site you can see the results on Thursday in the Journal for the week at <http://www.gencourt.state.nh.us/house/caljournals/default.htm>.

Now... the bill that filled my inbox and phone message machine with "please pass" or "please do

not pass." This was Senate Bill 193 to establish "education freedom savings accounts for the student." This sets aside the state designated money or about \$4000 for low income and working families to find the best educational fit for their child. It focuses the education on the child and not the education bureaucracy. It provides grants for districts that lose more than one quarter of one percent of their budget. That means a district with a \$10 million budget will see it reduced by a maximum of \$25,000. There are all sorts of protections written into the bill, but the fact is it enables the parents to exercise their responsibility to tailor their child's education to the needs of the child. It also provides incentive to the public school to provide an education that will entice the child to remain in the public school. It did not go as far as I would have liked but it is a start. It passed the House with about a 20 vote margin and now goes to the Finance Committee for approval after which the Senate will give their approval. Now Senator French's will be filled with messages from Chicken Little.

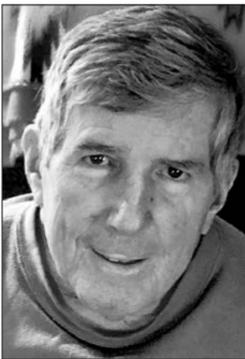
As always, please contact me with your opinions, requests or just to chat at dave@sanbornhall.net or 320-9524.

Cheers!

Dave Testerman
State Representative
Hill and Franklin

North Country Notebook

The weather (What else?), and killing the pups' parents



By JOHN HARRIGAN
COLUMNIST

There's a lot of carping (and not just from people who drill holes in the ice) when the temperature gets down to 20 and then 25 below. It did



JOHN HARRIGAN

One heart-warming part of this scene (you have to look way right to see it) is the snow curling around the edge of the hay barn roof, a sign that the sun is climbing higher every day.

so during the last several days. We're not talking "wind chill" here, but the real deal.

When things get down to zero, it all seems pretty much the same to me, meaning that in my ex-

perience, there's not a whole lot of difference between minus 5 and minus 40.

Except with tools and machinery. Soon after I bought the Coös County Democrat in 1978, the region experienced some of the colder weather ever recorded in its history. It was 48 below one early morning, a Wednesday as I recall, and local thermometers read 50 below the next morning.

I'm sure to get mail on this, and that's why I wrote "local thermometers," which are hardly ever in synch with official temperatures for the region.

At the time, I had an older-model, tank-like Toyota Scout, and I removed the battery the

afternoon before that first cold night, to keep it warm and ready. When I put it back in on that 48-below morning, first one wrench and then another snapped in two. And the battery got the old Scout started all right, but I couldn't move it because the grease in the wheels had frozen to the likeness of peanut butter.

+++++

A major move is being made to get Fish and Game to treat coyotes at least as fairly as it treats other furbearers. This would mean no killing during denning season, except of course for problem animals, as SEE **NOTEBOOK**, PAGE A9

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Catch an early outing from Joan Crawford on LRPA this weekend

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Jan. 12 & 13) for our “LRPA After Dark” presentation of 1932’s melodrama “Rain,” starring Joan Crawford and Walter Huston.

“Rain” opens in idyllic Pago Pago, located on

the Pacific island of Tutuila. Life goes on there as it always has. One day, a boat arrives with various passengers, including the puritanical and moralistic missionaries Alfred and Martha Davidson (Huston and Beulah Bondi), as well as Sadie Thompson (Crawford), a “woman of ill repute” who has

traveled from Honolulu looking for adventure and good times. A suspected cholera outbreak forces the passengers to remain quarantined ashore. There’s only one cramped hotel on Pago Pago, so all of the ship’s passengers must stay there together. One of the shipmates introduces Sadie to some

Marines stationed on the island, and they welcome her with open arms. Sadie has brought along her Victrola and plays jazz day and night, dancing and carrying on with the Marines, one in particular who begins to fall in love with her. The nonstop festivities are more than the Davidsons can stand. Alfred intervenes, attempting to convert Sadie and save her mortal soul from eternal damnation. At first, he is unsuccessful, and conflict ensues. Will Sadie change her wicked ways? And what happens to the lives of those around her if she does?

It’s day, “Rain” was both a critical and box office flop. Crawford took the role hoping that it would prove her acting skills, but it seemed that no one wanted to see her cast against type. At that early point in her career, Crawford played women who were honest, virtuous and hardworking. She herself later wrote about this role, “I hope they burn every print that’s in existence!” But eight decades later, critics and fans agree that the film and its performances are quite powerful, particularly for their time. “Rain” was an adaptation of a play by W.

Somerset Maugham. It was first performed in London and then later on Broadway and created quite the scandal in its day. The story was made into two other films: 1928’s silent “Sadie Thompson,” with Gloria Swanson and Lionel Barrymore, and 1953’s highly sanitized “Miss Sadie Thompson,” with Rita Hayworth and José Ferrer. The 1932 version is the closest to Maugham’s play, and the one that was made during that brief period of time known as Hollywood’s “Pre-Code” years, between 1929 (the advent of talking pictures) and 1934 (the strict enforcement of the Motion Picture Production Code). “Rain” has a frank sensuality that is lacking in the other adaptations, and portrays Sadie Thompson as exactly what she was: a prostitute with an unsavory past. So is “Rain” a gem or a flop? You be the judge! Grab your popcorn and meet us after dark for this tropical Pre-Code drama.

You can’t find television like this anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then log onto Live Stream through our Web site (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member towns and cities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,
 - encourages artistic and creative expression,
 - promotes a well-informed public through governmental transparency, and
 - unites our communities through the power of media and technology.
- LRPA’s slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

Grief support groups, workshops with Central New Hampshire VNA & Hospice begin Jan. 18

REGION — Central New Hampshire VNA & Hospice will offer bereavement support groups and events in two locations this winter and spring. These include monthly “First Step” evening groups, a 7 week series “Living with Grief,” and four cross-generational “Arts, Music, Nature & Memory” workshops. All groups are welcoming, non-religious, and offered to the community at no cost.

“Grief is a unique experience through which each person finds their own path,” shares Dan Kusch, Bereavement Care Coordinator at CNHVNAH. “And so, our hope is to offer a variety of ways that individuals and families may connect to honor the stories and memories of their loved ones in a safe, caring environment.”

CNHVNAH’s “Living with Grief” series is a support group that consists of 1½ hour sessions held each week. This series offers adults of all ages the opportunity to learn about grief processes, to discuss ways of coping with their loss, and to gain the support of others who are also journeying through grief.

The Wolfeboro “Living with Grief” winter series will meet for six Tuesdays at 2 p.m. starting Jan. 16. The Laconia winter series will meet for seven Thursdays at

12:30 p.m. starting Jan. 18. A spring “Living with Grief” series will be held in each location starting in mid-April.

For individuals who need an evening meeting time, who are considering whether a group is a good fit or who may be new to seeking support through their grief, CNHVNAH also offers “First Step” groups once each month in both locations.

Wolfeboro “First Step” groups will be second Tuesday of the month at 6pm starting February 13, 2018. Laconia “First Step” groups will be 2nd Wednesday of the month at 6pm starting February 14, 2018. Sessions will last one and a half hours.

This spring, CNHVNAH will also offer a new series of workshops for all ages that will offer an opportunity to explore grief and celebrate loved ones through art, music, and nature. Each workshop will include several hands-on stations, such as crafting hand-made books, playing or creating harp melodies, forming clay pots or luminaries, recording a favorite family story, or planting seeds in honor of a loved one.

The first of these grief workshops will be Saturday, March 10 from 10 a.m.-noon, and is open to all ages. Children and teens under 18 must be accompanied by an

adult. Other workshops are scheduled for April 14, May 12 (Celebrating our Mothers & Grandmothers), and June 16 (Celebrating our Fathers & Grandfathers).

For more information about any of these offerings, please call or email Dan Kusch, Bereavement Care Coordinator 524-8444 or dkusch@centralvna.org.

About Central New Hampshire VNA & Hospice

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 has served Lakes Region communities since 1918 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.

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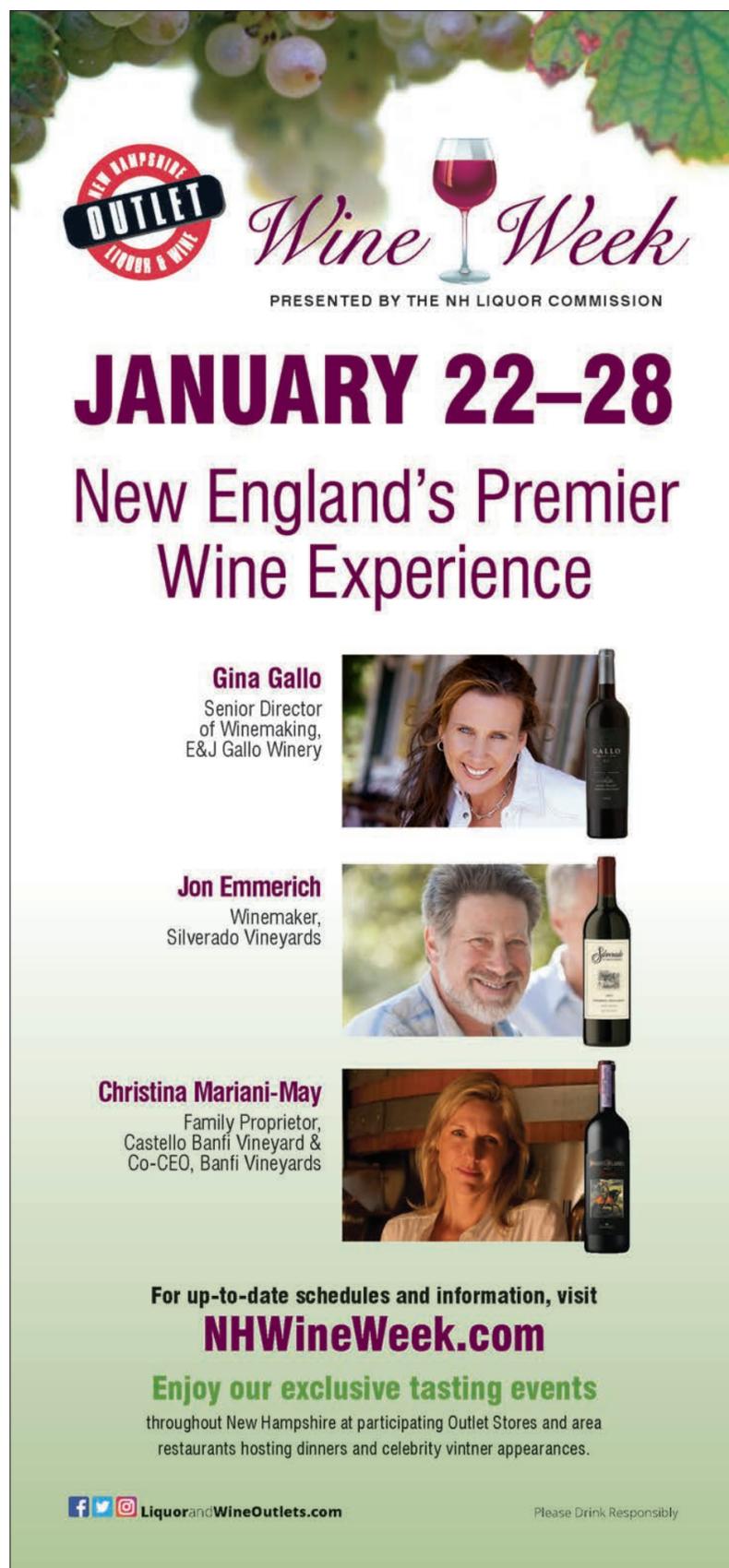
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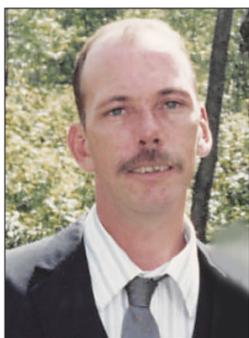
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Murray P. Noyes, 58

TILTON — Murray P. Noyes, 58, a lifelong resident of the Northfield-Tilton areas, died Sunday, Jan. 7, 2018 at the Franklin Regional Hospital in Franklin following a period of failing health.

Murray was born in Franklin, April 4, 1959, son of the late Hilton F. and Natalie (Dorval) Noyes. Murray schooled in Tilton, and was a graduate of the Winnisquam Regional High School. Following graduation, he attended the New Hampshire Technical College in Berlin, getting his degree in Culinary Arts. He worked as a chef at the former 52nd St. Tavern in Tilton and Belvedere Restaurant in Franklin. He later worked at the Southwick School in Northfield.

At the time of Murray's death, he was employed for over 11 years as an indoor maintenance worker at the



New Hampshire Veterans Home Tilton. He loved the outdoors and was an avid hunter and fisherman. Murray had a great fondness for animals.

He was known to enjoy a "friendly" poker game! Murray was an easy going man and had a great outreach of kindness to others.

In addition to his parents, Murray was predeceased by his father and later his mother Natalie in 2009, and his brother, Conrad R. Noyes, in 2016.

He leaves brothers Ernest F. Noyes and his

wife Barbara of Concord, Douglas E. Noyes of Ashland and Kenneth W. Noyes of Tilton.

It was Murray's wish that calling hours and services not be held. He will be buried later in the spring with his mother at Holy Cross Cemetery in Franklin.

A celebration of Murray's life will be held on Sunday, Jan. 21, 2018 from 2 to 5 p.m. at the American Legion Post # 49 at the bridge in Northfield. Sharing memories would be important to his family and other friends.

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

Those wishing may make memorial contributions in Murray's name the New Hampshire Humane Society, P. O. Box 572, Laconia, NH 03247.

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

Mildred Eva Sanborn Shaw, 87

SANBORNTON — Mildred "Milly" Eva (Blaisdell) Sanborn Shaw, 87, passed away peacefully Dec. 29, 2017 at Golden View Nursing Home in Meredith. Milly's family is grateful for the compassionate and expert care she received while a resident at Golden View.

Milly was born on Jan. 25, 1930, the daughter of Ellis and Eva (Merrill) Blaisdell of Belmont and Lochmere. She grew up in Belmont with six siblings, and is survived by her sister, Alice Hurst of Tilton, and her brother, Robert Blaisdell of Somersworth.

She was predeceased by her brothers Edwin, Roger, David and Melvin Blaisdell. She was also predeceased by her first husband, Haven L. Sanborn; her second husband, Eldred S. Shaw; her daughter, Laurie E. Sanborn Van Valkenburgh; and her step son, Bruce Shaw.

Milly's remaining children include son Murray Sanborn and his wife Lucy of Canton, Mich., son Wayne Sanborn of Meredith, son Jon Sanborn and his wife Nancy of Sanbornton, son Andrew Sanborn of Sanbornton, daughter Evelyn Sanborn of North Carolina, and step son Glenn Shaw of Gilford. Milly had many cousins, 15 grandchildren, seven great grandchildren and three great-great grandchildren.

After marrying Haven Sanborn, Milly raised six children in a home in Sanbornton Square that became the town's Post Office, where she served as Postmaster from 1958-1988. During this time, Milly also wrote a weekly local news column for the Trumpeter and the Laconia Citizen and volunteered for the PTA of Sanbornton Central School for over 20 years, including a stint as President. Milly was named Postmaster of



the year in 1980 and has the longest tenure of any Postmaster in Sanbornton.

Milly had many hobbies and interests. She was an avid gardener, and could often be found working tirelessly in her gardens until dark. As she was transplanting and moving plants in her garden, she would provide words of encouragement for them to grow. In addition to her own gardens, Milly helped fellow "Garden Goddesses" in their own gardens, volunteered in the herb gardens at Canterbury Shaker Village for 12 years and spent countless hours pulling weeds, roots and rocks to create plots and gardens at the Town Cemetery that she helped establish.

Another passion of Milly's was conducting historical and genealogical research. She selflessly shared her intimate knowledge and interest of local history and assisted many searching for their genealogical roots. She served as Historian of the Sanbornton Public Library, the Sanbornton Congregational Church and the Mary Butler Chapter of the Daughters of the Revolution. A copy of "Runnel's History of Sanbornton" was never far from her side.

Milly loved to craft. Over the years she made hundreds of wreaths to benefit the Historical Society. She enjoyed eating meals with family and friends. She ate dessert with delight — she closed her eyes, looked upward and murmured "ambro-

sia". At the end of a meal that she particularly enjoyed it would be declared "mighty fitt'n."

Milly loved being a part of the community of Sanbornton. She was an active member of the Sanbornton Congregational Church, the Sanbornton Historical Society, the Sanbornton Fire Department Auxiliary, Harmony Grange #99, a Trustee of the Sanbornton library and Sanbornton Cemetery, and a volunteer for the New Hampshire Circle of Home and Family Group. In 2007 she was given the municipal volunteer award and in 2012 the Mason's Community Builder award. When the Sanbornton annual report was dedicated to her in 2015 it stated, "over the years not much has happened (in Sanbornton) without her involvement or presence." Milly was a kind, sweet, determined woman who liked to laugh. "Laughing is healing" she would often say after enjoying a good laugh. Milly led a long, fulfilling life but never the less she will be missed by her family and friends.

A service to celebrate her life will be held at 1 p.m. on Saturday, Jan. 20, 2018 at the Sanbornton Congregation Church, 21 Meeting House Hill Rd., Sanbornton. Refreshments will be provided after the ceremony in the Under-croft.

In lieu of flowers, donations can be made in her memory to the Sanbornton Congregational Church, PO Box 126, Sanbornton, NH 03269 or to the Sanbornton Historical Society, PO Box 204, Sanbornton, NH 03269.

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

Robert F. Tibbetts, 93

GILMANTON IRON WORKS — Robert F. Tibbetts, 93, went home to be with the Lord on Dec. 30, 2017 at Lakes Region General Hospital with his loving wife by his side.

Robert, known to family and friends as "Bob," was born Feb. 12, 1924 in Gilmanton Iron Works. He was the son of the late Henry Albert and Doris Mary (Rollins) Tibbetts. He attended the Gilmanton Iron Works Grammar Schools and graduated from Alton High School. Bob served in the United States Army during WWII from 1944-1946 and was a Spec 5 technician. He served in Germany, France, England and later in the Philippines. He was the tax collector for the town of Gilmanton for 20 years. Bob and Olive also owned and operated the Country Grainery for 20 years. He worked for Nelson's Garage for 25 years as a school bus



driver and mechanic.

Bob collected license plates, stamps and enjoyed scrap booking. He was often found stacking wood behind his house. Above all he enjoyed spending time with his loving family. Feb. 23, 2018 would have been his 71st wedding anniversary.

Bob is survived by his loving wife, Olive (Partridge) Tibbetts of Gilmanton Iron Works; a son, Robert "Bob" Tibbetts and his wife Judi of Alton; a daughter, Melody A. Tibbetts, and partner Scott Roy of Moriah, N.Y.; three grand-

children, Tracey Tibbetts, Heidi Beaudoin and her husband James, and Sarah Smith; five great-grandchildren (BJ, Isaac, Gavin, Jacob, and Jackson); and special family members Debbie Coleman, Wendell Beck, Bert Morse, Stanley Moulton and the Thompson Girls.

Funeral and committal services with military honors will be held in the spring.

For those who wish, the family suggests memorial contributions may be made to the New Hampshire Humane Society, P.O. Box 572, Laconia, NH 03247 or to a charity of one's choice.

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

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Kathy Sue Davie, 63

BELMONT — Kathy Sue Davie 63, died at Concord Hospital on Dec. 24, 2017 following a brief illness.

Born in St. Johnsbury, Vt. on Dec. 13, 1954 she was the daughter of Cleston F. and Marjorie [Rogers] Davie.

Kathy grew up in Holderness, where she attended the Holderness Central School, and was a graduate of Plymouth Area High School. She continued her education at Lakes Region Community College, where

she graduated with high honors.

She was employed at the F.E. Merrill Insurance Agency in Ashland, and continued to work in the insurance field for the next 25 years. She was a licensed agent and held many insurance designations. She enjoyed working in her yard and tending her flower beds. She also loved doing crafts, making wreaths, and jewelry. She will be missed greatly by her family and close friends.

She was predeceased by her father, Cleston F. Davie; her grandparents, Leon and Delia Rogers; and Otis and Gladys Davie.

She is survived by her mother, Marjorie [Rogers] Davie of Belmont; her twin sister, Karen Davie Horne, and her husband Paul and their three children, Nathaniel, Bryanne, and Katrina. She is also survived by many special cousins.

A Graveside Service will be held in the Green Grove Cemetery in Ashland in the Spring. Dupuis Funeral Home in Ashland is handling the arrangements. For more information, go to Dupuisfuneralhome.com.

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David Swain, 80

SANBORNTON — David C. Swain, 80, last dairy farmer in Sanbornton, died on Monday, Dec. 25, 2017 at St. Francis Nursing Home & Rehabilitation Center, Laconia. His room was full of family, friends, and lots of love.

David was born on July 13, 1937 at Laconia Hospital, son of the late Frank B. and Josephine (Woodman) Swain.

David is survived by his wife of 56 years, Elaine (Dearborn) Swain, and their four children (Robin Simons and her husband, Ben, of New York, Matthew Swain and his wife Rachel, of Sanbornton, Elizabeth Keefe of Sanbornton and Daniel Swain and his wife, Julie, of Tilton); 12 grandchildren (Christopher, Randi and Emily Simons, of New York, Nicole, Tyler, Laura, David, Joseph



and Peter Swain of Sanbornton, Ryan Keefe, of Concord and Johnathan and Hannah Swain of Tilton); David's brother, Ret. Col. Don W. Swain and his wife, Mary, of Williamsburg, Va.; nieces, Kristi Kotlarchuk and her husband, Steve, of Alaska and Lisa Todl and her husband, Al, of Virginia Beach, Va. and families.

On July 15, 2017, friends and family sponsored a "birthday party" - benefit for David. A "celebration of life" with

David enjoying one and all. The Swain family is ever indebted and extremely grateful for all the love and kindness.

David's wishes were to be a donor, cremated and buried in the family cemetery on his farm. A springtime gathering of family and friends is planned, when the robin birds return.

We, Elaine and family, are eternally grateful for the loving care, encouragement and comfort they gave David for the last six months. He was happy to be there. Thank you!

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

Red Dress Gala to feature delicious meal, rockin' entertainment, and fabulous auction items!

LACONIA — The 14th LRGHealthcare Red Dress Gala presented by MB Tractor & Equipment will be held on Friday, Feb. 9 at Church Landing at Mill Falls at the Lake in Meredith.

Held each year during American Heart Month, proceeds from the Red Dress Gala will benefit cardiac services and technology at LRG-Healthcare.

With the theme Lady in Red, the planning committee is excited to welcome hundreds of guests dressed to the nines. The evening will feature a delicious meal created by The Common Man culinary team, dancing to the very talented Eric Grant Band, and a live auction courtesy of auctioneer Jesse Thompson.

Sneak Peek ... this year's live auction will feature some top-of-the-line items, including but not limited to: a guitar in memorabilia case signed by members of the Grateful Dead, donated by Dr. & Mrs. Paul Racicot; a Golf & Stay Package at Willowbend Country Club Golf on the Cape donated by Meredith Bay a Southworth Property; a Golf & Stay Package at TPC Sawgrass donated by Robin Bass; a Social Membership for the Family at Akwa Marina Yacht Club; a special concert package to be redeemed in 2018 at Bank of New Hampshire Pavilion; a private catered event (or value may be used in café) courtesy of Annie's Café & Catering; a Six-Course Harvest Style Plated Dinner for Sixteen Guests courtesy of Contigiani's Catering Service; an Alfresco Dining Experience for 20 Guests on the Faro Italian Grille Rooftop Deck overlooking Lake Winnepesaukee; a Custom Fieldstone Fire Pit donated by FMS Landscape; a Night Out with Friends at any Fratello's Italian Grille or Homestead Restaurant; a Suite for 18 at a 2018 New Hampshire Fisher Cats game which includes food and parking, thanks to Independence Financial Advisors; donated by O Steaks & Seafood

tion, Gardner will build a miniature wall or walls on a tabletop using tiny stones from a five-gallon bucket.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org, or call 366-1400 for more information.



LACONIA — Why are we so fascinated with stone walls? Kevin Gardner, author of "The Granite Kiss," explains how and why New England came to acquire its thousands of miles of stone walls in a presentation Wednesday, Jan. 17 at 6:30 p.m. at Taylor Community's Woodside Building. The program is made possible by grant funding through the New Hampshire Humanities Council and is free and open to the public.

Gardner will also fo-

cus on the ways in which stone walls and other dry stone structures were built; how their styles emerged and changed over time; and their significance to the famous New England landscape.

During his presenta-

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During his presenta-

ginning of the program. This annual affair has become an important event for recognizing the history and contributions of those with African heritage to the life and soul of our democracy.

The Greater Laconia Ministerial Association will provide desserts. The Laconia Human Relations Committee has been a committee of the mayor of Laconia for 18 years. The Immigrant Integration Initiative is a part of the Partnership for Public Health. All are encouraged to join us in this celebration!

For more information, contact Len Campbell at lcampbell@nh-cc.org.



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Discover the magic of New England stone walls at Taylor Community

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For more information, contact Len Campbell at lcampbell@nh-cc.org.

Local audiologist named Academy Scholar

LACONIA — Laura O. Robertson, doctor of Audiology, from Audiology Specialists in Laconia, recently received an Academy Scholar award. This award is given to recognize commitment to professional excellence and dedication to the field of Audiology.

The Academy Scholar award is given by the American Academy of Audiology to professionals who complete a minimum of 50 hours of continuing education, within a two year period. Dr. Robertson was granted the award after completing more than

100 hours of continuing education during 2015 and 2016.

Education is vital to providing expert care for people with hearing loss. Dr. Robertson works with patients of all ages, from toddlers to centenarians. She has provided outstanding hearing care to residents of the Lakes Region since 1992. Dr. Robertson provides hearing evaluations, hearing aid maintenance, hearing aid service and programming, new hearing aids, and hearing protection for musicians and others who need to protect

SEE SCHOLAR, PAGE A12



COURTESY

Community business leaders come together to support and promote LRGHealthcare's Red Dress Gala, to be held on Friday, Feb. 9, 2018 at Church Landing in Meredith. This year's theme: Lady in Red! Pictured from left to right: Gala Co-chair and Bank of New Hampshire Commercial Banking Officer Katie Reid; Gala Co-chair and Interior Designer at Decorative Interiors Stephanie Wentworth; and Marc & Heidi Bourgeois of MB Tractor & Equipment, Presenting Sponsor of the 2018 Red Dress Gala.

a 5-Course Tasting Dinner for 6 Guests at Chef's Table; \$1,000 in goods or services at Rowell's Services; and a fabulous package to Gunstock Mountain Resort valued at over \$1,000! There are still opportunities to include an item in the live or silent auction - please contact Becky Doherty in the LRGHealthcare Office of Philanthropy (527-7063 or philanthropy@lrgh.org) for more information.

The committee is also incredibly grateful to our generous sponsors. Presenting Sponsor MB Tractor & Equipment is joined by: Candy Bar Sponsor Cartier Group HAZMAT Solutions; Champagne Toast Sponsor DiGiorgio Associates Inc./Monitor Builders Inc.; Cocktail Reception Sponsor MRS - Medical Management & Reimbursement Specialists, LLC; Entertainment Sponsor Lakes Region General Hospital Auxiliary; Photo Booth Sponsor Bank of New Hampshire; Silver Sponsors Cerner Corporation and Loving Volvo; and Valet Sponsor Atlantic Parking Services, LLC (APS). Bronze Sponsors include: AutoServ of Tilton; Bank of New Hampshire Pavilion; Bay Point Financial; Binnie Media; Creative Marketing Guru; FairPoint, A Consolidated Communications Company; Faro Italian Grille; Franklin Regional Hospital Auxiliary; Franklin Savings

Bank; Lawson Persson & Chisholm, PC; LRG-Healthcare Senior Leadership Team; Meredith Village Savings Bank; North Country Soil Services; Northern Design; Dr. & Mrs. Paul Racicot; and Salon Amara. Community Partners include: Cross Insurance; Landmark Benefits; Stewart's Ambulance Service, and Tufts Health Freedom Plan.

Major event supporters include: WB Media1; Church Landing at Mill Falls at the Lake; Geoff Cunningham, Pianist; Divine Inspirations Design Studio; Eric Grant Band; JMG Marketing; Lakes Region Floral Studio; Lee's Candy Kitchen; MetroCast; MW Animation & Video; Salmon Press Newspapers; Stacey Brobst Photography; The Common Man; The Laconia Daily Sun; Jesse Thompson; Tylergraphics, Inc.; and VT & NH Photo Booths.

For more information about the Red Dress Gala, please contact the LRGHealthcare Office of Philanthropy: 527-7063 or philanthropy@lrgh.org.

LRGHealthcare is a not-for-profit health-care charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRG-Healthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

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How to Submit Announcements & Obituaries To Salmon Press Publications



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

Obituaries can be sent to: obituaries@salmonpress.com Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding the submission process.

Mental Health Center project nearing completion

LACONIA — Building renovations are quickly nearing completion as Genesis Behavioral Health prepares to relocate its clinical and administrative offices to 40 Beacon St. East in downtown Laconia in early January. To coincide with the move, the organization will be embracing their corporate name; the Lakes Region Mental Health Center which was first established when they opened their doors more than 50 years ago.

“Dr. George ‘Pete’ Harris, one of our founders, understood that mental health care and physical health care is fundamentally linked,” said Maggie Pritchard,

Executive Director. “There are multiple associations between mental health and chronic physical conditions that significantly impact people’s quality of life, increase demands on health care and other publicly funded services, and generate consequences to society. The renovation of this property into a state-of-the-art medical facility for our patients and for the community will allow us to close service gaps, enhance the quality of care, expand the services available to our patients, and make access to care easier for those that need it. It is the next step towards furthering our mission of providing

integrated health care to the residents of the Lakes Region.”

“I am pleased to have the opportunity to expand and strengthen our relationships with the community in bringing this much needed project to the greater Lakes Region,” said Pritchard.

The Lakes Region Mental Health Center is excited to have a facility in which community partners and patients can utilize space for trainings, education, and enrichment opportunities. Partnerships between community members, area businesses, foundations and other stakeholders will allow the organization to more effectively meet

the needs of the community and contribute to the region’s overall well-being and economic vitality, says Ann Nichols, Director of Development & Public Relations.

A Chamber Meet & Greet and Community Open House are planned for Feb. 1, 2018.

Anyone who is interested in learning more about this project or wishes to donate to the capital campaign may do so at cc.genesisbh.org or by contacting Ann Nichols at 524-1100, ext. 445 or anichols@genesisbh.org.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community men-

tal health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC serves nearly 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 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 website at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

NH League of Women Voters hosting info. session

LACONIA — The League of Women Voters is a nonpartisan political organization, which encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

Join us for an informal question and answer presentation Monday, Jan. 17 at 2 p.m. in Taylor Community’s Woodside Building. This free event is open to the public.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org, or call 366-1400 for more information.

Christopher Dickinson joins MVSB as Vice President, Business Development and Small Business Lending

MEREDITH — Christopher (“Chris”) Dickinson has joined Meredith Village Savings Bank (MVSB) as Vice President, Business Development and Small Business Lending. Dickinson, who is based in Meredith, offers a full range of banking solutions to local business owners, municipalities and nonprofits.

He has stepped in for Marcus Weeks, who was selected to succeed Christine Harris-Fletcher, upon her retirement,



Chris Dickinson

effective Jan. 5, as Senior Vice President, Senior Retail Banking Officer.

“I look forward to seeing how small business lending will expand and evolve under Chris’ leadership,” said Weeks. “Chris brings drive and enthusiasm to the team. With more than 25 years of experience, he draws from his diverse experience to provide the products and services that best meet the needs of each customer. I’m honored to welcome him

aboard.”

“Although my recent banking experience was in greater Boston, I grew up here in the Lakes Region and I am excited to return home to service and support our local business community,” said Dickinson.

Prior to joining MVSB, Dickinson held leadership positions in retail banking, small business banking and commercial lending. Most recently, he was the Chief Credit Officer for a financial institution based in the Boston area.

Dickinson is a member of both the Massachusetts Bankers Association and the Risk Management Association, New England Chapter. He has also served as Past President of the Plymouth, Mass. Rotary Club. He was also active as a board member, trustee and volunteer for

several organizations including the Quincy Rotary Club, Plymouth, Mass. YMCA, Plymouth, Mass. Chamber of Commerce, American Red Cross, Alzheimer’s Association and ALS Association. He and his family currently reside in Gilford.

For nearly 150 years, MVSB has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. 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, Hampton Falls, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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Roche Realty Group reports strongest year in history with sales in excess of \$166 million For 2017

MEREDITH — Frank Roche, President of Roche Realty Group with offices in Meredith & Laconia, has reported a record year in sales volume

for the 12 months ending Dec. 31, 2017. The firm produced a sales volume of \$166,715,670, involving 569 transaction sides. “This figure rep-

resents the highest sales achievement in our company’s 26-year history,” Roche indicated. “We surpassed our 2016 sales volume of \$161 million,

which previously was our strongest year in history. I attribute this record setting year to our dedicated real estate professionals and our

hardworking administrative and marketing staff. Their commitment to superior service day in and day out certainly made things happen. The company averaged \$3.2 million in sales volume per week during 2017. The average selling price amounted to \$293,000.”

Roche continued, “We invested a significant amount to improve our worldwide internet exposure. We have continually upgraded our website www.RocheRealty.com, our internet optimization, SEO and our marketing presence on approximately 80 national and international websites. Just recently we launched a brand new and improved state of the art website, which was a huge project. Through our worldwide connections with LuxuryRealEstate.com, LuxuryHomes.com and other portals, we have increased our market reach immensely. RocheRealty.com is one of the most visited websites in the Lakes Region.”

Since 1997, Roche Realty Group has sold \$1,983,000,000 of New Hampshire properties, involving 7,372 transaction sides and has ranked in the Top 10 Real Estate Firms in the entire State of New Hampshire out of 2,392 firms statewide reporting sales during this 21-year period.

The company produced a strong showing in 2017 in waterfront sales on many of the lakes throughout the Lakes Region. The semi-retire-

ment and second home markets also produced strong results fueled by a growing economy, strong stock market and low interest rates. Communities such as South Down Shores, Long Bay, Lakehouses at Christmas Island, Misty Harbor, Nature’s View, Samoset, Broadview Condominiums, Gunstock Acres, Winnepesaukee Beach Colony Club, Patrician Shores and other water access communities showed excellent activity. The primary home market in our surrounding communities experienced strong demand with increasing prices and declining inventory levels. We were also very productive in land sales all over the state, involving some large tracks as well as smaller parcels. We also sold a number of notable commercial sales throughout the region.

Frank Roche, a 41-year veteran of Lakes Region Real Estate, commented, “I’m very proud the company has continued to maintain a group of very knowledgeable and experienced Realtors®. We’re also fortunate to have several younger associates join our firm who have had an exceptional year. I’m particularly proud that our firm has grown consistently on its own, unaffiliated with any national franchises. We always want to stay a local, family owned, independent firm. Today, we are one of the largest, volume wise, in the entire state of New Hampshire.”



DONNA RHODES

One youngster decided it was time for a break after skating at Tilton School last weekend during a free six-week program for residents of Northfield, Sanbornton and Tilton.



DONNA RHODES

Directors of Pines Community Center and Sanbornton Recreation Department were pleased to see many families from Northfield, Sanbornton and Tilton come out to enjoy the first of six weeks of free skating at the Tilton School ice arena last Sunday evening.

SKATING

CONTINUED FROM PAGE A1

people are here. This is just great,” said one mom as she watched from the sidelines.

Beginning at 5 p.m. each Sunday night from now until Feb. 19, residents of all three communities are invited to take advantage of the opportunity to skate for free in a sheltered indoor arena.

“We’ve been doing this for more than 20 years, and Tilton School has been very generous in allowing us the use of their ice rink,” said Julie Lonergan of Sanbornton Recreation.

“They’re great community partners and we appreciate it very much.”

Beginning skaters get the first half hour (5:15 until 5:45 p.m.) to themselves. To help them get their footing on the ice, the two recreation departments provide secured stacks of plastic milk crates that they can hold on to as they glide around the rink. Parents often join them, offering tips and encouragement as they go.

“It’s my first time skating. It’s a lot of fun,” said one smiling young girl as she headed back out on the ice.

At 5:45 p.m., beginners with crates are lim-

ited to a coned-in ring in the center of the arena where they can continue to practice while family skaters take over the outside oval. At 6:45 p.m., Tim Walter of Tilton School pulls out the Zamboni to refresh the ice surface then it’s open skate from 7-8 p.m.

When not out grooming the ice, Walter also offers \$5 skate sharpening should anyone need to get their skates back into shape for the winter.

Popular hit tunes fill the arena to add extra fun to the night while Pine Community Center provides snacks, hot chocolate and cold

drinks for those who wish to take a break and watch all the action. Executive Director Britanni Stewart said some weeks they hope to offer pizza, chowder or other hot foods for sale as well.

“All the money raised through the food sales will help us refurbish the art room at Pines Community Center,” added PCC Recreation Director Samantha Maگون.

For more information on the free skate program, contact either of the recreation departments at 393-6665 (Sanbornton) or 286-8653 (PCC).

NOTEBOOK

CONTINUED FROM PAGE A4

is commonly the case. The killing of parents is particularly cruel, petitioners say, because it consigns the pups to a long and slow death by starvation.

“The relentless and needless recreational killing of coyotes needs to stop,” the petition states. “Other furbearers have closed hunting seasons. It is well-known, and an accepted fact, that coyotes are important members of our eco-system and they should be given a break from hunting as other wildlife species are given.”

The petition, being advanced by Voices of Wildlife, is the organization’s second attempt to protect coyotes during the denning season. It is open season year-round on this creature, which has occupied the niche left vacant by the eradication of the wolf.

And as for that “recreational killing” business, yes, Virginia, we allow coyote killing contests in New Hampshire.

+++++

“Absurd” and “ludicrous” are two of the words that came to mind the other day when I was pulling shades to shield the living room from the

bright sun.

Why? Because here we were, coming off a spate of 25 below zero weather, and here I was, blocking the warming rays of the sun so I could watch the Sunday talk shows.

+++++

In the weather vein, two thoughts:

--When people who have been around for a while talk about how cold it got last night, they’re apt to be talking about the raw, unvarnished figure--the actual temperature. “Wind chill” (not to diminish its

seriousness) is a product of TV weather hype.

--“How much snow you got?” is a frequent question when someone calls me up from outside the region. My half-kidding reply is often “Ask my neighbors,” because I’m on top of a ridge, and my snow blows off to Maine.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

FSB

CONTINUED FROM PAGE A1

lin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford and Merrimack, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nashua, Rochester and Merrimack, New Hampshire. As a recognized leader in providing the latest

in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting www.fsbnh.bank, or following the bank on Facebook, LinkedIn, Twitter and YouTube.

LEGAL NOTICE TOWN OF TILTON

Budget Committee Public Hearings 2018 Budget Recommendations

The Tilton Budget Committee will hold two public hearings: The first public hearing is **Wednesday, January 31, 2018 at 7:00 p.m.** The second public hearing is **Wednesday, February 14, 2018 at 7:00 p.m.** Both hearings 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 FY 2018 Budget Committee’s Recommended Operating Budget and Warrant Articles.

Copies of the budget will be available on the Town’s website www.tiltonnh.org and at the Tilton Town Hall prior to the public hearings.

Jane Alden, Chairman
Tilton Budget Committee

The Town of Tilton complies with the Americans with Disabilities Act regulations. Please contact the Selectmen’s Office, Tilton Town Hall, 257 Main Street, Tilton NH 03276 Telephone 603-286-4521 x101 if you need accommodation to attend this meeting.

The Belmont Town Clerk/Tax Collector’s Office

**Will be closing for lunch
Due to staffing issues
from 12:30PM-1:30PM**

**From January 2-January 26
Monday through Friday**

**All other departments will
be open at lunch**

**We apologize for any
inconvenience**

NOTICE

TILTON RESIDENTS

**The Supervisors of the Checklist will be meeting on
Tuesday, January 23, 2018 at Town Hall
7:00 - p.m. - 8:00 p.m.**

**FOR THE UPCOMING
TOWN ELECTIONS MARCH 13, 2018
RSA 669:5**

Purpose of this session:

- To make corrections to the checklist
- Registration for new voters for the upcoming Town Election
- Change in party may be accepted at this time

Supervisors:
Bernard Chapman, Gayle Spelman, Judy Tilton

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JAMBOREE

CONTINUED FROM PAGE A1

ment,” she said. “My family also does a lot and it’s become a real friend and family affair.”

While she is away at Thomas College in Waterville, Maine Contigiani said she has not lost touch with the jamboree. In fact she has spread her enthusiasm for Unified Sports even further.

“I got injured playing softball this year, and while talking with my athletic trainer I found out he had a nephew with autism,” she said. “When I told him about what I’ve been doing back home, he asked why I wasn’t doing that at Thomas College.”

So she Contigiani rose to that challenge, too. She initiated a Special Olympics Club, which already has 25 members and went a step further by getting Thomas College designated as a Special Olympics School. In two weeks, she will hold the college’s, and the State of Maine’s, first ever Unified Sports Jamboree, too.

The success of her senior year initiative was obvious last weekend when seven schools came together for a day when scores didn’t matter but spirit did.

Participants in the 2018 tournament came from Belmont, Berlin, Gilford, Interlakes/Moultonborough, Newfound, Winnisquam and White Mountain. While other schools had hoped to attend, scheduling and other complications kept a few of them away this year.

New rules in Unified Sports this year state that school athletes cannot score the points, only help to move the ball down the court. It is the Special Olympians who must make the baskets and that only added to the excitement.

Josh from Belmont’s team was excited to be an important member of his team by putting numbers on the board throughout the day, while Megan was pleased she also played a scoring role for the Winnisquam team. In the long run, each was just happy to take part in the competition.

“I’ve been playing for three years now and the support we receive from all the athletes is great,” Megan said.

Newfound Regional High School joined the jamboree for the first time this year with their new Unified Sports Basketball Team. Athletic Director Peter Cofran was among those in attendance who were happy to cheer them all on.

“I think this is great. If we want to talk about mainstreaming in schools, actions like this speak louder than words,” Cofran said.

He added that the beauty of Unified Sports is bringing mainstream student athletes, who might not have time to commit to a rigorous team practice schedule, together with others who just want to experience the thrill of competition. As a result, they participate on a team and get to know each other better.

“It’s great to see them high-fiving each other

as they go from class to class. They (the mainstream students) realize they’re giving something back by playing Unified Sports,” Cofran said.

White Mountain High School was another team experiencing their first ever tournament play.

“It was a long ride but we’re very happy to be here. This sounds like it will be a lot of fun,” said Ken Mayer.

Athletes from White Mountain were also excited as they prepared to take on Newfound for their first match-up.

To move things along, each game had two eight-minute halves and after every four games, music blared, athletes danced and Huck-A-Bag raffle winners were announced. Other raffles for numerous gifts and gift cards from local businesses, along with a \$400 Inner Circle membership to the Bank of New Hampshire Pavilion’s Summer Concert Series, were awarded at the end of the day.

Over the course of the tournament, athletes from Winnisquam and Gilford met students from Newfound, Belmont and Interlakes/Moultonborough in a local challenge. They then went on to face off against teams from Berlin and White Mountain in a series of abbreviated play. To wrap up the day at 2:55 p.m., the Belmont team went head-



DONNA RHODES

During last weekend’s 4th Annual Lakes Region Unified Basketball Jamboree, Winnisquam High and first time participants, Newfound Regional High School, faced off in a spirited match on the court.



DONNA RHODES

The Spartans of White Mountain Regional High School were one of seven teams who took part in the Lakes Region Unified Basketball Jamboree last weekend, confident that they were Number One when it came to sportsmanship.



DONNA RHODES

A player from Berlin skillfully went up for a shot at the hoop as they faced Interlakes/Moultonborough in the Fourth Annual Lakes Region Unified Sports Jamboree last Saturday in Belmont.



DONNA RHODES

Interlakes/Moultonborough Unified Sports basketball team took on the team from Berlin on one of several games they took part in during last weekend’s Fourth Annual Lakes Region Unified Sports Jamboree in Belmont.

to-head against Berlin for a final full regulation game, which had everyone cheering, no matter which team they represented.

Contigiani’s close friend, Special Olympian Laura Davies, was a big part of her inspiration to organize the initial jamboree in 2015. As always Laura contributed to the preparations for this year’s event and even

obtained raffle items from Fratello’s Restaurant where she now works. Due to her age, this was Davies’s last year to participate on the Belmont team, but she’s not walking away from the tournament she helped inspire.

“I love it. This is a really wonderful thing and I’m looking forward to helping Cassie out in the future,” she said.

Davies was recog-

nized by Contigiani with a full page tribute in the jamboree’s program this year. Friends since they were young girls, and young athletes, Contigiani said she was grateful for their friendship and all that has transpired as a result.

“Laura and I had the chance to be ambassadors at the 2015 Special Olympic World Games where we made friends with athletes all around

the world,” she wrote.

That friendship now brings even more people together in the spirit of camaraderie and sportsmanship.

All proceeds from the Fourth Annual Unified Basketball Jamboree will help Belmont athletes take part in the New Hampshire Special Olympics Winni Dip in March, ultimately giving back to the nonprofit organization that supports it all.

Laconia Adult Education Winter/Spring 2018 Enrichment Catalog

Course Title	Day(s)	Start date	Time	# weeks	Cost	Location	Instructor Name
Arts & Crafts							
Shading & Coloring Techniques with Eye Shadow	Thurs	1/25/2018	6:00-8:00	4 weeks	\$45.00	LHS-514	Ellen Olson
Intro to Pastel Painting	Thurs	3/15/2018	6:00-8:00	4 weeks	\$55.00	LHS-509	Elizabeth Keefe
Oil Painting Studio	Tues	3/6/2018	6:30-8:30	6 weeks	\$70.00	LHS-509	Carole Halsey Keller
Sewing: Learn Paper Piecing	Tues	3/6/2018	6:30-8:30	4 weeks	*\$40.00*	LHS-514	Ardy Eaton
Cooking							
Chinese Cooking	Thurs	3/15/2018	6:00-8:30	5 weeks	*\$60.00*	ctc-H220	Yan Li
Easy Cooking: Quick, Healthy & Delicious	Wed	1/24/2018	5:30-7:30	3 weeks	*Free*	ctc-H220	Elizabeth White RD,LD
Health & Wellness							
Abundance and the Law of Attraction!	Tues	1/23/2018	6:30-8:00	1 week	Free	LHS-603	Celeste Lovett
Acupuncture, Herbs, & Holistic Medicine	Tues	1/23/2018	7:00-8:30	1 week	Free	LHS-608	Brian Paterson, ND
Belly Dancing Fun & Exercise for Beginners	Mon	2/12/2018	6:15-7:30	10 weeks	\$65.00	LHS-Café	Andrea Aldrovandi
Holistic Roots to Healthy Living & Life Style Choices	Tues	2/6/2018	7:00-8:30	6 week	Free	LHS-608	Brian Paterson, ND
Intro to Exercise	Mon	1/22/2018	6:00-6:30	8 weeks	\$45.00	LHS-916	Downtown Gym
Line Dancing	Thurs	3/22/2018	6:30-7:45	5 weeks	\$45.00	LHS-Café	George Maloof
Mah Jongg Made Easy and Fun	Wed	1/24/2018	7:00-9:00	5 weeks	\$50.00	LHS-514	Sharon Fleishman
Mindful Movement and Meditation with Chi Kung	Mon	1/29/2018	6:00-7:30	6 weeks	\$50.00	ctc-H235	Richard Hochsprung
T'ai Chi Chih	Wed	1/24/2018	5:15-6:30	8 weeks	\$70.00	ctc-H235	Nancy Frost
Yoga for Everyone: Beginning	Tues	1/23/2018	5:00-6:15	8 weeks	*\$55.00*	ctc-H225	Bonnie Morin
Informational Classes/Seminars							
Estate, Wills, Trusts & Guardianship Planning	Tues	1/23/2018	7:00-9:00	1 week	Free	LHS-613	Kristen Gardiner
1st Time Homebuyer Seminar	Thurs	2/1/2018	6:00-8:00	1 week	Free	LHS-613	Donald McLelland
Savvy Social Security & Medicare Planning	Wed	1/24/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfield
Smart Retirement Strategies	Wed	1/31/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfield
Wealth Planning 101	Wed	2/7/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfield
Understanding Your Taxes-Putting the fun in refund	Mon	1/22/2018	6:00-8:00	2 weeks	Free	LHS-614	Cary Gladstone(Granite United Way)
Language							
French for Beginners (Conversation)	Mon	1/22/2018	7:00-8:15	10 weeks	*\$50.00*	LHS-201	Marta Burke
Italian Travel & Language	Tues	3/6/2018	6:00-7:45	4 weeks	\$50.00	LHS-205	Lorraine LoRusso
Spanish for Beginners	Mon	1/22/2018	6:00-7:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Spanish Intermediate Level I	Mon	1/22/2018	7:00-8:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Spanish Intermediate Level II	Mon	1/22/2018	8:00-9:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Learning a skill							
Dog Obedience: Beginning	Wed	3/21/2018	6:00-7:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: Advanced	Wed	3/21/2018	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Fly Tying	Mon	1/22/2018	6:30-8:30	9 weeks	*\$50.00*	LHS-509	Mike Cox
Genealogy: Problems Finding your Family Roots?	Thurs	1/25/2018	6:30-8:30	4 weeks	\$30.00	LHS-205	Chuck North
Welding Basics: ARC, GAS, MIG & TIG	Tues	1/23/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
Welding Basics: ARC, GAS, MIG & TIG	Wed	1/24/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
Welding: Advanced MIG, TIG, Stick, Fabrication	Thurs	1/25/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
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CONTINUED FROM PAGE A7

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SPORTS

THE WINNISQUAM ECHO

SalmonPress.com

Raiders repeat as tournament champions

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The finals of the 2016 Lakes Region Holiday Hoop Tournament took triple overtime before Belmont outlasted Kingswood.

The 2017 finals were a bit easier for the Red Raiders, as they used a strong finish to the third quarter to pull away from the Knights and claim a 62-35 win on Friday, Dec. 29.

"Ultimately we use the holiday tourney to develop our identity," said Belmont coach Jim Cilley. "It's a great opportunity to see who you are and you can work on some things."

The Belmont coach noted that his team has been focusing on the defensive side of the ball and he thought his squad played solid defense throughout the tournament but noted it could be even better.

"I was pleased with the defensive effort, but I think we can be better," Cilley stated.

Belmont started the game with a pair of free throws but Kingswood got a three-pointer to go up by one. After a Belmont hoop gave them the lead but Kingswood hit another three to go up by two. Matt Pluskis responded with



The Belmont hoop boys won the Lakes Region Holiday Hoop Tournament for the second year in a row.

a three-pointer for Belmont to put them in the lead and after two Kingswood free throws, finished off his own steal with a hoop for a 9-8 lead. Kingswood got the final three points of the quarter for an 11-9 lead after on.

The Raiders got the first two baskets of the second half before Kingswood tied the game at 13. Mike Sprague came through with a steal and hoop and Nate Sottak hit a hoop to put the Raiders up 17-13. After Kingswood got a basket the Raiders hit two more for a 21-15 lead. The Knights stayed in the game with another three-pointer before Pluskis closed out the first half with a hoop and two free throws, sending the Raiders to

the locker room with a 25-18 lead.

Belmont continued to open the lead with a basket and a free throw to

start the third quarter before Kingswood drained two more three-pointers to make it 28-24. Belmont hit two more hoops to go



Griffin Embree (left) and Matt Pluskis leap for a rebound in action Dec. 29.

up 31-24 and then Griffin Embree took over. The junior guard went end to end for a hoop, drained a three-pointer and

then hit one more hoop to close out the 10-0 Belmont run to finish the frame and Belmont led 38-24 after three.

Kingswood got the first four points of the fourth quarter to cut the lead to 10, but baskets from Dylan Gansert and Matt Thurber and free throws from Embree and Pluskis opened the lead out to 46-28. Kingswood got another three-pointer but Belmont went on another run, hitting 11 points in a row, ending with a Pluskis three-pointer as Belmont's lead swelled to 57-31.

After another Knight SEE RAIDERS, PAGE B5

Winnisquam girls topple 'Toppers for first win

BY BOB MARTIN

Bob@Salmonpress.news

SOMERSWORTH — The Winnisquam girls' basketball team had been making strikes all season, according to coach Jordan Richardson, and on Jan. 5 the Bears showed that hard work pays off with a 49-39 win, the first of the season for Winnisquam.

This was also the first win for Richardson's career at Winnisquam, facing a school that he formerly coached at. Richardson was an as-

sistant coach for the boys' basketball team, so this win was a little extra special for him. Ironically enough, Winnisquam's lone win last season also came against Somersworth.

Somersworth was honoring assistant coach Jessica Noonan-Moore, who had recently passed away, and Richardson said the Hilltoppers played their hearts out in the game. This was a tough game for the Bears despite winning. Richardson said the team struggled for the first three quarters before coming away with the win.

It was a tight game in the first half, with Winnisquam down by one in the first quarter, 9-8, and down 20-19 at halftime. Going into the fourth quarter, Winnisquam

was down by five before going on a 6-0 run. The Hilltoppers answered back with a 6-0 run, but Richardson made a defensive adjustment by using a full court press to stop Somersworth.

"This completely changed the game in our favor," said Richardson. "We outscored them 23-8 in the quarter and that really led to the win."

It was a balanced scoring attack for Winnisquam, which was led by Meghan Cote with 12 points and Megan Godridge with 10 points. Cote also had four steals to lead the defense.

The team still needs to work on hitting their baskets, the coach noted, as the team's shooting percentage was around 20 percent.

"If we had made more of our layups we proba-

bly would have won by 25 or more points," said Richardson.

Richardson said the last four minutes was the best basketball Winnisquam had played all season. This wasn't necessarily due to skill, but rather that the team was fighting through adversity and coming from behind for the win.

The morale of the team is high by getting its first win. Richardson has high hopes that the Bears can carry this momentum moving forward, and he hopes this will translate to wins.

"The morale is certainly high but the girls also know they didn't play well for three quarters," said Richardson. "They know if they want to compete with other teams they will have to compete for 32 minutes."

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BOB MARTIN

Avery Hutchinson defends a Somersworth player during loss to the Hilltoppers last week.



BOB MARTIN

Phil Nichols lines himself up for a three-pointer.



BOB MARTIN

Kyle Mann plays defense in the loss against Somersworth.

Bears can't keep up with 'Toppers

BY BOB MARTIN
Bob@salmonpress.news

TILTON — The Winnisquam boys' basketball team's struggles continued last week, with the Bears taking on Somersworth in what coach Kevin Dame expected to be a tough matchup going in. The Bears fought hard but couldn't keep up with the Hilltoppers in a 65-36 loss.

The Hilltoppers led from the beginning and never looked back, as Somersworth took a commanding 20-7 lead by the end of the first quarter. While Somersworth was clearly the stronger team, Winnisquam shot itself in the foot on a number of occasions with sloppy play, turnovers and missed shots. Somersworth also showed early that rebounding would be a key factor, and with the Bears unable to get offensive boards, the team also had trouble getting to the foul line.

Somersworth was led by Bryton Early's six points in the first quarter and he ended up with 12 points in the game. Evan Gray also showed his hot hand with three

of his 23 game high points in the quarter. For Winnisquam, it was tough to find the basket aside from strong play by Kyle Mann with four of his 22 total points. Phil Nichols also hit a three-pointer in the quarter.

The second quarter was the same story for Winnisquam, as the team was outscored 10-4. Angelo Glover and Mann were the only scorers for Winnisquam on a pair of layups. The Bears had a tough quarter finding the bucket, missing close range

shots and three pointers alike. The third quarter saw Winnisquam finding the basket more, but not efficiently. By the end of the quarter it was 51-26 game and Somersworth was cruising. Mann had six points in the quarter. Mann took over in the fourth quarter and tried to bring the team back into the game on his shoulders. He had 10 of his 22 points in the final frame, but the damage had already been done and Somersworth cruised to a 65-36 win. Dame said playing

a hot team like Somersworth was good for the Bears, as he feels that they are the type of team he wants his players to be like. "In my opinion Somersworth is a final four team and this is where we want to be," said Dame. "They were in the final four last year and have most of their guys back. They have length, athleticism and good players. We have good players that are young, but we lack the length and athleticism. We need to learn how to play together and work

well together." Dame said coming into the game Winnisquam knew it would be a tough task, as the Hilltoppers recently handily defeated a tough Inter-Lakes team as well. "To beat a team like them you need to do all the little things right," Dame said. "They are certainly very talented. But I thought we played our butts off in the first half. There were some lapses and focus issues, but for those first 16 minutes I thought the intensity was there. We just need to keep working."

Deadlines and the Olympics

MEREDITH — Sports Editor Joshua Spaulding will be covering the Winter Olympics in Pyeongchang, South Korea coming up in February.

Because of the time difference and the Olympic schedule, this will require a few deadline changes for a couple of weeks while he is out of the country.

All sports items for the North Country papers (Littleton Courier, Coos County Democrat, Berlin Reporter) for the issues of Feb. 14 and Feb. 21 must be submitted by noon on the Sunday prior to publication.

All sports items for the Lakes Region papers for the issues of Feb. 15 and Feb. 22 must be received by 8 a.m. on the Monday prior to publication.

All items not received by these times may miss being included in that week's issue.

And a reminder, if you know of an Olympic athlete with local connections, send an e-mail to josh@salmonpress.news so we can hopefully catch up in Korea.

Bulldogs come up short in a pair

BY BOB MARTIN
Bob@salmonpress.news

GILFORD — The Belmont/Gilford hockey team had a tough week with a pair of losses to bring the Bulldogs' record to 1-3-1.

On Jan. 3, the Bulldogs traveled to Sanborn and lost 3-1 against what coach Dave Saball said is a much improved squad. The lone goal for Belmont/Gilford was by Hayden Parent, with his brother Harrison Parent assisting. The Bulldogs never led in the game, and Saball said one thing he has noticed in the early going is that his team plays much better hockey when the team has a lead.

"We got off to a slow start and then started

to bring it toward the end of the game," Saball said. "We were down at the end of the first period and never had a lead. We seem to play better when we score first."

The Bulldogs lost 4-1 to John Stark/Hopkinton on Jan. 5, with Liam Lacey scoring the team's only goal. It was assisted by Cam Jarvey. Again, this was a case where Belmont/Gilford scored late and were trailing the entire game. Saball commended the play of John Stark/Hopkinton, saying it was a tough task to travel and find a win against the undefeated team.

"They are big and very fast, and they will absolutely near or at the top this season," Saball

said. Saball said goalie Jameson Bourque of John Stark/Hopkinton played an outstanding game. Bourque is only a junior and coming off a first team All-State season, and Saball said it showed on the ice against the Bulldogs that he is only getting better.

While it is still early in the season, the undeniable truth about Belmont/Gilford is that the team has had a slow start and is still trying to fit the pieces together.

"We are trying to play a little bit with our combinations and get some chemistry there, but also we are trying to develop some defensemen," said Saball. "We lost key defensemen so we are try-

ing to move forwards there. It is a process and it won't happen right away."

Saball said players are in situations that they aren't used to, but he has confidence that the Bulldogs will persevere and wins will be the result.

"The kids are playing hard but it will take us awhile to get us to where we need to be," said Saball. "It will be hard work and extra work to get there."

Belmont/Gilford took on Somersworth-Coe-Brown on Jan. 10 after deadline, and on Jan. 17 the Bulldogs will have the difficult task of hosting Kennett- one of the strongest teams in Division 3.

Lakes Region Lacrosse registration is open

REGION — Registration for Lakes Region Lacrosse is open now through Feb. 28 for all interested athletes. Girls' and boys' teams for grades seventh/eighth, fifth/sixth, third/fourth and first/second are planned, offering a fast-paced spring sport. New players are welcomed and encouraged to sign up. Last year, more than 150 youth athletes began or continued the development of their

skills, sportsmanship and knowledge of the culture and tactics of lacrosse. Registration can be completed at lrlacrosse.org. If you have questions about the Lakes Region Lacrosse Club or registration, e-mail lrlacreg@gmail.com. Winter skills clinics will be offered, watch the web site for details. Scholarships available upon request.

The Lakes Region Lacrosse Club is open to girls and boys of all

abilities who reside in the Lakes Region of NH's surrounding towns that do not currently have a youth lacrosse program. Participants include residents of Alton, Center Harbor, Gilford, Gilmanton, Belmont, Meredith, Moultonborough, Northfield, Sanbornton and Tilton. The club is a member of the New Hampshire Youth Lacrosse Association (www.nhyla.org). The club's home field is the Meadows Complex

in Gilford. Practices typically begin in late March, with weather/field conditions being the primary factor. Practices are held 2-3 times per week. Seven regularly scheduled league games occur on Sundays and an occasional Saturday, beginning April 8 through mid-June. Approximately one half of the games are held locally and one half require travel to host towns in New Hampshire.

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WINNISQUAM senior Kyle Mann goes to the hoop between Belmont's Nate Sottak (1) and Dylan Gansert during the Lakes Region Holiday Basketball Tournament in Gilford.



BELMONT senior Matt Pluskis looks for a teammate as he is trapped along the sideline by Winnisquam's Kyle Mann and Eddie Gallien during the Lakes Region Holiday Basketball Tournament in Gilford.

Raiders pull away from Bears in tourney opener

BY JOE SOUZA

Contributing Writer

GILFORD — With a number of stars from last year's squad gone to bigger and better things, the Belmont boys' basketball team has a new look.

So far, Belmont coach Jim Cilley likes how his Red Raiders are coming together.

The Red Raiders recorded 21 assists as a team, with three scoring in double figures and two others just behind them, in opening the Lakes Region Holiday Basketball Tournament in Gilford with a solid 55-28 victory over Winnisquam. Belmont would go on and defend its tournament title with a 62-35

win over Kingswood (see separate story).

"We are a different team than last year when we had Trevor Hunt and Doug Price," Cilley said following the win.

"We need to iron out some of the little things, but we are playing pretty well," added Cilley. "I like the way we are sharing the ball right now. We had 21 assists today, that's pretty good. When we share the ball like that, we get good looks at the basket."

That distributions showed throughout a balanced Belmont lineup against Winnisquam. Matt Pluskis led the Red Raiders with 11 points and four assists, while Griffin Embree recorded

10 points and four assists. Aidan Rupp chipped in with 10 points.

The Red Raiders also got eight points from Matt Thurber, while freshman Nate Sottak finished with six points and four assists.

Winnisquam was led by senior Kyle Mann, who tossed in 15 points. Jacob Seavey had five points and Avery Hutchinson scored four.

Neither Cilley nor Winnisquam coach Kevin Dame were pleased with the start of this holiday contest.

Belmont raced out to a 9-2 lead, but neither team appeared to be in any kind of groove.

The Red Raiders outscored Winnisquam 9-1

in the second quarter, building on a 13-7 first quarter lead for a 22-8 edge at halftime.

"We got out to a lead right away, but it wasn't like we did a lot with a lot of effort," Cilley said. "I lit into them at halftime. Yes, this is a Christmas tournament, but that doesn't mean we don't play without any effort."

"We did a much better job in the second half," added Cilley.

Rupp tossed in six points, while Pluskis and Embree had four apiece as the Red Raiders went on a 19-13 run in the third quarter to open up a 20-point lead (41-21). From there, Belmont pulled away for the

convincing win.

Cilley likes how Rupp, Pluskis, and Embree are settling into their roles for the Red Raiders.

"Rupp has done a nice job for us all year. He had a breakaway layup there in the second half to get us going," the veteran coach pointed out. "Griffin (Embree) is starting to take control of the team. He's done such a good job controlling the pace of the game."

"And Pluskis has done a nice job adjusting to being the guys this year," added Cilley. "He's letting the offense come to him, instead of forcing it."

For Winnisquam, the holiday tournament was an opportunity for

a young team to gain some experience for more meaningful games down the road. While his Bears are young, Dame expected more from his club.

"Yes we're young and inexperienced, but their guys outworked us and that's where I have an issue. Sometimes when you work harder than the other guys, you get good results," Dame said. "Some of Belmont's sets were real nice, but there was no road block... no resistance at all."

"Our young guys got some good experience," added Dame. We'll continue to work hard and improve."

Belmont has solid day at UNH meet

BY BOB MARTIN

Bob@Salmonpress.news

DURHAM — The Belmont indoor track team had a strong showing at Sunday's track meet at the University of New Hampshire, with several school records being broken. The boys placed third overall and the girls were sixth.

"The group of 46 athletes are training consistently and seeing the benefits," said coach Scott Clark. "Division 3 is a key meet for most, with a decent sized group qualifying for the pre-state meet, as well as the ever elusive (and very, very difficult to acquire) entry into the Division II championship."

Sana Syed ran the 55-meter hurdles in 9.94 seconds for the win, and also had a tie for the school record with 9.84 in the preliminary. She also broke the school record in the long jump with a leap of 13 feet, 10.5 inches. This was good for second in the event.

Hunter Dupuis won the 300-meter dash and set a school record with his time of 38.24 seconds.

The boys' 4X160-meter relay team also set a school record in its first place finish with a time of 1:21.24. The team is made up of Lucas Mathieu, Marc Forgiione, Hunter Dupuis and Connor Dupuis.

The boys' 4X400-meter relay team was third with a time of 4:15.04. It was made up of Micah Edgren, Umut Karadaban, Tume Pare and Ian Remenar.

Nick Randos came away with a big win in the 1,500 meters with a time of 4:32.54. Connor

Jackson placed fourth with a time of 4:38.84.

Forgione placed third in the 55-meter dash with a time of 7.34 seconds. In the 300 meters, Angelo Papadopoulos was 26th with a time of 46.34 and Joey Spinale was 28th with a time of 50.44 seconds. Kaleb Brown ran the 600 meters in 1:49.74, was good for 15th place. Gabriel Fraser was 21st with a time of 2:06.84.

Evan Cochrane was eighth in the 1,000-meter run with a time of 3:12.24. Jared Whitcomb and Ben Pare were 17th and 18th respectively with times of 3:23.34 and 3:28.24.

Remenar was seventh in the high jump with a leap of five feet. In the long jump, Lucas Mathieu leaped 17 feet, 1.5 inches to place seventh. Brandon Robichaud was 13th with a jump of 15 feet, 8.5 inches and Edgren was 14th with a leap of 15 feet, 7.5 inches. Karadaba was 20th with a jump of 14 feet, 7.5 inches. Papadopoulos was 23rd with a leap of 14 feet, 2.5 inches.

In the shotput, Pare had an impressive day with a fourth place finish, with a distance of 34 feet, 2.5 inches. Michael Marrone was 12th with a

SEE TRACK, PAGE B5



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Red Raider boys roll past Prospect Mountain

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT — It has been a good start for the Belmont boys' basketball team, and most recently the Red Raiders came away with a 56-32 win over Prospect Mountain on Jan. 3.

The game started with Prospect Mountain taking a four-point lead. Coach Jim Cilley said his team had poor shot selection in the opening minutes, but he called a timeout and decided to ramp up the defensive effort to shut down Prospect Mountain. Belmont

had a commanding 36-11 lead by halftime.

The big win allowed Cilley to give his starters some much needed rest in the second half, and also let him try out some new combinations on the floor, particularly in the guard position. This season, Griffin Embree has been the starting point guard with Nate Sottak coming off the bench for quality minutes. Cilley tinkered with the lineup to have them both on the floor at times, and said he liked the result.

Cilley said some

teams will have their starters on the floor in wins like this to bolster their numbers, but he doesn't believe in this.

"It was a good chance to get some other people out there for experience," said Cilley. "We played a very good all-around game. We had the opportunity to work on some things with a sizeable lead in the second half. It was a good win."

Cilley admitted that the game in Belmont's favor fairly early, but he commended Prospect Mountain for their hard

play and fighting until the end.

The team was led by Matt Pluskis, who had 14 points on the night. Matt Thurber had 11 points and Dylan Gansert had nine points. The team also got great production out of the point guard position, with Embree ending with nine points and freshman Sottak with seven points off the bench.

Cilley said when the team is focused they can do just about anything. He said this season the team has been able to make up for a lack of offensive identity with

a strong offensive identity. He has full confidence that the Red Raiders will pick up that offense by the season's end.

"Last year's team had a lot of accolades and recognition, but we were pretty top heavy," said Cilley. "This team has a good amount of depth. I'm comfortable playing nine or 10 guys. There isn't really a huge gap from guy number five to guy number 10."

Belmont said the upcoming game against St. Thomas Aquinas is a big one, and is the first game in a tough stretch. He said with Campbell

and Inter-Lakes coming in the games following, it will show him where the Red Raiders matchup against the top teams.

"If we can be 6-1 after that stretch that would be great," said Cilley. "This next three game stretch is a big statement of whether we are a top four team or top eight team, or beyond that. I like this team and think we just need to mature a bit and grow mentally to take care of some of the lapses we have."

Belmont faces St. Thomas Aquinas at home on Jan. 12 at 6 p.m.

L-W hockey continues to battle

BY BOB MARTIN
Bob@Salmonpress.news

SOMERSWORTH — The Laconia/Winnisquam hockey team lost 11-2 to Somersworth/Coe-Brown on Jan. 3, continuing what has been a difficult start to the season.

Cole Reid and Connor Johnson provided the goals for the Wolfpack in the loss. Both goals came in the second period, but coach Marc Joyal said it was a tough game from the beginning for Laconia/Winnisquam.

"We always have a good period where we play well, but we only have 10 skaters so the guys were a little gassed toward the end," said Joyal.

Joyal said despite having no wins to start the season, there are some positives. He said the team has had solid goaltending to keep the Wolf-

pack in games, and some of the pieces are starting to fit together on the ice. However, he said injuries has made playing a full three periods a difficult task.

Moving forward, Joyal said all the Wolfpack can do is progress. He said the team has had the tough task of playing difficult teams to start the season, notably Kennett who he called a "powerhouse," but he hopes this experience will ultimately help his team the rest of the way.

"Hopefully with these games under our belt we can be more competitive," said Joyal.

Laconia/Winnisquam faced Sanborn on the road on Jan. 8 and hosted Moultonborough/Inter-Lakes on Jan. 10 with both games coming after deadline. The Wolfpack hosts Pembroke-Campbell on Jan. 13 at 5 p.m.

Belmont girls take steps during holiday tourney

BY JOE SOUZA
Contributing Writer

GILFORD — While the Belmont girls' basketball team didn't bring home the title at the Lakes Region Holiday Basketball Tournament, it did provide valuable experience for a Red Raiders squad counting on four freshmen to play key roles in 2018.

"This was good for the kids and coaches," coach Mark Dawalga pointed out. "We played everyone and we got to try things you don't try during the regular season."

"For us, with four freshmen playing, it is important to get game experience," added Dawalga.

The Red Raiders also have a handful of veterans, who have helped guide the way, and that was no different as they opened the holiday tournament with a convincing 62-37 victory over area rival Winnisquam. Belmont though would come up short to eventual holiday tournament champion Laconia in the semifinal round.

Junior guard Juliana Estremera poured in 23 points and dished out seven assists in the vic-

tory.

Estremera, along with classmate Makenzie Donovan, and seniors Chloe Sottak and Jordan Sargent, have helped ease the transition to the varsity game for the four freshmen.

"Our two seniors, Chloe and Jordan, have been good leaders," praised Dawalga. "For the young kids, the varsity game goes so fast. Makenzie and Juliana, along with our two seniors, have done a great job settling things down."

Estremera led the charge, along with freshmen Elaina Hoey and Morgan Hall, as the Red Raiders took command against Winnisquam in the opening quarter. Estremera knocked down a three-pointer and had 10 of her game-high 23 points. Hoey and Hall had four apiece in the frame, helping Belmont race out to an 18-9 lead.

Belmont pushed its lead to 32-20 at the half before putting it away with an 18-9 third quarter run, taking a 50-29 edge into the final quarter.

"We played well," Dawalga said. "We put a lot of pressure on their

guards that led to a lot of transition baskets. We were able to get stops and get out in transition."

That pressure was too much for a Bears squad, which is adjusting to first year coach Jordan Richardson.

Winnisquam was paced by senior Ashley Chamberlain, who netted 10 points. Sophomore Meghan Cote scored nine points, while freshman Ashlyn Toupin finished with eight. Megan Goodridge and Makenzie Snow finished with four points apiece, while Shannon Goodwin chipped in with two.

For the Red Raiders, Hoey recorded a double-double with 14 points and 10 rebounds. Hall tossed in 12 points and grabbed eight boards. Donovan turned in a solid all-around game as the junior finished with two points, eight rebounds, and three assists.

"We're still growing," Dawalga said. "I'm proud of them. They are working hard, and are improving."

Also contributing in the win were Katie Galambos (six points), Molly Sottak (three) and Lizzie Fleming (two).

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Edward Jones: Financial Focus

How Can You Improve Your Financial Fitness This Year?

If one of your New Year's resolutions is to get healthier, you may already be taking the necessary steps, such as improving your diet and increasing your exercise. Of course, physical fitness is important to your well-being — but, at the same time, don't forget about your financial fitness. Specifically, what can you do to ensure your investment situation is in good shape?

Here are a few "healthy living" suggestions that may also apply to your investment portfolio:

Build endurance — Just as

exercise can help build your endurance for the demands of a long life, a vigorous investment strategy can help you work toward your long-term goals, such as a comfortable retirement. In practical terms, this means you will need to own some investments with the potential to provide long-term growth. These are the investments that, ideally, you can hold on to for decades and eventually reap the benefits of capital appreciation. Of course, growth-oriented investments, such as most

types of stocks, will rise and fall in value over the short term, and there's no guarantee of profits, or even preserving principal. But if you choose wisely, and you've got the patience and discipline to hold on to your investments through the market's ups and downs, you may well be rewarded.

Maintain an ideal "weight" — You can help yourself stay healthy by maintaining your ideal weight. This can be challenging — as you know from the recently finished holiday season, it's easy to put on a few extra pounds. And,

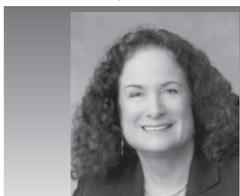
just as inadvertently, your portfolio can tack on some unneeded weight, too, in the form of redundant investments. Over time, you may have picked up too many similar investment vehicles, resulting in an overconcentration, or "flabbiness," that can work against you, especially when a market downturn affects the asset class in which you're overloaded. So, you might be better off liquidating some of your duplicate, or near-duplicate, investments, and using the proceeds to help broaden your investment mix.

Get proper rest — Many studies have shown that we need adequate rest to stay alert and healthy. In your life, you've probably already found that if you over-tax your body, you pay a price in your overall well-being. If you look at your investment portfolio as a living entity — which, in a way, it is, as it certainly provides life to your goals and aspirations — then you can see that it, too, can be weakened by stress. And one of the main stress factors is excessive trading. If you're constantly buying and selling investments in an attempt to

boost your returns, you may rack up hefty fees, commissions and taxes — and still not really get the results you wanted. Plus, if you're frequently moving in and out of different investments, you'll find it hard to follow a unified, long-term strategy. So, confine your trading to those moves that are really essential — and give your portfolio a rest.

To enjoy your life fully, you'll want to take care of your physical and financial health — and, as it turns out, you can make similar types of moves to help yourself in both areas.

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Winnisquam wrestlers impressive over holiday break

BY BOB MARTIN

Bob@salmonpress.news

TILTON — The Winnisquam wrestling team sent 18 Bears to wrestle in 80 matches in Middlebury, Vt. for the Hubie Wagner Invitational Wrestling Tournament during the holiday break.

The unique format had wrestlers arranged into pools rather than putting the competitors into a double elimination bracket. They competed against each member in their pool and the top wrestlers advanced and were put in brackets with other top wrestlers. Coach Tom Osmer said it was a great experience for his team.

"The format was a lot like soccer's World Cup where teams have to win their way out of their pool," said Osmer. "I loved the way the tournament was run, it meant our kids got a lot of matches, and that

means they had a lot of opportunity to improve. Add to that the chance to get away as a team and spend the night in a hotel and the overall experience was great for us. For two days we ate, slept, and competed together. It's hard to explain how much that can benefit a team."

Winnisquam had a strong overall showing, Osmer said, and this was highlighted by Michael Mitchell, who competed at 106 pounds. Mitchell went undefeated in Pool B, which sent him to the finals by defeating Pool A runner-up Michael Whitley of Middlebury, Vt.

"Michael had a great tournament," Osmer said. "He didn't get a seed and his first two matches were against the number two and number three seeds. After those two wins Michael was off and rolling. He showed a lot of toughness in Ver-

mont. He's been battling some illness lately but he didn't allow that to be an excuse. He fought through it, stayed on the offense, and the results materialized."

Mitchell ended up being defeated by Cater Dickinson of Spaulding (Vt.) High School.

Wrestling at 126 pounds, Kenzie Bourgeois finished third with a 4-2 record. His two losses were to champion Ben Murray of Mt. Abraham, Vt., and runner-up Carlos Medranos-Garcia of Granville, N.Y.

"During the tournament, Kenzie was a little Dr. Jekyll and Mr. Hyde," Osmer explained. "One match he racked up a ton of points with a slick single that his opponents had no answer for, in the next match he brought an aggressive, physical style and looked to throw his opponent directly to their backs from every posi-

tion. I think it's important for every wrestler to find his own style."

Derrick Tremblay continued to impress in the 220-pound class. Tremblay had a 3-2 record and received a bronze medal.

"For a first year wrestler, I can't say enough about how impressed I am at how quickly Derrick is picking up the sport," said Osmer.

Freshman Brandon Marceau also competed at 220 pounds, and since Winnisquam has three 195 pounders, the team had to move one up to 220 for the tournament. Marceau volunteered to move up the weight class and came in fourth.

Sophomore Connor Corey finished third at 152 pounds. Hunter Finemore wrestled at 120 pounds and received a fourth place medal. Osmer was impressed by what he called a "barn burner" of a match.

"I was so proud of the way Hunter competed in that match," Osmer said. "He got behind in points but just kept battling. As the match neared a conclusion, Hunter once again put himself in position to win by throwing a great head lock and hold (Bailey) Pinsonneault on his back until time expired. Hunter never gave up on himself, and you can't ask for more than that."

Winnisquam started strong and after one day the Bears were one point out of second place. The team slipped back to sixth, but this was impressive to Osmer as the Bear were only five points away from finishing third.

The team took part in a quad meet on Jan. 6 in Windham, where the Bears wrestled against last year's D-3 champion Plymouth, D-2 champion Windham and Nashua South of Division 1.

Winnisquam lost 48-30 against Plymouth, 60-24 against Windham and 42-36 against Nashua South.

Winnisquam was led by T.J. Robinson, who went 3-0 on the day. Osmer said the team has been suffering from a bit of an injury bug, and he is confident the Bears will have a solid team once they heal.

"We lost all three dual meets but put up quite a fight," said Osmer. "Honestly when I looked at that date on the schedule, I wasn't too excited. We've got a young team, some injuries, and those other teams are the real deal. We've been talking a lot lately about having a 'warrior mindset.' I think the boys are buying into not just the techniques that the coaches teach, but also the idea that we shouldn't be focused on wins and losses, but rather on going out and just battling."

TRACK

CONTINUED FROM PAGE B3

toss of 30 feet, two inches.

In the girls' 55 meters, Gabby Day ran a time of 8.34 seconds, good for second place in the preliminaries. Brianna White had a time of 9.54, Dunia Brackeniens had a time of 9.64 and Kara Stephens had a time of 9.74.

In the girls' 300-meter dash, Skylar Ruel-

ke finished 18th with a time of 54.44. White had a time of 55.34 good for 21st, Kara Stephens had a time of 57.04 for 25th and Brackeniens was 27th with a time of 58.14. In the 600 meters, Makayla Palmer placed 16th with a time of 2:04.84. Meagan Wong was 22nd with a time of 2:30.44.

In the 1,000-meter run, Jessica Hutchinson was fourth with a time of 3:25.54. Aurora

Couto was 15th with a time of 3:49.44 and Chloe Jackson was 19th with a time of 4:35.44.

The girls' 4X400-meter relay was third with a time of 4:57.14. The team is made up of Hutchinson, Palmer, Couto and Alice Riley.

In the long jump, Day leaped 12 feet, 10.25 inches for seventh place. Skylar Ruelke was 11th with a distance of 12 feet, 3.25 inches.

RAIDERS

CONTINUED FROM PAGE B1

three-pointer, Sottak drilled a three-pointer and Aaron Simonds hit a hoop to close out the Belmont scoring as the Raiders took the 62-35 win.

Pluskis led the way for the Raiders with 20 points and earned tournament MVP honors for his work. Embree added 11 points and also was named All-Tournament.

"Nate was fantastic on the defensive end," Cilley said. "He fills up all the intangible stats. And Matt Thurber had a good showing in the second half and went to the hoop."

"And Griffin just took

over in the second half," the Raider coach added. "He's kind of becoming our leader on the court."

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The Hodges Companies
201 Loudon Road Concord, NH 03301

An Equal Opportunity Provider and Employer

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THE HODGES COMPANIES

Harvey Heights
Meredith, NH

Accepting applications for our **SHORT** waiting list!

Rental Assistance Available
2-bedroom units*
Quiet setting
Professional management
Low utility costs
On-site laundry and parking
24-hour maintenance provided
Income restrictions apply

Section 8 Vouchers Welcome
Credit, criminal & landlord Checks
No Pets

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TDD # 1-800-545-1833 Ext. 118
www.hodgescompanies.com
The Hodges Companies
201 Loudon Road Concord, NH 03301

*2-bedroom units must have 2+ people, or 50% custody of a child, or a doctor's note of medical necessity.

An Equal Opportunity Provider and Employer



This is how you say it's going to be okay.

Every 8 minutes the American Red Cross responds to a disaster and makes this promise. This holiday season, you can help us keep it.

Donate today at redcross.org

American Red Cross

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BHHS

BERKSHIRE HATHAWAY HomeServices
Verani Realty

Bristol:
603-744-5411
459 Lake Street
Bristol NH 03222

Meredith:
603-279-6000
290 Daniel Webster Hwy
Meredith NH 03254

Moultonboro:
603-253-7766
60 Whittier Hwy # 3
Moultonboro NH 03254

www.Verani.com

Laconia, NH
2 bedroom move-in ready condo within walking distance to a large sandy beach on Lake Winnepesaukee. S.S. appliances, updated cabinets, large pantry, built in AC unit and a private balcony.



MLS # 4672099 | \$92,000

Franconia, NH
Panoramic views in every direction. All that's missing is your dream home. This 2+ acre lot is one of only four in this phase of the Tucker Brook Falls development with common land across the street!



MLS # 4617070 | \$127,900

Moultonborough, NH
Cozy, neat & clean 2 bedroom cottage with deeded access to both Orton Shore beaches. Knotty pine interior, beautiful 3 season porch, shared drilled well with one other home. Sold mostly furnished.



MLS # 4671264 | \$129,900

New Hampton, NH
4 bedroom home on a quiet, rural road. Open concept living room, dining room and kitchen. 1st floor master bedroom & bath. Laundry room has an exterior door, 13'x21' garage, and good size deck.



MLS # 4671535 | \$249,900

To VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

Bean Group: www.beangroup.com

Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cboldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

Dussault Real Estate: www.dussaultrealestate.com

ERA Masiello: www.masiello.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

Michelle Eastman Realty: www.michelleeastmanrealty.com

Old Mill Properties: www.oldmillprops.com

Peabody and Smith: www.peabodysmith.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Remax Bayside-Steve Banks: www.winnihomes.com

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

ROCHE REALTY GROUP

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

LACONIA OFFICE
1921 Parade Road
(603) 528-0088



South Down Shores/ Laconia: Custom details inside and out of this 4-bedrooms, 4-baths, 4,561 sf. home with a 12 zone heating system, heated garage, total house surround sound, remote skylights with rain sensors, security system, hardwood floors and more!
\$1,199,999 MLS# 4669966

Gilford: Two bedroom Ranch home with a garage under! Features include hardwood, tile, vinyl & carpet flooring, enclosed porch and lovely deck. Nice landscaped grounds, .58ac lot and near many lakes Region amenities!
\$189,900 MLS# 4663203

Meredith: Commercially zoned 19.9 acres land and building. Located on high traffic count Daniel Webster Hwy/Route US-3. 941' of road frontage, private septic (with Town Sewer by the street) and drilled well also features a massive 68'x40' garage/storage.
\$729,999 MLS# 4667825

Moultonborough: Spacious lot in a neighborhood of beautiful homes. 1.43 acres that's ready for you to build your dream home! 3 Bedroom septic design included with sale. Great location near Red Hill, Lake Kanasatka and Winnepesaukee.
\$67,500 MLS# 4656420

VISIT US ONLINE! WWW.ROCHEREALTY.COM

"I FEEL LIKE A FISH WITH NO WATER."

-JACOB, AGE 5
DESCRIBING ASTHMA



You know how to react to their asthma attacks. Here's how to prevent them.

1-866-NO-ATTACKS EVEN ONE ATTACK IS ONE TOO MANY.

For more information log onto www.noattacks.org or call your doctor.

Ad Council **SEPA**

if you only had the time, right? Now you do.

3-12 MONTH assignments now available.

Peace Corps now offers short-term Volunteer assignments overseas for 3 months to 1 year for especially skilled professionals with at least 10 years experience.

PEACE CORPS RESPONSE

peacecorps.gov/response





NOTICE

TILTON REGISTERED VOTERS

March 13, 2018 Election
Filing Period - Jan 24 Through Feb 2, 2018
With The Town Clerk

POSITIONS & TERMS TO BE FILLED ARE AS FOLLOWS:

(2)	Selectmen	3 Years
(1)	Moderator	2 Years
(3)	Budget Committee	3 Years
(1)	Trustee of Trust Funds	3 Years
(1)	Supervisor of Checklist	6 Years
(1)	Sewer Commissioner	3 Years

Cynthia D. Reinartz, CNHTCTC
Town Clerk Tax Collector

Shaker Regional School District PUBLIC NOTICE

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

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 24, 2018.

The election will occur during the annual voting on Tuesday, March 13, 2018 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:
 Moderator – to serve for a two-year term
 Belmont – one member to serve for three years (2021)
 Canterbury – one member to serve for three years (2021)

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, February 2, 2018 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 387-7450 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

Friends and peers

Help your child to choose friends wisely

Get to know your child's friends and their parents. Discuss your no-alcohol rule with the parents and enlist their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.

Check Yourself:
www.checkyourself.com
 A place for teens to check where they are with drugs and alcohol.

Confidential, 24 hour 211

The single most predictive risk for underage drinking is if your child's peers drink. Encourage your kids to choose friends who support your family values and no-alcohol rules.

The Law
 Furnishing or supplying alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12 months in jail.
 Buying or supplying tobacco to anyone under 18 is also a punishable offense

Peers
 Children often think that other people their age are drinking and smoking regularly, but most are not.

If there is alcohol at a party, LEAVE.
 Keep your social environment alcohol-free.

Students with high-refusal-assertiveness skills are less likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."

PARTNERSHIP FOR
drugfreeNH.org
 1-800-804-0909

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CAUTION

Drivers

YOU HOLD THE KEY TO OUR CHILDREN'S FUTURE

Each year, thousands of schoolchildren are killed or injured by automobiles. Remember, you hold the key to their safety and future in your hands.

Please drive carefully.

CHOOSE CAR SEAT:
BY AGE & SIZE

**THE ONES
WHO
ACTUALLY
DO.**

**THE NUMBER
OF PEOPLE
WHO
THINK
THEY HAVE
THEIR CHILD
IN THE RIGHT
SEAT.**

KNOW FOR SURE
IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

VISIT SAFERCAR.GOV/THERIGHTSEAT

Ad Council NHTSA Child Car Safety



Town-to-Town CLASSIFIEDS

www.salmonpress.com | 603.279.4516
Call to place your ad today or visit our website!

Misc. For Sale

Home fuel oil drip tray for 275 gallon or 300 gallon storage tanks. Galvanized steel material, corners soldered. Oil filter tray constructed for easy cleaning and changing filters. Very good condition. Asking \$100.00

New, never used, still boxed high end Maax 1/4" frameless shower door. 44-48" wide, 6' tall. Asking \$350.00.

17.2' Old Town Chipewyan tripper canoe. Built on July 9, 1979. A royalex line in exceptional condition, like new. \$800.00

For much more info call 603-539-5906

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18"7/8. May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email liz@salmonpress.news

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Found Ads

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

Lost Ads

Are Charged at our regular classified rates.

Call Toll Free
Mon-Fri 8:00-4:00
1-877-766-6891
or go to
www.salmonpress.com
24/7

HAVE YOU SEEN ME?

I AM LOST!
MY NAME IS BUDDY
I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road PLEASE CALL MY FAMILY at 279-7000. Reward if found.

Still Missing!

Shane - Shetland Sheepdog
9 Years old
We are hoping someone may have him or have seen him?
**Lost in Laconia NH-
August 27th 2016**
Old and New Leads appreciated
Contact Cindy #603-365-1778

Thank-You

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www.salmonpress.com

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Town To Town
Classifieds!

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Thank you

for browsing
The Town To Town
Classifieds in the

West
Meredith News
Record Enterprise
Winnisquam Echo
Newfound Landing

Publication Rates (30 words)

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

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

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

Deadline:
Monday 10:30 am

Fuel/Wood

Firewood for sale: \$200 per cord, green, grapple loads also available. Pelletier and Son Logging and Firewood 603-569-4543.

Pets/Breeders

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

General Help Wanted

HELP WANTED: Full time CASHIER, includes cleaning and stocking. Apply at CAMPTON MOBIL. 254 NH Route 49 Campton, NH.

PAINTER WANTED

Interior/exterior
Will pay for skills and experience.
Please call Mark (603) 651-8605

SKILLED CARPENTERS WANTED

Lakes Region & Northern, NH

Conneston Construction, Inc. (CCI) is seeking skilled carpenters. Five years construction experience required. Current projects in Whitefield, Plymouth, Wolfeboro, Andover, Moultonborough and throughout the Lakes Region. Travel required; must have valid driver's license to apply. Pre-employment physical and references required.

Contact CCI for application at 603-524-3776 or info@ccinh.com.

Real Estate



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to

The Federal Fair Housing Law which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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

To complain of discrimination call HUD toll free at 1-800-669-9777

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

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

You may also call

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

The Commission at 163 Loudon Road, Concord, NH 03301

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

Apartments For Rent

Downtown Meredith newly renovated 2 bedroom apartment for rent. Walking distance to docks, w/d hook-up and mud-room, off street parking. No smoking. No pets. \$1200/month + utilities. Available February. Call Ron 476-7296.

MEREDITH: PINWOOD KNOLL, Very quiet, private, 2 BR, over 55. No smoking/no pets. Heat, hot water included. One car Garage. \$1100/mo. One year lease.

Call David at 253-6247 or 781-665-8400.



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if you only
had the time, right? Now you do.
3-12 MONTH assignments now available.

Peace Corps now offers short-term Volunteer assignments overseas for 3 months to 1 year for especially skilled professionals with at least 10 years experience.

PEACE CORPS **RESPONSE**

peacecorps.gov/response

DRIVERS
Home EVERY Night!!
Make \$1100/wk + Great Benefits!
Local Position - Mr. Bull's.
CDL-A required.
TEXT TRUCK TO 55000
802-323-4242



The Inn on Newfound Lake HELP WANTED
Waitstaff, Housekeeping,
Dishwasher, Office/Accounting Clerk.
Call for an interview, (603) 744-9111 email resume to innonlake@metrocast.net
1030 Mayhew Turnpike, Bridgewater, NH 03222 or

Join Our Team
Part-Time Positions Available:
Waitstaff
Bartender
Busser
Brunch Chef
Dishwasher/Prep
Full-Time positions:
Waitstaff
The Corner House Inn
Center Sandwich, NH
284-6219
info@cornerhouseinn.com

SAU 68
Lin-Wood Public School
Lincoln-Woodstock Cooperative School District
72 Linwood Drive
Lincoln, New Hampshire 03251
Telephone (603) 745-2214

The Lincoln-Woodstock Cooperative School District, recognized as one of the Best Schools in NH, and located in a year round recreational setting in the White Mountains announces an immediate opening for the 2017-2018 school year:

Elementary Special Education Teacher

NH General Special Education certification required. Qualified candidates must submit a letter of intent, a resume, three letters of recommendation to:

Fran Bean
Lin-Wood Public School
P.O. Box 846
Lincoln, NH 03251
603-745-2051

The Lincoln-Woodstock Cooperative School District is an equal opportunity employer. Job Applications are available on our website at www.lin-wood.org under the "Employment" section

Middle/High School Fax Number (603) 745-6797
Elementary Fax (603) 745-3730
Accredited by New England Association of Schools and Colleges

Looking for New Customers?

FROM THE LAKES REGION TO THE GREAT NORTH WOODS.

- The Baysider
- Meredith News
- Berlin Reporter
- Gilford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
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• Carrol County Independent

CALL **603-279-4516**
TO PLACE YOUR AD TODAY!

IMMEDIATE OPENINGS
Sawmill and Planer Mill Workers
Full-time Day Shift, Benefits include vacation, sick and holiday pay, insurance, credit union, 401(k) plan.
Apply in person
PRECISION LUMBER INC.
576 Buffalo Road • Wentworth, NH 03282

Steel Erectors, Metal Roof & Siding Installers Foreman, Leadmen And Laborer Positions
Will Train. Valid Driver's License required.
Application available at:
CONSTRUX, INC. 630 Daniel Webster Hwy. Plymouth, NH 03264 (603) 536-3533
Leading Pre Engineered Metal Building Co.

WOODWARDS RESORT
Currently seeking
wait staff, cooks, dishwasher, and hosts
Looking for candidates that are friendly, guest orientated and like to work in a team environment.
Please call or stop in and fill out an application.
527 US Route 3 • Lincoln, NH 03251
info@woodwardsresort.com • (603) 745-8141

Your Community Health Partner Since 1975
ACHS - LITTLETON
ACHS, a fast-growing, nationally recognized Federally Qualified Health Center, in Littleton, NH., is seeking:
Medical Billing & Coding Specialist
This is a key position providing a range of critical tasks that support an efficient and financially sustainable health center. You'll be responsible for the accurate flow of medical information and patient data between providers, patients, and third-party payers. You'll help ensure timely and accurate submission of insurance claims, complete follow ups and denial managements as well as filing appeals. You MUST be detail oriented and thorough, with excellent organizational and time management skills. Customer service, computer skills, medical records or medical office experience preferred. AAPC Certification or equivalent coding experience preferred, as well as 2-5 years' experience This is a full-time, M-F daytime position.
Looking for a career with the potential for exciting learning opportunities, competitive pay and benefits at an award-winning, active and caring organization?
Send your resume and cover letter to hr@achs-inc.org
EOE
Ammonoosuc Community Health Services
Littleton • Franconia • Warren • Whitefield • Woodsville www.ammonoosuc.org

Don't Wait.
Communicate.
Make your emergency plan today.
Visit Ready.gov/communicate

HELP WANTED
3 LAKES LANDSCAPING
Crew Members and Crew Leaders
Year round positions available for Snow Removal and Landscaping services. Hardsape experience a plus. Valid driver's license and clean record. Must be able to work outdoors in all types of weather. Overtime available.
603-728-8116 or email 3LakesLandscaping@gmail.com

SAU 68
Lin-Wood Public School
Lincoln-Woodstock Cooperative School District
72 Linwood Drive
Lincoln, New Hampshire 03251
Telephone (603) 745-2214

The Lincoln-Woodstock Cooperative School District, recognized as one of the Best Schools in NH, and located in a year round recreational setting in the White Mountains announces the following opening for the 2017-2018 school year:

Part-time School Bus Driver
After school Runs. Must have bus driver certificate. We will train

Interested parties should send a letter of interest, a resume, three letters of reference to:
Fran Bean
Lin-Wood Public School
P.O. Box 846
Lincoln, NH 03251
603-745-2051

Job Applications are available on our website at www.lin-wood.org under the "Employment" section

The Lincoln-Woodstock Cooperative School District is an equal opportunity employer.

Middle/High School Fax Number (603) 745-6797
Elementary Fax (603) 745-3730
Accredited by New England Association of Schools and Colleges

Everybody hates you.

You don't see bullying like this every day. Your kids do.

Teach your kids how to be more than a bystander.

Learn how at StopBullying.gov

FREE TO BE... YOU AND ME

PLYMOUTH ELEMENTARY SCHOOL
2017-2018 SCHOOL YEAR

IMMEDIATE OPENING
SPECIAL EDUCATION AIDE

2 years equivalent of post secondary courses required.

Please send letter of intent, resume, and recommendations to:

Julie Flynn, Principal
 Plymouth Elementary School
 43 Old Ward Bridge Road
 Plymouth, NH 03264
 jflynn@pemibaker.org

HOLDERNESS SCHOOL DISTRICT
Holderness Central School
2017-2018 School Year

BASEBALL COACH
MIDDLE SCHOOL TRACK COACHES

Holderness Central School has an opening for a baseball coach and middle school track coaches for the 2017-2018 season. Must be available to begin Monday, April 2, 2018.

If you are interested in the positions, please contact:

William Van Bennekum, Principal
 (603) 536-2538
 wvanbennekum@pemibaker.org

HOLDERNESS SCHOOL DISTRICT
Holderness Central School
2017-2018 School Year

LONG-TERM SUBSTITUTE
MIDDLE SCHOOL ENGLISH
LANGUAGE ARTS TEACHER (6-8)
 (Must be certified)

Holderness Central School has an opening for a Middle School (6-8) English Language Arts long-term substitute. The position requires a highly qualified NH certificate or eligible teacher. The position begins in April.

If you are interested, please contact:

William Van Bennekum, Principal
 Holderness Central School
 19 School Road
 Holderness, NH 03245
 (603) 536-2538
 wvanbennekum@pemibaker.org

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STOP TEXTS STOP WRECKS.ORG

Ad Council NHTSA

DISCOVER CLASSIFIED POTENTIAL

King Forest Industries, Inc. 

GOOD PAY FOR HARD WORK

King Forest Industries, located in Wentworth, NH, is currently accepting applications and resumes for full and part time work as lumber handlers, equipment operators and experienced maintenance personnel. Individuals must be hardworking, able to take and follow directions, dependable and able to do hard work for good pay. You must be able to lift at least 50 lbs.

As a full-time employee, you will qualify for health insurance/dental/401K retirement plan/paid vacation/paid holidays and production bonuses.

If you wish to apply, stop in to our Wentworth office for an application or drop off a resume and a completed employment application, which can be downloaded from our website and dropped off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

King Forest is an equal-opportunity employer.

53 East Side Road • Wentworth, NH • www.kingforest.com

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 classifieds@salmonpress.news

ONLINE:
 www.salmonpress.com

PHONE:
 (603) 279-4516

Advertise your:
 Items for Sale, Jobs, Vehicles, Pets, Real Estate, Apartments, Summer Rentals, Services & more.
We have categories for everything!

From the Lakes Region to the Great North Woods.

START YOUR AD TODAY!



Salmon Press

AUG 2011



23
24
25
26
27

What did the day before Hurricane Irene look like? Any other day.

Prepare for tomorrow. Ready.gov/today

Ad FEMA Ready

Encouraging news:

Central to this media campaign to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

The most effective parenting techniques are among the most simple, including:

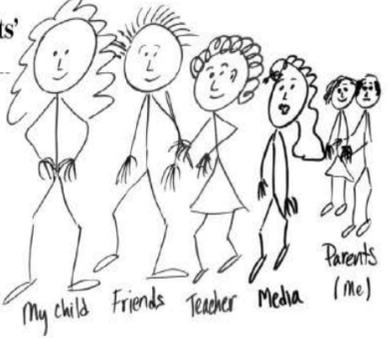
- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.

Most parents don't realize they are the No. 1 influence in their children's lives.

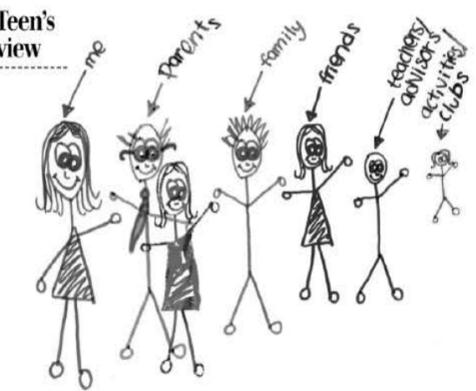
When parents were asked to draw the greatest influences on their teens, they placed themselves last.

Parents' view



When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.

Teen's view



Partnership for **drugfreeNH.org**
 1-800-804-0909

START SOMETHING NEW

SALES EVENT



SIGN AND DRIVE

\$0 DOWN PAYMENT **\$0** SECURITY DEPOSIT **\$0** DUE AT SIGNING **\$0** 1st MONTHS PAYMENT

2018 RAM
1500 EXPRESS
V-6 QUAD



#CT18134, MSRP \$39,180
AutoServ Rebate -\$2795
Rebate -\$4750
Competitive Lease -\$1000
Military Appreciation -\$500
Sub-Prime Credit -\$1500
Chrysler Capital Bonus -\$1250

TOTAL SAVINGS **\$11,795**

LEASE FOR
\$169*
PER MO. FOR 39 MOS.

BUY FOR **\$27,385***

OR LEASE FOR **\$249*** PER MO. FOR 39 MOS.

SIGN AND DRIVE ZERO DOWN!

2018 JEEP
COMPASS
LATITUDE



#CT18214, MSRP \$28,165
AutoServ Rebate -\$2000
Rebate -\$2000
Military Appreciation -\$500
Competitive Lease -\$1000
Sub-Prime Credit -\$750

TOTAL SAVINGS **\$6,250**

LEASE FOR
\$149*
PER MO. FOR 36 MOS.

BUY FOR **\$21,915*** OR LEASE FOR **\$233*** PER MO. FOR 36 MOS.

SIGN AND DRIVE ZERO DOWN!

2018 JEEP
CHEROKEE
LIMITED



#CT18226, MSRP \$32,390
AutoServ Rebate -\$1209
Rebate -\$1000
Owner Lease Loyalty -\$500
Military Appreciation -\$500
Sub Prime Credit -\$1250
Chrysler Capitol Bonus Cash -\$500

TOTAL SAVINGS **\$4,959**

LEASE FOR
\$191*
PER MO. FOR 36 MOS.

BUY FOR **\$27,431*** OR LEASE FOR **\$275*** PER MO. FOR 36 MOS.

SIGN AND DRIVE ZERO DOWN!

2018 CHRYSLER
PACIFICA
TOURING
L PLUS



#CT18060, MSRP \$36,590
AutoServ Rebate -\$3211
Rebate -\$1000
Competitive Lease -\$1000
Military Appreciation -\$500
Sub Prime Credit -\$750
Chrysler Capitol Bonus Cash -\$500
Select Inventory Bonus Cash -\$1000

TOTAL SAVINGS **\$7,961**

LEASE FOR
\$259*
PER MO. FOR 36 MOS.

BUY FOR **\$28,629*** OR LEASE FOR **\$346*** PER MO. FOR 36 MOS.

SIGN AND DRIVE ZERO DOWN!

2018 JEEP
WRANGLER
UNLIMITED
SPORT



#CT18087, MSRP \$33,095
AutoServ Rebate -\$1095
Military Appreciation -\$500

TOTAL SAVINGS **\$1,595**

LEASE FOR
\$332*
PER MO. FOR 48 MOS.

BUY FOR **\$31,500*** OR LEASE FOR **\$399*** PER MO. FOR 48 MOS.

SIGN AND DRIVE ZERO DOWN!

2018 JEEP
GRAND
CHEROKEE
ALTITUDE



#CT18171, MSRP \$40,085
AutoServ Rebate -\$2523
Rebate -\$2500
Military Appreciation -\$500
Competitive Lease -\$1000

TOTAL SAVINGS **\$6,523**

LEASE FOR
\$269*
PER MO. FOR 36 MOS.

BUY FOR **\$33,562***

2018 CHRYSLER
300
LIMITED



#CC18088, MSRP \$39,320
AutoServ Rebate -\$3,409
Rebate -\$6,000
Military Appreciation -\$500
Competitive Lease -\$1000

TOTAL SAVINGS **\$10,909**

LEASE FOR
\$332*
PER MO. FOR 39 MOS.

BUY FOR **\$28,321***

AutoServ
603-286-3141 • 40 East Main Street • Tilton, NH
AutoServ.com



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