



Tilton Police Chief's drug education efforts take him to Washington

BY DONNA RHODES
drhodes@salmonpress.news

Tilton Police Chief Robert Cormier flew to Washington, D.C. last Thursday to



(Left) Tilton Police Chief Robert Cormier met Cameron Justice, Director of Youth to Youth International, while in Washington, D.C. last week to explain the Law Enforcement Against Drugs program at Winnisquam Regional Middle School to members of the Office of National Drug Control Policy.

COURTESY

meet with members of the Office of National Drug Control Policy, a component of the Executive Office of the President formed by the Anti-Drug Abuse Act of 1988.

It also provides administrative and financial support to the President's Com-

mission on Combatting Drug Addiction and the Opioid Crisis, which was established by an Executive Order from President Donald Trump on March 29, 2017.

The request for Cormier to meet with the ONDCP was so SEE **CORMIER**, PAGE A11

Familiar faces abound on Sanbornton ballot

BY DONNA RHODES
drhodes@salmonpress.news

SANBORNTON – The list of candidates for offices in the Town of Sanbornton has been announced, and it will be mostly be familiar

names on the ballot in March, as all but one of those are incumbents seeking re-election, and there is only one contested race.

SEE **BALLOT**, PAGE A11

Veterans Home takes measures to contain flu outbreak

TILTON – Precautionary measures are back in place at the New Hampshire Veterans Home to help contain an outbreak of respiratory illness, Commandant Margaret LaBrecque announced Friday.

Family members and friends are urged to consider postponing their trips until the outbreak is over. Those who do come may be asked to take extra measures such as extra hand washing, and donning gloves or surgical masks, depending on the unit they're visiting. The precautions started Friday and will continue until further notice.

NHVH volunteers are being asked to stay at home until the situation is cleared.

Influenza has been confirmed on a single unit, and the precautionary measures are aimed at preventing its spread throughout the facility, and to block new infections coming from outside.

The Home was on precautionary measures throughout most of January after two small outbreaks of illness, one respiratory and the other gastrointestinal. Neither one spread.



COURTESY

Belmont Legion and Girl Scout Troop 20532 team up to support Pease Greeters mission

Belmont's Girl Scouts found a partner right in town for their Cookies for Troops campaign. American Legion Post 58 offered to buy several cases of the Girl Scout cookies to donate to the Pease Greeters for distribution to troops deploying through Pease International Tradeport in Portsmouth. In addition to the cookies the Legion bought, the Girl Scout Troop donated the cookies they had not sold and some of their popcorn as well. For a couple of years now, Post 58 has been making monthly trips down to Pease to join the Greeters in welcoming troops on flights either deploying to or returning from overseas missions. The Girl Scout cookies are highly appreciated by the troops, along with all the other snacks, comfort packs, mementoes, phone bank and fellowship and the moving ceremony the Greeters provide to every single flight going through Pease, day or night, 24/7. Over the last 13 years, the Greeters have met 1,642 flights to date, no matter the time of day or night or the weather -- every single flight. Post Commander Rich Stanley said, as he presented the Greeters with a \$500 donation from the Post, "It is an awesome privilege just to be a part of this." Pictured: Belmont's American Legion Post 58 presents a \$500 donation to the Pease Greeters in front of deploying troops - from left to right - Tom Fee, Fred Fabian, Russ Fabian, Pease Greeters Co-Chairman Peter Tiewes, Post Commander Rich Stanley and David Schroth

Budget Committee draws fire after not funding request for additional police officer

Police Chief, residents question rationale for turning proposal back to voters

BY DONNA RHODES
drhodes@salmonpress.com

SANBORNTON – Members of Sanbornton's Budget Committee were met with a

firestorm of opposition at a public hearing on Monday. The evening, however, ended with an amicable agreement after selectmen and residents contested the committee's decision to place only \$1 in a line item for a sixth police officer on the town's police department, a measure approved at the 2018 town meeting, and the committee eventually agreed.

Police Chief Stephen SEE **BUDGET**, PAGE A12



COURTESY

Tickets available now for Webster Lake Ice Fishing Derby

Boys and girls in central New Hampshire are looking forward to this weekend's 40th Annual Webster Lake Ice Fishing Derby, where children who register for the event will receive a free tip-up. Advanced tickets are \$12 for adults, and are on sale through Friday at local business in Franklin and Tilton. "Day of" tickets will also be available for \$15 at the derby headquarters, located on Griffin Beach at the corner of Griffin Road and Webster Ave. in Franklin. Children 15 and under are free. Raffle tickets (\$5 for one, three for \$10 or seven for \$20) will also be sold at the headquarters. Among the top prizes are a custom-built four-by-six-foot bob house, a \$500 gas-powered Eskimo Mako Ice Auger and a Capt. Bob Lobster Tour, which is valued at \$240. Numerous other other prize drawings will also take place on both days. Trophies and prizes for anglers in several categories will once again be awarded and at the end of the weekend, one lucky fish will be awarded the grand prize. Fishing for the derby will take place on Saturday, Feb. 16, and Sun., Feb. 17, from 6 a.m. until 3 p.m.

INDEX

Volume 11 • Number 7
22 Pages in 2 Section

Classifieds.....	B4-9
Editorial Page.....	A4
North Country Notebook...	A5
Obituaries.....	A6
Sports.....	B1-3

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Belmont Legion welcomes new members



COURTESY
Belmont's American Legion Post 58 Commander Rich Stanley (on left) presents Dave Dinsmoor of Laconia with his initiation certificate.



COURTESY
Legion Post 58 Vice Commander Russ Fabian (on left) presents his brother, Fred, with his certificate of initiation.



COURTESY
American Legion Post 58 Commander Rich Stanley (on right) presents J. Peter Christensen with his certificate of initiation.



Belmont's American Legion Post 58 continues to grow. They have welcomed a number of new members in the past few months, and this enables them to continue their public service projects and support for many organizations and programs which serve veterans, military, schools and the community.

COURTESY
(Left) Post Commander Rich Stanley (on left) presents Tom Fee with his certificate of initiation.



COURTESY
(Right) Post Commander Rich Stanley (on left) presents Ron Mitchell with his certificate of initiation.

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Census Job Information Table, 10a.m.-2p.m.
A worker from the U.S. Census Bureau will be here with information and answers to your questions on job

opportunities available during the upcoming 2020 Census. They will SEE HAPPENINGS, PAGE A10

First Baptist Church of Belmont hosting community meal Saturday

BELMONT — The First Baptist Church of Belmont is pleased to announce that they will be hosting their monthly community meal Saturday, Feb. 23, 6-8 p.m. SEE MEAL, PAGE A10

BELMONT POLICE LOG

BELMONT — The Belmont Police Department made the following argument responded to 100 calls for service and made the following argument responded to 100 SEE BELMONT, PAGE A10

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 37 calls for service during the week ending Feb. 11. SEE SANBORNTON, PAGE A10

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 505 calls for service and made the following arrests during SEE TILTON, PAGE A10

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PRESIDENT & PUBLISHER FRANK G. CHILINSKI (603) 677-9083 frank@salmonpress.news	EDITOR BRENDAN BERUBE (603) 677-9081 brendan@salmonpress.news
BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 ryan@salmonpress.news	DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516
OPERATIONS DIRECTOR JIM DINICOLA (508) 764-4325	PRODUCTION MANAGER JULIE CLARKE (603) 677-9092 julie@salmonpress.news

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ISN'T IT ROMANTIC PG-13
Wed.-Thurs.: 12:30, 2:50, 5:10, 7:30 PM
Fri.-Sat.: 12:30, 2:50, 5:10, 7:30, 9:45 PM
Sun.-Thurs.: 12:30, 2:50, 5:10, 7:30 PM

GREEN BOOK PG-13
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Streetcar presents special performance of "The Vagina Monologues"

BY ERIN PLUMMER

mnews@salmonpress.news

LACONIA — The many and varied perspectives of female identity will take the stage in Streetcar Company's production of "The Vagina Monologues" tonight, with proceeds benefiting a local charity.

Streetcar Company will present "The Vagina Monologues" on Valentine's Day at Pittman's Freight Room in Laconia, with 90 percent of the proceeds benefiting New Beginnings. The production will be part of V-Day, a global

event against violence to women where Eve Ensler's play "The Vagina Monologues" can be performed for free.

V-Day is an organization that aims to prevent violence against anyone of any age or gender identity who has ever identified as female in their lives. Activists for this cause are invited to perform "The Vagina Monologues" for free during the month of February ("V-Season") on the condition that any proceeds from the performance are donated to charity. This year's spot-



PHOTO BY ERIN PLUMMER

The cast of Streetcar Company's coming production of "The Vagina Monologues" rehearse the opening scene.

light charity for V-Day is Women in Prison, Detention Centers, and

Formerly Incarcerated Women and 10 percent of the proceeds must go

to this organization. The remaining 90 percent of the proceeds are to be donated to a local organization preventing violence against women.

The Streetcar production will donate 90 percent of its proceeds to New Beginnings, which protects women against violence and abuse. A few members of New Beginnings' staff will be part of the production.

"We have some awesome women doing the show from all different parts of their life," said director Oriana Filiault.

The production includes people who have ever identified as women of all ages from 6-years-old to seniors from all different backgrounds and professions.

Filiault said she did this production in college and is now directing it for Streetcar, her first ever directing experience.

"It's as diverse as Laconia can get," Filiault said.

The idea to do "The Vagina Monologues" came up around a year ago at a meeting to pitch different shows.

Filiault said the show is a way for women to come together and feel empowered.

"It's going to cause some people to feel uncomfortable and that's part of the point," Filiault said.

The show includes

three extra monologues written by three members of the company.

Flynn Robbins wrote a monologue from the perspective of someone transitioning from female to male. He said there is already monologue in the show from the perspective of someone transitioning from male to female and he wanted to add his own experience.

"It was a way to talk about that intersection, being part of the female community...still wanting to have a part of the conversation," Robbins said.

Nicole Buttermore said her monologue was all things she's been wanting to say.

Melissa Perrault said because the play itself is a little older some of the language might not fit as well in the current times.

"I felt compelled to write something that was ore important and personal," Perreault said.

Cast member Skylor Beerly also serves as the Prevention Education and Child Advocacy Specialist for New Beginnings.

"We love when the community can be supportive of our services and (what) we do for our survivors," Beerly said.

Gabby Leclerc, a student at Laconia High School, is another one of the performers.

"I really enjoy how it talks about subjects that don't get talked about," Leclerc said.

She also enjoys how this all about the experiences of women.

"The Vagina Monologues" will be performed at Pittman's Freight Room in Laconia on Thursday, Feb. 14 at 7 p.m. Tickets are \$20. For more information, visit www.streetcarcompany.com.

Hospice volunteers truly make a difference

FRANKLIN — Volunteering can be one of the most powerful experiences a person can have. When you volunteer, you give your time

to help touch the lives of others, when that volunteering is for those who are on home Hospice, you gain the opportunity to change someone's life

for the better. Franklin VNA & Hospice is hosting volunteer training starting this Spring, Wednesdays, March 20 to April 24 from 2-4 p.m.,

and their six-week session is designed to teach volunteers the skills they need to be successful. They cover how to be

SEE HOSPICE, PAGE A10

Sanbornton Democrats to caucus Feb. 20, elect delegates to State Convention

SANBORNTON — The Sanbornton Democrats will meet on Wednesday, Feb. 20 at 6 p.m. at the Sanbornton Public Library to elect town Democratic officers and an at-large-delegate to the New Hampshire Democratic Party state convention.

Local Democratic Committee officers and delegates vote at annual state Democratic Party conventions to approve the party platform and to provide guidance for our representatives in Washington and Concord.

"New Hampshire

Democrats had a very strong showing in the 2018 election, both at the local and state level. We are continuing to work to strengthen Democratic support for our candidates in Sanbornton and Belknap County," said Catharine Farkas, the Sanbornton Democratic chair.

Please come and get involved to help further our success in 2020!

Any registered Sanbornton Democrat can vote in the Caucus, or run for an officer or delegate position; the event is free and open to all

members of the public. Light refreshments will be served. For further

information, call Catharine Farkas at 934-3270.

Fairfield University congratulates Fall 2018 Dean's List

FAIRFIELD, Conn. — Thomas Cavanaugh of Tilton received Dean's List Honors for the Fall 2018 semester.

In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

Pop-up art exhibit, family workshops and reception at Canterbury Shaker Village this weekend

CANTERBURY — Five visual artists who spent a week last summer living and working at Canterbury Shaker Village are reuniting for a pop-up exhibit, workshops and reception Feb. 16 and 17.

The featured artists are Ray Ciemny, Toni Jo Coppa, Abba Cudney, Alison Palizzolo, and Teresa Taylor. They will share the special magic of their experiences living and working at the Village last July and present works inspired by their residency that they created onsite or in

their own studios. Their exhibit is free to the public on Sunday, Feb. 17 from 11 a.m.-3 p.m.

Alison Palizzolo and Teresa Taylor will each present family-friendly workshops on Saturday, Feb. 16. Allison will offer palette knife painting workshops at 12:30 & 1:30 p.m. Taylor will lead clay tile workshops at 1:30 & 2 p.m.

Children attending either of these free workshops should be accompanied by an adult. A donation of \$10 is suggested to cover the cost of materials. Advance registra-

tion is required as spots are limited. Please register by contacting the Village at 783-9511, ext. 285 or email nlaurin@shakers.org.

An opening reception for the artists takes place on Saturday from 3:30-6 p.m. in the Hubbard Education Center. Light refreshments will be served. Singer-songwriter Scott Plante, who has just released his debut album with producer Brett Hestla, will provide the music. The reception is free with membership at Canterbury Shaker Village, and new members

are always welcome. Membership forms will be available at the door for interested visitors.

"Showcasing the arts is a growing focus for Canterbury Shaker Village," said Nicole Laurin, Special Events and Adult Programs Manager. "Thanks to Bill Stelling and Karina Kelley of Kelley-Stelling Contemporary in Manchester, we had terrific artists last summer, and we're planning to invite new artists for this coming summer too. We encourage people to attend this event and experience the beauty and peacefulness of the Village in winter."

Canterbury Shaker is located at 288 Shaker Rd. in Canterbury, just south of Laconia and north of Concord. For more information, visit www.shakers.org.

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Opinion

A4 Thursday, February 14, 2019

WINNISQUAM ECHO

STRATEGIES FOR LIVING

The revival of American values

BY LARRY SCOTT

Our government is deadlocked, the party-of-the-people has gone progressive and turned sharply left, and the country is about to be invaded by another caravan up from Central America. We are a nation in turmoil, facing two years of rhetoric that will do no one any good. It is time for a revival of American values.

I have little interest in developing this column as a political forum. I must admit, however, that the gridlock in Washington and the vitriol of partisan politics leaves me very unhappy. What is equally disturbing is the national support given progressives by the media and a gullible electorate.

America is so deeply in debt that financial experts have been warning for several years that we are headed for a national catastrophe. And now an expanding group of candidates, campaigning for the presidency of the United States, are calling for free Medicare and free college for all. There is no way the nation can sustain that level of spending. Candidates promoting that philosophy are either ignorant or being disingenuous.

The public debt, over 90 percent of which is in Treasury bills, notes, and bonds, now stands at \$16.9 trillion. This is money the government owes to individuals, businesses and foreign central banks. The current interest on the debt is \$364 billion. That's from the federal budget for fiscal year 2019 (from thebalance.com).

There are no easy solutions. To raise taxes on all of us, including the rich, and to reduce spending to a sustainable level, would generate a national revolt. We all champion a balanced budget, but only so long as somebody else pays for it.

Along with irresponsible fiscal management we are now contending with flagrant moral trends that threaten to be equally devastating to our national future. The current debate over day-of-birth abortions is just the most recent indication of a self-centered me-first attitude that characterizes both our moral and fiscal degeneration.

It does not exaggerate the truth when we maintain that our fiscal irresponsibility and moral degeneracy have set us up for a fall. These issues no longer threaten a crisis; it has arrived.

"There has been a direct repudiation of the once powerful Jewish and Christian beliefs that formed the foundations of the Western world and its key ideas and ideals. This is partly due to the all-out attack of philosophies such as secularism, partly due to the global explosion of pluralism that commonly collapses into relativism. ... It is now taken for granted that secularism and its naturalistic worldview is self-evident, whereas Jewish and Christian views are passe, uncouth, reactionary and nothing but a barrier to what is now seen as human flourishing and progress" (Os Guinness, *Impossible People*, Ch. 1).

Once again, I call on the Christian community to stand and be counted. Jesus said we are to be "salt and light" to our generation. That time is now, a time to stand firm, refusing to sacrifice principle for political expediency. In our daily conversations, in the support, we give to aspiring candidates, and in our voting, it is imperative that we champion causes that are consistent with both reality and God's Word.

Join with me in prayer for our nation. Things are happening in America that challenge the foundation on which this nation was established. It is, indeed, time for a revival of those values that helped make America great.

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

PET OF THE WEEK

HAPPY

Meet this absolutely purrrfect 6-year-old girl. Having been with us as a stray since the summer of 18, Happy wonderfully has maintained her sweet personality in keeping with her name. Mature and aloof like any good cat, Happy also enjoys a deep snuggle session and relishes rekindling her kitten days with a rousing game of laser point chase. She would do best in a family with

no young children, as she is a bit shy and tiny hands tend to be too exuberant for her. She's also an independent sort and prefers to be the only cat in the household. With the biggest heart holiday of the year quickly approaching, Happy would love to celebrate and share the love with you, her humans. Say hello and find that she is a cat that truly deserves her forever home with you.



LETTERS TO THE EDITOR

Jon Pike is a man of integrity

To the Editor:

I am not a citizen of Belmont, but if I were, I know who I'd be supporting for selectman, and that is Jon Pike.

I have known this man for more than 30 years. This is a man who not only supports the Town of Belmont, but quietly does a lot of things for the communities around Belmont. I refer to Jon as the Mayor of Belmont. People with issues come to his house, see him in a store or a restaurant. I serve as the Merri-

mack County Sheriff, and his phone rings more than mine does. I have personally witnessed his helping of many people. He has been a selectman and understands what service to the people is all about.

I will be asking all of my friends in the Town of Belmont to support Jon Pike for selectmen. (I ask all the readers of this fine paper as well. Thank you.)

*Scott Hilliard
Northfield*

Medicaid rate increase needed now to reverse erosion of New Hampshire's direct care workforce

To the Editor:

As the CEO of a nonprofit charged with providing critical social services to some of our region's most vulnerable citizens, I'm often asked what keeps me up at night. The complexity of providing community-based services 24/7 could make this a very long answer. However, the current workforce crisis and its implications for the future are by far the root of an ongoing nightmare.

Many Direct Support Professionals (DSPs) who provide safe, meaningful support to people with disabilities and brain injuries work 60, 70, even 100 hours per week at a job with significant mental and physical demands. Turnover rates reach 30 percent some months. Hourly workers put thousands of miles each year on their personal vehicles with a mileage reimbursement rate far below the federal allowance. More and more local entry level jobs in the hospitality, food service and retail sectors offer \$15 per hour to start. Because of a budget cap, a career professional DSP can't ever earn more than \$15 per hour. The starting hourly wage is just over \$12.

Why is the pay so low for people who do such difficult and important work in our community? Simply put, Lakes Region Community Services and the other Area Agencies in New Hampshire who support people with developmental disabilities, have not seen a Medicaid reimbursement rate increase in 13 years. A recent report showed that as of September 2018, there were 234 vacant positions for direct support staff statewide. Even those with a genuine calling for caregiving are opting out of the field in favor of positions that offer better pay, incentives and less stress.

And the truth is, this is everyone's nightmare because the impact of this shortage cuts across the entire healthcare system. Who will staff nursing homes? Who will work in healthcare and homecare as we age together in a state with a disappearing

healthcare workforce?

LRCS also serves the elderly population through a program called "Home Assist" which allows seniors to age at home longer with supports such as light housekeeping, meal preparation and some personal care. One might assume that our rapidly aging state would be a CEO's dream—a growing market for our services. But we have had to turn clients away due to the lack of workforce. And the growing number of aging residents that cannot access this assistance will instead require nursing home care, placing a greater burden on the healthcare workforce.

This scenario, along with the critical staffing challenges we face in disability services, is repeated around the state in both for-profit and nonprofit sectors. The practice of desperately trying to fill schedules on the backs of overworked and underpaid direct care and healthcare workers is unsustainable and ultimately risks the viability of our communities.

Only swift, meaningful legislative action in Concord can awaken us from this nightmare. An immediate increase in reimbursement rates to Medicaid providers is needed now so that Area Agencies can begin to offer Direct Support Professionals a living wage.

The state also needs to implement more incentives to attract new recruits such as scholarship programs, tuition reimbursement, student loan forgiveness, access to workforce housing and better public transportation. There has been plenty of talk in New Hampshire regarding our workforce crisis. This is the time for voters to insist that their representatives in Concord work together to end this nightmare and rebuild the state's healthcare and direct support workforce.

*Rebecca Bryant
President & CEO
Lakes Region Community Services*

FRANKLIN VNA & HOSPICE'S HEALTH CORNER – WELLNESS TIDBITS TO KEEP US ALL A LITTLE HEALTHIER

The cold does more than chill your fingers; it also chills your lungs

Chill brisk mornings, a hallmark of winter in and sometimes after- New Hampshire, but noons and evenings, is for people with chronic

lung diseases like asthma, Chronic Obstructive Pulmonary Disease, Reactive Airway Disease or bronchitis the cold air can make their lung conditions worse, and even land them back in the hospital. Franklin VNA & Hospice wants to help you and your loved ones be safe and healthy this Winter, and management of chronic diseases, especially lung disease is a major way we can do that. Cold air can cause the muscles in our lungs to tense up and constrict, making it harder to breathe. It also makes it harder for our lungs to absorb oxygen.

A study in the July, 2010 issue of the *Clinical Respiratory Journal* showed that around 20 percent of healthy people will experience cold-related respiratory symptoms, but for those with respiratory illness like asthma or chronic bronchitis over 70 percent experienced cold-related respiratory symptoms. Some easy steps you can take when going forth into the wintry air include:

Taking your prescribed medications to help treat your lung disease, always a good step to take. If you have prob-

SEE HEALTH, PAGE A10

Send your letters!

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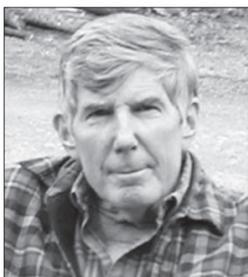
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North Country Notebook

A nation disembodied from the land



By JOHN HARRIGAN
COLUMNIST

For years, I called a certain old opening on the headwaters of Deadwater Stream in Clarksville "Fairholding Opening" because, well, that's what Rudy Shatney called it. He had a swell explanation for the origin of the name, too. Too bad. Not until many

years later did I find out that its true name was "Thayer Holden opening," in honor of its longtime owner.

This past Sunday, I had an afternoon visitor in the living room, a sight for sore eyes, and we talked our way around half the map of Coös County and beyond. Ferguson Brook, Mudget Mountain, Nathan Pond, a high-country bog, this or that flowage---we went all around.

We harked back to settlement times, and who and what were here before, and talked about rugged, versatile, knowledgeable people who thought nothing, back in the

days of oxen and horsepower, of moving barns and houses to better places, and we wondered whether Indian Stream valley will ever again see so many cows. Not likely, with John Amey, a far-thinking farmer and a man of so many stories, gone away above the land.

And then came the worst of it, when we talked about the possibility that we are the last generation to so easily talk of such stuff. The nation, already city-oriented, a place I call Asphalt America out of both awe and repugnance, is ever more so. Every day, fewer people can remember or speak

about a very old way of life now just about gone. A time when people put their food by, and spent every waking moment, all the time, in all seasons, all year 'round, getting ready for winter.

+++++

Rudy picked his manner of speaking up from his parents, of course, but perhaps more so from the people he lived and worked with after learning to pretty much fend for himself at 13. He told me once, during a rest from hammering our brains out on some rock maple, that when he was a teenager he had gone all the way from Clarksville Pond to Rumford, Maine, mostly through the woods, mostly on foot.

He was adrift at that age, and said he'd gone all that way into northwestern Maine, maybe 40 miles as the Interstate Crow flies, because he'd been told he had people there, meaning family. I never had the heart to ask if he ever found them.

+++++

To Rudy, and hence to me, any cleared place in the woods was called an opening. I'll probably always call a beautiful little clearing over the ridge from Clarksville Pond, on a side hill overlooking Deadwater Stream, the site of a subsistence farm long ago, the old

Scott Opening. Once there was a pony mill set up nearby, about halfway up the road to Henry Ricker's farm, and the wreckage was still right there, probably where it last ran.

I had quite a few questions for Robert Pike ("Spiked Boots" and its companion, "Tall Trees, Tough Men") by the time I came on the writing scene, and actually got to ask him some, since we shared a brief time on the planet. "Pony mill" was one he couldn't answer, although from the way it was used in conversation I figured it meant any portable sawmill, perhaps one small enough, broken down, for a pony to haul. And there were plenty of those little mills way back in the woods, sawing out small orders of rough lumber for farms and little clusters of buildings along the edge of the Big Woods.

+++++

Jimmy Ricker, a tobacco-chewing dairy farmer just up the hill from Clarksville Pond, where I decided never to grow up, used "shan't." He also used "fetch," and "can't abide," as in "I can't abide it when I lose my frock."

I was up in the territory once doing some kind of TV thing with

Fritz Wetherbee when, wanting to ask Jimmy something about an old Ford tractor I'd bought, we pulled into his dooryard. (Jimmy ran Fords.) In a hot second, Fritz was waving wildly to his crew to get out and get this man on camera, because he couldn't believe what was coming out of Jimmy's mouth, and it wasn't tobacco. "It's almost Elizabethan," Fritz said, eyes wide.

A frock was, to Rudy and Jimmy et al, any loose outside shirt of flannel or wool---substantial, but not too heavy. A frock was---well, nothing really serious like a jacket or a coat. Even though I know it's inaccurate, I still use it to mean any old light or heavy shirt for outdoors, because they did, all of them, everyone I knew in the countryside all around, speaking a dialect I spoke too for a brief time in my life, even the memory of it now almost gone.

(This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. Catch us on Facebook. Letters must include phone numbers in case of questions and are welcome at campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

MARK ON THE MARKETS

Cash is a position



BY MARK PATTERSON

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates "cash drag" that adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client's accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily

sells option premium. Selling option premium is something that I do inside my client's accounts where appropriate, and this is a tactic within a strategy that gains revenue for the account, because I'm selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF's using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to

become available.

As I've stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time, you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell near the bottom. Having cash in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are over invested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market it stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk and have low fees.

Please visit my Web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example.

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

Lakes Region Mental Health Center receives NHCF Grant

LACONIA — Lakes Region Mental Health Center (LRMHC) was one of nearly 70 New Hampshire nonprofit organizations that received an operating grant from the New Hampshire Charitable Foundation.

In 2017, the Foundation announced that its Community Grants program, through which qualified nonprofit organizations apply for funding, would be dedicated to providing multi-year operating support starting in 2018.

"Receiving this kind of flexible capital helps our organization meet our mission and ensures that we are able to respond to the increasing needs of our communities," said Maggie Pritchard, CEO of Lakes Region Mental Health Center.

"Four years ago, LRMHC received a grant from SAMHSA that supported our efforts to provide integrated mental and physical health care at the community mental health center which

was provided through partnerships with two are Federally Qualified Health Centers. That grant allowed us to hire staff, construct medical offices and exam rooms, execute contracts with providers and implement the OneHealth program. This program has served 364 patients since its inception. Part of our strategic plan is to continue to sustain and expand the model of care that integrates physical health with our behavioral health services, including screenings for substance use disorders and co-morbid medical conditions. These initiatives improve patient outcomes over time and the added funding will help support those efforts. We are very grateful to the New Hampshire Charitable Foundation's continued support of the important work that we do," said Pritchard.

The Lakes Region Mental Health Center, Inc. is designated by the

SEE GRANT, PAGE A10

Putnam Fund event with author David Brody, Feb. 20 at Taylor Community



David Brody

Discovery Channel. He resides in Westford, Mass. with his wife and two daughters.

Utilizing monies from the Perley and Ellen Putnam Free Lecture fund, the Laconia Putnam Fund creates a schedule of events and brings free entertainment to the residents of Laconia.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.

TOWN OF RUMNEY

Part-time Police Officer Position

The Rumney Police Department has an opening for a part-time police officer. Experience Preferred Pay Commensurate with Experience

Send resume and cover letter by
March 4, 2019 to:

Rumney Police Department
ATTN: Chief of Police
PO Box 175
Rumney, NH 03266

Town of Northfield

Zoning Board of Adjustments
Monday March 4, 2019 at 7:00 pm
Town Hall, 21 Summer Street

AGENDA

1. Minutes – February 4, 2019
2. Rick & Karen Sheldon Family Trust – Application for a Minor Subdivision to create one lots on 28.39 acres at 448 Oak Hill Road, (Map R02, Lot 71) in the R1 zone.
3. Other Business

Respectfully,

Jason Durgin, Chairman

This is a public meeting and citizens are invited to attend. All applications and plans are available for review at the Town Hall and at www.northfieldnh.org

Phyllis Hamilton, 93

GREAT FALLS, Mont. — Phyllis (Stockwell) Hamilton, 93, a longtime resident of Tilton, died on Friday, Jan. 31, 2019 in Great Falls, Mont. at the Benefis Nursing Home.

She was born in Rochester on Oct. 7, 1925, the daughter of John A. and Janie (Mitchell) Stockwell. Phyllis attended school in Laconia and was a 1945 graduate of Laconia High School.

Phyllis went on to graduate from Concord School of Nursing earning her RN. She started her career at Laconia Hospital, and after 10 years began a 35 year career with the State of New Hampshire as an RN at the Laconia State School.

She and her husband Clement, or "Clem," enjoyed many years



after their retirement on Lake Winnisquam in the summers and in Sarasota, Fla. in the winter months. She and Clem celebrated 63 years of marriage.

Besides her husband, she was predeceased by her son, Clement E. Hamilton II, in 2015.

She leaves her daughter Donna and her husband, Peter of Great Falls, Mont.; Jacalyn and her husband,

Joseph of Northfield; and her daughter-in-law, Sally Fitzgerald Hamilton of Roswell, N.M., as well as three grandchildren and six great-grandchildren.

A Mass of Christian Burial will be held at Saint Joseph's Church in Belmont on April 26, 2019 at 11 a.m. Burial will be held at 2 p.m. at Sacred Heart Catholic Cemetery in Laconia.

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

In lieu of flowers, the Hamilton family kindly requests that donations be made to the St. Joseph Food Pantry, P.O. Box 285, Belmont, NH 03220 in memory of Mrs. Hamilton or to the charity of one's choice.

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

FRANKLIN — Sondra J. Masse, 78, a lifelong resident of Franklin died, Saturday, Jan. 26, 2019 at the Lee Hospital in Fort Myers, Fla. after becoming ill at her home.

She was born in Franklin, Dec. 20, 1940, the daughter of the late Robert W. and Barbara E. (Kimball) Cross. Sondra attended school in Franklin, and was a 1959 graduate of Franklin High School. She worked at the Webster Valve Company in Franklin for over 14 years, while also being the co-owner of Masse Electric for over 40 years, retiring in 2005. She and her husband Armand and family enjoyed spending time at their winter home in Fort Myers, Fla. She and Armand were to celebrate their 60th wedding anniversary



in June. Sondra especially enjoyed spending time with family and her new great-grandson, Dawson Gerry. A favorite pass time was spending time at the beach and traveling.

Sondra was predeceased by her son, Dennis F. Masse, in 2009, and brothers Robert and William Cross.

She leaves her husband, Armand Masse, of Franklin and Fort Myers; her daughter, Deb-

ra Bedard and her husband, Scott of Franklin; granddaughter Tabitha Gerry and husband Timothy and their son, Dawson of Meredith; several nieces and nephews.

A celebration of Sondra's life will be held at Uncle Wills. A graveside service will be held later in the spring, when family gathers, at the family lot in Holy Cross Cemetery in Franklin.

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

Those wishing may make memorial contributions in Sondra's name to the Philanthropy Department, Franklin Regional Hospital, 15 Aiken Ave (Noting Sondra Masse), Franklin, NH 03235.

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

Leadership Group studies economic issues

REGION — Leadership Lakes Region conducted its annual Economic Issues Day recently with a combination of guest speakers and facility tours. The diverse schedule was planned by graduates Jared Guilmett, Brendan Connolly and Ali Pelletier working with Leadership Lakes Program Coordinator, Jennifer McLean.

Hosting the morning session was the Opechee Inn & Spa in Lakeport where the group received an economic overview from the President of the Lakes Region Chamber of Commerce, Karmen Gifford. Local realtor Mike Gagnon of JG Realty then moderated a panel discussion about commercial real estate with Chris Walkley, commercial lender from Bank of New Hampshire, Carmen Lorentz, Executive Director of Lakes Region Property Developers and Nate Dickey, owner of Keller Williams Coastal, Lakes and Mountains Realty with more than 500 agents serving Maine and New Hampshire. Local entrepreneur, Ryan Barton, CEO of Mainstay Technologies then gave a keynote address on "leadership in busi-

ness." Barton's remarks a year ago to an earlier leadership class made him a natural choice for a return visit with this year's class of 23 area professionals.

O Steak & Seafood then catered lunch for the group after which they did round-robin visits in small groups with seven small business owners describing the challenges, rewards and successes of running one's own business. Owners from a very diverse sector of the Lakes Region economy participated including auto restoration, engineering, doll manufacturing, landscaping, winery operations, septic and associated services and a bicycle shop.

Then a short walk from the Opechee Inn to the Madeira, USA plant enabled the class to learn about that manufacturing plant and its impact locally, nationally and internationally. The group then traveled to Tilton to the Kettlehead Brewery where Karmen Gifford facilitated a panel discussion on Workforce Development featuring Justin Slattery from Belknap Economic Development Council, Will Stewart from Stay,



RYAN BARTON, Owner/CEO of Mainstay Technologies in Belmont, shown with Leadership Lakes class members Shelley Carita (l) of the Partnership for Public Health and Andrea Condodemetraky (r) of G C Engineering.



Business owners Bob Manley, Hermit Woods Winery; Keith McBey, Bonnette, Page and Stone, Mandie Hagan, Rowell's Services; Myles Chase, MC Cycles; Dennis Finnerty, Finn's Garage.; Hayden McLaughlin, Belknap Landscaping and Andrew Button, Annalee Dolls.

Work & Play NH and Andy Duncan, Professor and Workforce Development Coordinator at Lakes Region Community College.

Wrapping up the day was a presentation by one of the Kettlehead owners describing the

risks of starting up a brewery, why they chose Tilton for Kettlehead and how well it has been accepted and successful due to appreciative patrons.

"This was a jam-packed day but it gave our class a real under-

standing of the Lakes Region's economy. Jared, Brendan and Ali did a fantastic job planning our multiple events today" stated Jennifer McLean.

"And it is always nice to have Leadership Lakes Alumni like

Karmen, Justin, Mike, Chris, Carmen and Bob share their experiences and expertise with the class," she added.

For more information about Leadership Lakes Region, please visit www.leadershiplakesregion.org.



How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to:
obituaries@salmonpress.com

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

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

Please contact Executive Editor
 Brendan Berube at (603) 279-4516, ext. 111
 with any questions regarding the submission process.

CLASSIFIED SELLS IT ALL

Three Rivers Foundation awards scholarship to Lakes Region Community College student

LACONIA — The Three Rivers Foundation has selected Justine Short (Laconia) to receive a \$2,400 scholarship. Ms. Short, a student at Lakes Region Community College in Laconia, is studying towards a dual major in Accounting and Hospitality Management. Ms. Short graduated from Spaulding High School in Rochester in June 2016, and began attending Lakes Region Community College in the fall of 2016.

“We are thrilled to be working with Justine as she works towards her educational and career goals”, said Deb Tessier, Treasurer of the Three Rivers Foundation. “After meeting with her, we were beyond impressed with her tenacity and commitment towards her education. She exemplifies our mission of helping students work towards a goal of obtaining a vocational education and becoming a vital contributor to our local economy.”

Three Rivers Foundation, based in Tilton, formed in 2017 with a mission of developing collaborative relation-

ships with local businesses, existing labor partners, schools, and students, as well as to encourage prospective students to pursue new opportunities about which they are most passionate. The subsequent aim is to allow the scholarship students to work, and to remain connected to the local community. For more information about the Three Rivers Foundation, please visit www.threerivers-foundations.com.

Lakes Region Community College offers more than 40 educational programs, as well as workforce training for business and industry. Additionally, LRCC provides housing options for students, and has transfer agreements with many four-year colleges throughout the region, allowing students to begin their education at an affordable community college, with many transfer options to four-year schools. Lakes Region Community College is part of the Community College System of New Hampshire. For more information, visit www.lrcc.edu.



Carlene Rose (left), Business Professor and Business Studies Department Chair at Lakes Region Community College presents student Justine Short (right) with a scholarship check from the Three Rivers Foundation.

COURTESY

LRPA's salute to the Oscars continues with "Love Affair"

LACONIA—Throughout February, Lakes Region Public Access Television will celebrate the Academy Awards with a month of Oscar®-nominated films. This weekend (Feb. 15 & 16), we present the 1939 romantic melodrama “Love Affair,” starring Irene Dunne and Charles Boyer.

In “Love Affair,” two strangers — French playboy Michel Marnet (Boyer) and American singer Terry McKay (Dunne) — meet aboard a cross-Atlantic ocean liner and fall in love, despite the fact that each are engaged to marry someone else. They agree to meet six months later at the top of the Empire State Building. Fate, however, intervenes, and their plan takes a different turn. If this plot sounds familiar, it should be, as “Love Affair” has been remade twice: in 1957 as “An Affair to Remember” with Cary Grant and Deborah Kerr, and again in 1994 as “Love Affair” starring Warren Beatty and Annette Bening. The original “Love Affair” was very popular with both critics and moviegoers. The New York Times described it as “... an extraordinarily fine film ... a glowing and memorable picture.” 1939 is often hailed as one of the greatest years in American film history, with the release of such films as “The Wizard of Oz,” “Stagecoach,” “Dark Victory,” “Wuthering Heights,” and “Gone with the Wind,” among

many others. “Still, Love Affair” received six Academy Award nominations: Best Actress, Supporting Actress (a haunting Maria Ouspenskaya), Art Direction, Screenplay, Song and Picture. “Gone with the Wind” walked away with most of the awards, but “Love Affair” is bona fide classic that has stood the test of time. So grab your popcorn and join LRPA after dark for this romantic tale from the past.

Mark your calendars as LRPA After Dark celebrates a month of Oscar®-nominated films:

Feb. 22 & 23: 1951’s “Cyrano de Bergerac” (Won: Best Actor)

March 1 & 2: 1952’s “The Snows of Kilimanjaro” (Noms: Art Direction & Cinematography)

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 11,000 viewers in our member communities 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.



Gilda's Club partners with Mix 94.1 FM to raise funds for those affected by cancer

REGION — Gilda's Club of New Hampshire, a new non-profit organization dedicated to helping people whose lives have been touched by cancer, has joined forces with Mix 94.1 FM and area auto dealerships during Presidents Week, Feb. 11-24.

To kick off the event, the Mix Mobile Unit will be “Live and Local with Fred Caruso” at the participating dealerships in February promoting the collaboration. For each vehicle purchased between Feb. 11 and 24, a portion of the proceeds will benefit Gilda's Club of New Hampshire. The dealerships that will be participating include: AutoServe, Tilton; Belknap Subaru, Tilton; Benson Auto, Franklin; Cantin Chevrolet, Laconia; Concord Nissan, Concord; Irwin Automotive Group, Laconia and Meredith Ford, Plymouth.

This collaboration will allow for an opportunity to bring more public awareness to the organization. Gilda's Club is in the early stages of fundraising and in the process of finding a location.

Gilda's Club, a non-profit organization, provides high-quality psychological and social support for everyone touched by cancer. Including: Support & Networking groups, Lectures and Workshops, Social Activities and Noogieland - a space for children.

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Pitman's welcomes up-and-coming vocalist Gracie Curran this weekend

LACONIA — Pitman's Freight Room at 94 New Salem St. in downtown Laconia is pleased to announce the following events for this weekend:

Friday, Feb. 15, 8 p.m., \$25: Gracie Curran and the Hi Falutin Band

Occasionally, a vocalist comes along with such a presence that they command everyone's undivided attention. Such is the case with Boston's Gracie Curran. There is nothing subtle in her booming big mama voice. Her band and the addition of a horn section match the soulful energy of her voice, hanging in and driving her along on their musical excursion. Taking a line sometimes trod by Etta, Janis, and Shemekia, Gracie Curran has a powerhouse vocal that drives a high pulse and drains the emotional bucket dry.

Curran's influences include Billie Holiday and Sharon Jones, whose Dap Kings albums have a vibiness that sounds like they were made 50 years ago. She grew up on gospel and rock, singing in a church choir directed by her mother and listening to her father's Allman Brothers records. As a result, "Proof of Love" possesses equal parts throwback soul and roadhouse swagger: "Weight of Her World" echoes "Tupelo Honey"-era Van Morrison, while "Jack and Mary Jane" is a straight-up rocker, and the sultry "With Friends Like



Gracie Curran

COURTESY



Bucky Lewis

COURTESY

These" is down-low blues worthy of Janis Joplin. She has appeared with big names like Shemekia Copeland and Monster Mike Welch; Welch returned the favor by sitting in with the High Falutin Band, as did Lydia Warren and Sax Gordon. www.pitmansfreightroom.com

Doors open at 7 p.m., and we are a BYO Venue. For reservations, call 527-0043.

Saturday, Feb. 16, 8 p.m., \$20: Bucky Lewis Comedy and Music Show

Bucky Lewis is well-known throughout New England as an entertainer "from up north" who has one of the funniest and wittiest shows people have ever seen.

"It's a unique one-man comedy and musical comedy show that is more of an experience than a show," Lewis says.

He is known by his legion of loyal fans for his outrageous character comedy routines: the Taxi Driver, the Northern Redneck, the Chinese Bartender, the Pizza Boy, and many more. Formally educated in music – he plays guitar and sings also – his famous quick wit is what stands out, and has kept Bucky making his audiences laugh for more than 25 years.

Doors open at 7 p.m., and we are a BYO Venue. For reservations, call 527-0043.

www.pitmansfreightroom.com

CORRECTION - Notice to Citizens of the Winnisquam Regional School District
PUBLIC HEARING ON THE PROPOSED SCHOOL BUDGET FOR 2019-2020

The Winnisquam Regional School District Budget Committee will conduct a public hearing on the proposed school budget for 2019-2020 on **Wednesday, February 20, 2019**, in the Winnisquam Regional **Middle School Cafeteria** starting at **7:00 PM**. The snow day will be Thursday, February 21, 2019 at 7:00 pm. This hearing is an opportunity for the Budget Committee to explain the proposed budget and gather input and recommendations from the public prior to the Budget Committee's final adoption of the budget. After the Budget Committee adopts the budget, it will be presented at the annual school district meeting to be held on March 23, 2019, starting at 9:00 AM in the Winnisquam Regional High School Gymnasium. In its continuing efforts to provide the best possible education for students of the District, the Budget Committee and the School Board are urging citizens of the Towns of Northfield, Sanbornton, and Tilton to attend this public hearing.

Kick off the weekend with Prescott Farm – it'll be a hoot!

LACONIA – What do owls eat? What are the best times and places to look for one? What's the deal with those big eyes and flat face? Can I see one tonight?

These great questions and many more will be answered this Friday evening from 6 - 7:30 p.m. at Prescott Farm in Laconia. After a brief introduction, discussion, and question and answer session inside, Naturalist Jake Newcomb will lead the group on a guided outdoor mission to find our sometimes illusive friends, the owls. Because they are starting

their mating season and are quite vocal and active, this is an ideal time of year to hear and spot owls.

Let's Go "Owling!" is part of Prescott Farm's Our Big Backyard series of programs. Specially designed for children ages seven to 11 and their favorite grownups, the programs engage and inspire kids who are excited to explore and discover all the wonders of nature throughout the year. Program themes are seasonally dependent, allowing the environmental educators to frame their lessons

around the weather and animal activity.

Registration for Our Big Backyard programs is \$8 per person (non-members) and free for upgraded Prescott Farm members. For more information and to register for Let's Go "Owling!" go to prescottfarm.org or call 366-5695.

The 2019 Our Big Backyard series is made possible with the generous support of Prescott Farm's business partner, Kennell Orthodontics.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural histo-

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

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Did you know that 1 in 5 adults over 85 are living with Dementia? Peabody Home now offers caregiver workshops to assist you with support and guidance in the care of your loved ones. Call us for more details!

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

Ready



Knitting for a cause

Patrick's Pub Mania team member made \$4,225 for the Lakes Region Children's Auction knitting hats in 2018

GILFORD— If you saw a woman knitting last year while out in a restaurant—or while boating, or on a bus, or in a doctor's office—it was probably Judi Rogato. She had her needles in her hands everywhere she went, even on a Caribbean cruise.

"Who knits a hat on a cruise in the Caribbean?" Rogato said with a laugh. "Me!"

Rogato's goal at first was to create 25 hats to sell for \$25 apiece to raise money for Patrick's Pub Mania and her team, The Diving Ducks, to benefit the 2018 Greater Lakes Region Children's Auction. Rogato got carried away, though. She made and sold 169 hats, raising \$4,225.

"It was a great conversation starter," Rogato said, noting that in addition to raising dollars for Pub Mania and the Children's Auction, she also inadvertently raised awareness. "People would ask 'What are you making?' It gave me so much pride to tell them what I was doing, and a lot of people learned about Pub Mania and the Children's Auction through me."

Children's Auction Coordinator Jennifer Kelley says that Rogato offers people in the community a great example of what one individual can do to benefit the auction, which provides



Judi Rogato

grants to children and families in need.

"The amount of heart and soul in this community is unbelievable," said Kelley. "The Children's Auction and Pub Mania have brought out so many people like Judi who have huge hearts and worked so

hard for this cause. It's great for people to think of their own unique ways to contribute, and they inspire others to do the same."

Last year at this time, Rogato had taken part in Pub Mania on The Diving Ducks team with other members from the

Winnepesaukee Yacht Club for the fourth time. She hadn't done much in the way of fundraising, making a donation herself instead. She wanted the fifth year to be more remarkable.

"I wanted to do more," she said. "I wanted to give more."

It's such a good cause."

So, Rogato began brainstorming. Her 29-year-old daughter Jenna suggested she use her knitting talent to make and sell hats.

"I said, 'I bet I could make 25 hats and sell them. I'll donate my time and the yarn,'" Rogato recalled.

She started selling the hats through word-of-mouth to friends at the yacht club and at a few club functions.

"All of a sudden, I started getting orders and had to make up order forms," she said. "One person ordered 11 for Christmas gifts."

As the orders came in, Rogato got nervous about whether or not she could keep up. She began knitting in every free moment—no matter where she was.

Rogato ordered tags that she sewed into each hat. They read, "Handknit by Judi. Pub Mania/Diving Ducks." She worked with nearly 60 different colors of yarn, making two styles of hat: a cabled hat that takes about five-and-a-half hours to make and a more lightweight, striped hat that takes less time. The hats come in three sizes and can be

custom-ordered, with optional pom-poms.

"I absolutely loved it," Rogato said of her fundraising project. "I did get stressed sometimes, like when I had 15 orders to do. I loved when people would send photos of their children and grandchildren wearing the hats I made."

"I am so proud of what I was able to do, and I am so thankful that so many people supported the effort and bought hats," Rogato said, noting that when she tallied the total amount she'd raised, she was a bit shocked.

Members of the yacht club were also impressed. They presented Rogato with the first-ever Diving Ducks team award: a plaque with a pair of knitting needles on it.

Even with 2018's Pub Mania behind her, Rogato hasn't slowed down.

"I haven't stopped knitting," she said. "I can't stop! I've already started working toward next year's goal!"

For more information on Patrick's Connect, or to register your business as a featured business, call 293-0841 or visit www.patrickspub.com/connect.

Full moon snowshoe walk returns to Prescott Farm

LACONIA – A still, winter night. The bright full moon reflects off of a white, snow-covered pasture. Snowshoe-clad, an inquisitive group treks along, enjoying the exhilaration and beauty of winter in New Hampshire. Suddenly, an unexpected guest swoops overhead seeking dinner or maybe a mate!

An encounter with a barred owl is not guaranteed at Prescott Farm's upcoming Full Moon Snowshoe Walk, but that's just what happened during January's program! On Tuesday, Feb. 19 from 6 – 7:30 p.m., Environmental Educator and Naturalist Andie Hession will guide participants as they learn to identify several constellations in the night sky, practice night vision abilities, and discuss – and possibly witness – the habits of nocturnal animals.

Registration for the Full Moon Snowshoe Walk is \$15 per per-

son (non-members) and free for upgraded Prescott Farm members. For more information and to register go to prescottfarm.org or call 366-5695.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the

beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Prescott Farm – exploring and preserving the natural world, one adventure at a time.

NOTICE OF PUBLIC HEARING

The Public Hearing for the Withdrawal from the Technology Expendable Trust Fund, originally scheduled for Tuesday, February 12, 2019, will be held Tuesday, February 19, 2019 at 6:00 pm at Canterbury Elementary School.

The Shaker Regional School Board will hold a Public Hearing relative to a withdrawal from the Technology Expendable Trust Fund. The hearing will be held on Tuesday, February 12, 2019 at 6:00 pm at Canterbury Elementary School.

The Tilton Selectmen invite residents of Tilton to attend

MEET THE CANDIDATES' NIGHT

For Tilton March Elections
Thursday, February 21, 2019
7:00 p.m.

Upstairs Meeting Room
Tilton Town Hall
257 Main Street,
Tilton, NH 03276

The Town of Tilton complies with the Americans with Disabilities Act regulations.

If you need accommodation, contact the Tilton Selectmen's office, 257 Main Street, Tilton NH 03276, telephone 286-4521 x 100 or email adminassist@tiltonnh.org



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Estate Tax Planning Documents Should Now Focus on Income Taxes

With the astonishing higher unified credit now at \$10.18 million per person (up from \$5.49 million), estate planning documents should be reviewed for amendment to focus on income tax ramifications, not estate tax avoidance.

Specifically, with no estate tax implications, the planning goal shifts to maximize income tax asset basis attributes. We are recommending estate plan amendments designed to permit appreciating assets receive tax basis step-up to fair market value at the death of both the first and second to die, rather than only the first as most were written. The high level of the unified credit now clearly favors inclusion in the second to die's gross estate.

Belknap Probate & Estate Planning is available to assist with such business, estate and trust planning matters with an affordable amendment to address this important sea-change in the economics of estate planning for married individuals. © 2019

Attorney Contact:

Sean D. Karkos, Esq.

603-524-0507 Ext. 21

800-585-2088 Ext. 21

www.dsbcpas.com

BELMONT

CONTINUED FROM PAGE A2

rests during the week of Jan. 25-Feb. 1. 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 from publication.

Brianna Lynn Thompson, age 25, of Belmont was arrested on Jan. 25 for Operating Without a Valid License.

Johnathan S. Olisky, age 40, of Belmont was arrested on Jan. 25 in connection with a warrant issued by Laconia District Court.

Amanda Mills, age 33, of Gilford was arrested on Jan. 25 for Willful Concealment.

Colin C. Dowling, age 31, of Canterbury was arrested on Jan. 26 in connection with a warrant.

Robert J. Blais, age 20, of Belmont was arrested on Jan. 26 for Falsifying Physical Evidence, Default or Breach of Bail Conditions, and Reckless

Conduct-Placing Another in Danger.

Amanda M. White, age 39, of Bridgewater was arrested on Jan. 27 for two counts of Possession of Controlled/Narcotic Drugs and three counts of Unlawful Dealing in Prescription Drugs.

Alfred Joseph Morin, age 34, of Belmont was arrested on Jan. 27 for Willful Concealment and Theft-All Other.

Eli A. Auger, age 38, current address unknown, was arrested on Jan. 28 in connection with a bench warrant.

An adult male from Belmont was involuntarily admitted for emergency medical treatment on Jan. 28.

Emma A. Wilcox, age 26, of Laconia was arrested on Jan. 30 in connection with a bench warrant issued by Franklin District Court.

A juvenile, age 16, was arrested on Jan. 31 for Possession of Drugs and Driving an Unregistered Vehicle.

GRANT

CONTINUED FROM PAGE A5

State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRM-

HC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psy-

chiatry; 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 thera-

py, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

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

HEALTH

CONTINUED FROM PAGE A4

lems doing this for whatever reason, talk to your health care provider to see if they can help you find some good solutions.

If you have a fast-acting inhaler, or other emergency medicine to take when breathing difficulties strike, make sure you bring it with you so you can use it when you need it.

Wear a scarf over our nose and mouth to help

warm the air before you inhale it.

Avoid outside activities in severe cold weather.

Help your immune system out by getting your flu shot, washing your hands frequently, and avoiding sick individuals.

Check the Air Quality Index forecasts each day. www.airnow.gov is a great free resource for this. Checking is good to do during all seasons,

but in winter burning wood to heat our homes can cause high concentrations of particles in the air that can irritate lung tissue.

“The American Lung Association’s Web site www.lung.org is a great resource for how to keep our lungs healthy, whether we have a lung disease or not,” says Tabitha Dowd, Executive Director for Franklin VNA & Hospice. “The research is overwhelm-

ing that managing your chronic respiratory disease is an effective way to reduce unpleasant symptoms, lessen the severity of exacerbations and reduce hospitalizations. We are committed to helping our patients and the community live better, healthier lives. This can help.”

You have a choice in your homecare provider. Choose local. Choose Franklin VNA & Hospice.

MEAL

CONTINUED FROM PAGE A2

ly community meal at their Church St. location in Belmont Feb. 16 from 4:30-6 p.m. The event is open to anyone who needs a hot meal or fellowship. There is no cost for the meal. Meals are held monthly on the third Saturday.

The Missions Board of FBC Belmont, along with church members and friends, plans, prepares and serves the meal as an act of community outreach, and service to our Lord, Jesus Christ.

Scripture encourages us to be “doers of the word, not just hearers,” and it is our goal to honor the Lord all the while meeting the basic human needs of food and fellowship.

For more information, please contact the church office.

The First Baptist Church of Belmont is a 208-year-old congregation that keeps one foot in the traditional forms of worship, and one in the more modern forms. Our multi-generational body of believers is continually seeking a closer relationship with Jesus Christ, our Savior.

The mission of the church is to share God’s love and His Word through worship, outreach and fellowship activities for the glory of our risen Lord and Savior Jesus Christ.

The church gathers at 10am Sunday morning for worship, 9am for child and adult Sunday School.

HOSPICE

CONTINUED FROM PAGE A3

present for someone just needing company, how their volunteer time allows the caregiver to go take a walk or see to their own medical appointments, and the importance of reminiscing in allowing a Hospice patient to find closure.

Many people worry that being a hospice volunteer will be scary or uncomfortable, but by partnering with Peabody Home volunteers in training will get the chance to dispel those fears by meeting with Peabody home residents and gaining the comfort they need.

Tobias Nyatsambo,

Franklin VNA & Hospice Chaplain and Volunteer Coordinator says, “The truth is, that while we do have those volunteers dedicated to never letting anyone die alone, who want to be called in to sit with someone in the final stages of life, if the patient’s loved ones cannot be present, the majority of our Hospice volunteers are providing much needed companionship and acting as listeners. We would never want to push a volunteer beyond their comfort zone. The volunteers we have tell me they find the companionship that they give the patients playing games, looking through scrapbooks or playing music to them a

truly rewarding experience for both the patient and the volunteer.”

There are some skills which are especially valued in volunteers – the ability to play an instrument or provide registered pet therapy are two very sought-after qualifications for a hospice volunteer, but also everyday skills such as playing cards, the ability to hold a conversation or simply to listen well.

Volunteers are matched to patients with similar interest and there’s always an opportunity take a break if you feel perhaps the match wasn’t well made.

“We are proud to partner with Peabody home for our volunteer train-

ing,” says Nyatsambo. “The opportunity for our volunteers to meet with their residents as an introduction to being with the elderly is both instructive for them and very meaningful for the residents at Peabody home.”

If you’re looking to make a difference in someone’s life, and perhaps change your own as well, Hospice volunteering may be exactly what you’re looking for. To register for the training program with Franklin VNA & Hospice, contact April at 934-3454.

You have a choice in your homecare provider. Choose local. Choose Franklin VNA & Hospice.

HAPPENINGS

CONTINUED FROM PAGE A2

also be here on Tuesday, Feb. 26 from 10 a.m.-2 p.m.

Spanish Club, 10 a.m. Tech Tuesday, 2-4 p.m.

Wednesday, Feb. 20
Story Time, 10:30 a.m.

Friday, Feb. 22
Sit and Knit, 2-5 p.m.

Saturday, Feb. 23
Let’s Go Lego, 10 a.m.
New Items
“King of Scars” by Leigh Bardugo
“The Suspect” by Fiona Barton
“Here and Now and Then” by Mike Chen
“Wolves of Eden” by Kevin McCarthy
“Black Leopard Red Wolf” by Marlon James
“The Hiding Place” by Corrie Ten Boom

TILTON

CONTINUED FROM PAGE A2

the week of Jan. 27-Feb. 3. 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 from publication.

SANBORNTON

CONTINUED FROM PAGE A2

Feb. 9. The breakdown was as follows: one animal complaint, three requests to assist another department, one civil standby, one report

of conduct after an accident, three domestic incidents, three reports of fraud or attempted fraud, one habitual juvenile runaway, one house check, one landlord/tenant dispute, two med-

ical emergencies, three money relays, one request for motorist assistance, four motor vehicle warnings, one request for police information, one incident involving property damage, three

road hazard complaints, one service of a court summons, two sex offender registrations, one untimely or unattended death, one V.I.N. verification, and two welfare checks.

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Edward Jones: Financial Focus

Financial Gifts for Valentines...of All Ages

Valentine’s Day is fast approaching. This year, consider going beyond the flowers and chocolates and think about providing financial-related gifts to your loved ones of all generations.

Here are some gift possibilities to consider:

For your spouse or partner – Your income – both today and in the future – may be essential to the ability of your spouse or partner to maintain his or her lifestyle and even to enjoy a comfortable retirement. Consequently, you need to protect that income

and be prepared to replace it. So, why not use Valentine’s Day as an opportunity to review your disability and life insurance? Of course, you don’t have to evaluate your insurance needs and add new coverage all in one day, but the sooner you act, the more you can relax in the knowledge that you’ve helped give your spouse or partner a more secure future.

For your children or grandchildren – If you want your children or grandchildren to go to college, or to receive some type of technical education that can help them

launch a good career, you may want to provide some type of financial assistance. And one education-funding vehicle you might want to consider is a 529 college savings plan, which offers tax advantages and high contribution limits. Plus, it gives you, as owner, considerable flexibility – you can always change beneficiaries if the child or grandchild you had in mind decides not to go to college or a technical school. (Be aware, though, that a 529 plan can have financial aid implications, so, at some point, you will want to discuss this issue with a finan-

cial aid counselor.) Another financial “gift” you could give to your children is a bit more indirect, but possibly just as valuable, as a 529 plan – and that’s the gift of preserving your own financial independence throughout your life. If you were to someday need some type of long-term care, such as an extended nursing home stay or regular visits from a home health aide, you could find the costs extremely high. Medicare typically pays few of these costs, so you will likely need to come up with the funds on your own. You can go a long way toward

protecting yourself from these expenses – and avoid having to burden your grown children – by purchasing long-term care insurance or some type of life insurance with a long-term care provision.

For your parents – One of the best gifts you can give to elderly parents is to help make sure their estate plans are in order. This is never an easy topic to bring up, but it’s essential that you know what responsibilities you might have, such as assuming power of attorney, to ensure that your parents’ plans are car-

ried out, and their interests protected, in the way they’d want. Toward this end, you will need to communicate regularly with your parents – and if they haven’t drawn up estate plans yet, you could arrange for them to meet with the legal, tax and financial professionals necessary to help create these plans.

Just as the definition of “love” is broad enough to include all the people most important to you, so is the range of financial gifts you can give your loved ones. Start thinking about these gifts on Valentine’s Day – and beyond.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



Devon Gay
Financial Advisor
(603) 279-3284 Meredith, NH



Christopher D. Stevenson
Financial Advisor
(603) 524-3501 Belmont, NH



Keith Britton
Financial Advisor
(603) 253-3328 Moultonborough, NH



Jacqueline Taylor
Financial Advisor
(603) 279-3161 Meredith, NH

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Member SIPC

Bank of New Hampshire welcomes Jillian Rolfe to their Laconia Office

LACONIA — Bank of New Hampshire is pleased to announce that Jillian Rolfe has joined their Laconia office as Assistant Office Manager.

Rolfe has more than 17 years of experience in the banking industry and joins Bank of New Hampshire with a broad knowledge of banking products and customer relationship building. In her role as Assistant Office Manager, she will assist the Office Manager, Jim Glover, with effective admin-

istration and management of the day-to-day activities of the office. In addition, Jillian will focus on staff supervision to include coaching, training and operations of the office.

Rolfe holds an Associate's degree in Business Administration from NH College as well as a Bachelor's degree in Business Administration from Southern New Hampshire University. She gives of her time to the Belmont School System and looks for-



(Left) Jillian Rolfe

ward to getting further involved in the Lakes Region.

Rolfe may be reached in the Laconia office at 62 Pleasant Street, via phone at 527-3214 or by e-mail at rolfe@banknh.com.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and

Southern Maine. With 24 banking offices and assets exceeding \$1.6 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

CORMIER

CONTINUED FROM PAGE A1

they and others in attendance could learn more about the success he has seen through the Law Enforcement Against Drugs programs at Winnisquam Regional Middle School.

LEAD was first developed in New Jersey as a means to help partner law enforcement with students in grades K-12 for education on drugs, violence and bullying in a manner in which they can relate to and understand. The program then spread to New Hampshire and Tennessee, with WRMS being the first school in the state to join them three years ago.

The purpose of the evidence-based classes, presented to a different group of WRMS students each semester, is to bring them real information through discussions, role-play and other activities. The chief said the "Winnisquam Model," as he calls it, is special in that it trains both police officers and teachers to present the curriculum.

"That's what I really like about it. LEAD is also doing a phenomenal job here in building relationships between the middle school kids and the officers," Cormier said. "It's an incredible program and there's really nothing else like it to deal with the topic of drug and alcohol misuse. For us it has been a home run."

New information is constantly being added to keep the curriculum not only age-appropriate but relevant to issues facing youth today. One new update is facts on the dangers of "vaping," the use of smokeless electronic

cigarettes that is now popular among young teens.

Cormier said he has seen a change in the students almost right away. At Winnisquam, they seem to not only enjoy the program, but often tell officers that it is one of their favorite classes, something they get a lot out of it.

"Our goal isn't to make them think badly of people who make the mistake of using drugs; our goal is to give them the tools to navigate through peer pressure and temptation. We teach them how to avoid drugs and alcohol and not lose friends in the meantime," he added.

That goal and the success it has been met with is what brought Cormier the invitation to meet with Washington officials last week. He said it was actually the second time he has been to the nation's capitol to discuss the drug crisis. The first invitation two years ago was from New Hampshire Sen. Jeanne Shaheen and West Virginia Sen. Shelly Moore-Capito for a Congressional Youth Opioid Prevention Panel.

This time however, Cormier attended a large ONDCP meeting that included Director James Carroll and Vice-President Michael Pence. He then sat down with Carroll and a smaller group for a more direct discussion on LEAD and how it is working in both Tennessee and New Hampshire.

"The first meeting that day was to update us on the state of drug-trafficking from other countries and what the High Intensity Drug Trafficking areas around the nation, like Lowell, Mass. and Rockingham County in New Hampshire,

are doing to combat it [through the Drug Enforcement Administration]. In the second meeting they then wanted to ask us what LEAD is doing to prevent drug use, which is why I was asked to go down," said Cormier.

It was the first time Cormier and other LEAD representatives brought details of the program to federal policy makers. He said Director Carroll was excited about their successes and may even make a trip to New Hampshire in the near future to see it all first hand.

Carroll was not the only one who was impressed. Leaders of Youth to Youth International who were on hand that day were impressed as well. After hearing from Cormier and the other LEAD representatives, they expressed an interest in partnering with the program to spread its educational messages to other parts of the world. The chief said that if a group like that wants to join forces with LEAD, that makes the outlook all the better in the war on drugs.

"The drug crisis has been so bad out there for the past few years. It's going to take all of us—youth, schools, parents, communities and law enforcement—to form partnerships that will make sure the demand for drugs is gone," Cormier said.

Since LEAD first came to WRMS, 140 law enforcement officers in New Hampshire have been trained to bring the program to other schools in Sanborn, Plymouth, Thornton, Moultonborough, Sandwich, Concord and more.

"The beauty of this is that no matter what school or communi-

ty adopts it, there's a program that's appropriate for them," said

Cormier.

For more information on LEAD, visit

them online at www.leadrugs.org.

BUDGET

CONTINUED FROM PAGE A1

Hankard asked to be heard right at the start of the hearing to question why the committee was taking away funding from his department's ongoing quest to hire another officer.

Chairman Craig Weisman said that while his committee struggled with that budget request, he and others on the committee felt it was something that should be brought back to the legislative body at Town Meeting this March.

"That was something that should have been presented through a warrant article. It was a request made to amend the budget for \$88,000 (for that position), which could become \$1 million dollars in 20 years. There were people who didn't attend last year's Town Meeting who had no idea that was coming up that night because it wasn't on the warrant," he said.

Selectman Katy North pointed out that the final article on a warrant each year calls upon voters to bring any other matters forward at that time; therefore, those could also be items undisclosed prior to Town Meeting.

Melanie Van Tassel said residents have always had plenty of notice about the date and time of town meetings, and those who don't make arrangements to attend have no one but themselves to blame. Resident Andy Sanborn added that leaving funding for the sixth officer out of the budget for the new fiscal year was simply "usurping the legislative body's function, and I want you to fund this position."

At that point in the hearing, Weisman repeated that regardless of those feelings, he felt obliged to ask voters to revisit the conversation at Town Meeting this year.

Hankard disagreed with that line of thinking, and said the matter was brought up as an amendment to the budget last year and found an overwhelming amount of voters in support of the struggling department.

"We lost three officers in 2017. That forced us to make some changes, and those were primarily due to pay," Hankard said. "We worked with the Select Board that year who defunded

our sixth officer so we could divide that money amongst the remaining officers to keep as many of them as possible."

In addition to that, the department subcontracted prosecution duties to another town so officers could fill shifts and not be tied up in court; they worked overtime and gave up vacations to keep the department running. Hankard also had to do away with some nighttime coverage in the town from 2-7 a.m., turning it over to the New Hampshire State Police, as available, because he simply didn't have enough personnel available.

"We need to be at seven officers to do full time 24/7 coverage," he said. "Running with five officers, we're just beating our guys up. They're working on forced overtime and if they have to take a day off, it's more overtime for others."

The chief said in the past year, he has twice he had the opportunity to fill the sixth vacant position over that last year but one experienced officer had to back out for personal matters, while another new officer did not pass the psychological exam. Furthermore, the process to hire a new officer, Hankard explained, is expensive, and still leaves the department short-handed as that person goes through 16 weeks of training at the academy and an additional 16 weeks of field training with an experienced officer.

"That's \$55,000 of payroll for those periods if you don't hire an experienced guy," said Hankard.

In objection to the Budget Committee's \$1 funding, he added, "Obviously, this was something that was voted on at Town Meeting, but through your power, you are taking it away."

While Weisman and Rathjen continued to insist that because a sixth officer request was brought up unannounced to them by selectmen last March, those who didn't attend the meeting had no chance to consider the proposal and felt it should have been included in the selectmen's budget. They further believed that the committee's inclusion of that position for this year's budget should have been brought to their attention. Current selectman

and former Budget Committee member Katy North said there was no need to notify the committee.

"You think you were blindsided, but in Fiscal Year 2017 (the time of the 2018 Town Meeting), the legislative body, which is the people, voted to put the funding there. The position already exists," she said. "You people decided not to put that money back in the budget."

One resident called for a hand count of those in attendance who supported funding a sixth officer for the department, and all in attendance (approximately 30 people, according to a head count) raised their hand.

Sanborn Fire Chief Paul Dexter questioned the defunding as well, asking, "If a body was already in this position would we be having this conversation?"

He emphasized that an effort to fill the position has been dutifully pursued by the police chief, but no proper candidate has yet been found to fill an important role in the community. He urged the committee to continue funding the positions

Budget Committee member Katie Osgood said she personally agreed with Dexter's position, while fellow committee member Rathjen said he wondered if people still wanted to fund that opening. That, he reminded everyone, was the committee's reason for leaving the line item open with \$1. Amendments could be made at Town Meeting, he said.

Following the close of the public hearing, however, Hankard said he was very pleased that there was a change of heart. When conversation came back to funding for a sixth officer later in their committee meeting, he said Osgood continued to support his position. After more discussion among committee members and selectmen, the Budget Committee eventually voted to add the original selectmen's request of \$42,994 to their own 2019 budget recommendation. Enough, Hankard said, to help them hopefully find a new officer and bring that person on board.

"It was a great turnout tonight, and I just want to let everyone know I truly appreciate all of their support," the chief said.

BALLOT

CONTINUED FROM PAGE A1

John Olmstead will be running unopposed this year to retain his seat on the Board of Selectmen. For the Budget Committee, current chairman Craig Weisman has signed up for one of two three-year terms available, as did fellow committee member Bob Lambert. Incumbent Robert Presley is running unopposed for the two-year seat on the Budget Committee while no one signed up for the one-year term available this time around.

Karen Cobb is interested in continuing

to serve as the Town Treasurer while Town Clerk/Tax Collector Courtney Plamondon is seeking her first full-term since she took over the position due to the retirement of the former TC/TC. She, too, will be running unopposed.

For the role of Overseer of Town Welfare, Melanie Van Tassel will run once more with no challengers again this year. Karey Caldwell and Phil Turner have each filed to run once more for Cemetery Trustee positions and Megan Farkas looks to remain her seat as a Trustee of the Trust Funds, where she cur-

rently serves as chair.

Finally, David Adams, this year's chair of the Library Trustees, signed on to serve a one-year term that is open in 2019, running unopposed. In the only contested race however, it will be Vice-Chair Carol Raymond, Alternate Donna Schimming and newcomer Ana Gourlay vying for the two three-year terms available on the Library Board of Trustees.

Elections for those positions will take place on Tuesday, March 12, at the Old Town Hall on Tower Hill Road in Sanborn.

Streetcar Company announces cast of "Shrek: The Musical"

LACONIA — The award winning DreamWorks film "Shrek" has been reimagined for the stage and features some fun toe-tapping musical numbers. After a wonderful afternoon of auditions, The Streetcar Company is excited to share that almost a dozen new actors came out for the main stage production, along with many returning Company members.

The show's title role Shrek will be played by Cory Chapman; his noble sidekick Donkey - David Nelson; the leading lady, Princess Fiona will be portrayed by newcomer Anna Williams; the "short"-tempered villain Lord Farquaad - Scott Alward, Dragon, the guardian of Fiona's tower - Kristi Laurendeau, the quick witted Gingy (aka The Gingerbread Girl) - Isabella Cottrell and Pinocchio, the wooden puppet who believes he's a real boy - Ryan Witham.

Rounding out the cast is the show's large ensemble, which consists of numerous classic Storybook characters and even a few tap dancing rats: Rose Borges, Chad Boutin, Kristi Laurendeau, Jody Fredette, Tanner Olson, Samm Johnson, Maia Heller, Sadie Sturgeon, Hillary Ayers, Griffin Plourde, Gabby Leclerc, Zoe Lehneman, Jenny Laurendeau, Emilie DeFrancesco, Sarah Olson, Morgan Eastman, Sydney Eastman, Kelli Powers, Louie Laurendeau, Kilean Fredette, Peter Ayer and Cooper Plourde.

Rehearsals are already underway and the cast is excited to bring this contemporary fairytale to life. While this story takes place once upon a time, in a kingdom Far Far Away, Shrek will be making his way to the Lakes Region this April 26-28 at the Interlakes Community Auditorium. For ticket & show information be sure to "like" The Streetcar Company on Facebook, contact the Producer Raelyn Cottrell, angels1@metrocast.net or view the company Web site at www.streetcarcompany.com



The cast of Streetcar Company's "Shrek: The Musical"

COURTESY

Camp Resilience celebrates five-year anniversary

GILFORD — The non-profit veterans' support organization, The Patriot Resilient Leader Institute and its operational arm, Camp Resilience, celebrated its fifth anniversary on Feb. 4.

The PRLI is a nonprofit group comprised of veterans and concerned citizens, until recently all unpaid volunteers, who seek to combine the talents of area professionals and the beauty of the Lakes Region to assist veterans throughout New England. Using a three-pronged approach, Camp Resilience helps veterans bounce back in mind, body and spirit. The three mainstays of the program are outdoor team-building/experiential learning, life skills training and facilitated peer to peer counseling. The programs' success is confirmed by our veterans in their feedback.

A participant of our 2017 PTSD and Moral Injury Retreat said "The feelings I have about participating and communicating with my 'brothers and sisters' in arms is profound. Thanks and gratification. Communicating my highly personal and painful memories has been received with compassion, understanding, and support in a non-judgmental and 'safe' environment."

Another participant



COURTESY

Above: Veterans enjoy the scenery while hiking during a Camp Resilience retreat.



Left: Veterans enjoying sailing with the Lake Winnepesaukee Sailing Association.

said "My self-confidence has increased immensely, and my depression has been lifted! I haven't felt this good in a long time. I feel alive again after feeling like a zombie for many years."

Over the past five years, PRLI has held 40 Camp Resilience Retreats serving 373 veterans and/or their families, spouses and caregivers from throughout the Northeast. The retreats last three to four days each and are free of charge for the attending veterans.

"The PRLI Board, our great volunteers and myself have been humbled by the success of our grass-roots support or-

ganization over our first five years. We felt from the start we were filling a real need for our veteran population and the feedback we receive from vets who attend a retreat repeatedly confirm that. It is their comments which reinforce our mission and those comments were the driving force behind our very ambitious expansion plans. The need is still there, that need is still strong, and Camp Resilience is proud to continue to help veterans coping with the visible and invisible wounds of war to move forward. As we celebrate our five years of successful programs, we especially want to thank

to raise the funds needed to expand the program to 40 retreats per year by 2022. To achieve this goal, it is significantly increasing its fundraising efforts in order to support the additional retreats and to hire staff to support the volunteers. The plan includes running both mid-week and weekend sessions and adding staff members as fundraising permits. In 2018 the group ran 11 retreats, in 2019 they plan to run 20 retreats increasing to 25 in 2020, 30 in 2021 and 40 in 2022.

In January 2019, The PRLI has expanded to add its first paid staff, a Program Coordinator and VP of Advancement, to support the volunteers and fundraising needs as the program continues to grow. To continue to work toward the five-year plan The PRLI is reaching out to local, regional and national organizations who are known for supporting veteran organizations as well as applying for grants and plan to hold additional fundraising events. To show your support for veterans and to learn more about Camp Resilience, to donate or volunteer a few hours of your time to this worth cause, please visit our website, camp-resilience.org or email us at info@camp-resilience.org.

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BOB MARTIN

Julianna Estremera reached the 1,000 point mark last week against Laconia.



BOB MARTIN

Julianna Estremera celebrates with coach Mark Dawalga after her 1,000th point was scored in a game against Laconia.

Grand senior night for Estremera

Belmont senior reaches 1,000-point milestone

BY BOB MARTIN

Bob@salmonpress.news

BELMONT – Julianna Estremera has been one of the top athletes in Division 3 during her four-year career at Belmont High School, and on Friday she became only the eighth Red Raider girls' basketball player to reach the 1,000-point milestone on senior night in front of a cheering home crowd against Laconia.

Estremera needed 12 points going into the game, but she didn't know that. She explained that her teammates played a trick on her and told her she needed more than that so she wouldn't be nervous going in. With 1:20 left in the third period, Estremera sank a layup off the glass and in, and players and even fans stormed the court to congratulate her.

"I'm really excited," Estremera said. "My teammates told me another number so when I got it I was definitely really surprised. I was shocked. It was really awesome to do it here and I didn't know there would be this many people who would come out and support me like this. I am really happy and grateful for everyone."

Coach Mark Dawalga coaches Estremera in both soccer and basketball, and she is consistently one of his most productive players. He had high words of praise Estremera following her milestone.

"Julianna is a special player," said Dawalga. "She cares about everyone of her teammates and her teammates really care about her and

it showed tonight. As a coach it was great to watch this group enjoy that moment with her. This moment she shared with her teammates will last a life time."

The milestone came in a game against Laconia at home, and unfortunately despite the big moment, the Red Raiders fell 38-30. The Red Raiders went up 6-1 early but let the Sachems claw back into the game and go on an 8-0 run. Laconia led 11-8 after the first quarter.

Dawalga felt that the anticipation of the milestone may have factored into the team's poor first

quarter.

"They all knew what was at stake tonight being there last home game and Julianna was going for her 1,000 points," said Dawalga. "I think the team wanted it as much as Julianna did. Early on, I thought we were really forcing our offense. Laconia has a very good team and was doing a good job taking the ball out of her hands."

The Sachems led 20-12 at halftime, but Estremera started to get a hot hand as the quarter ended with four straight points. She needed six points at the half.

The Red Raiders got

things going in the third quarter and cut the lead to three, and then later in the fourth to one with a 27-26 lead for Laconia. Belmont had trouble with turnovers late and Laconia capitalized on a few baskets to stretch the lead and eventually come home with the 38-30 win.

"I was proud of how we battle tonight with all the emotion and anticipation in the gym," said Dawalga.

Estremera finished as the top Red Raider scorer with 16 points on the night. Morgan Hall and Katie Galambos had six points each while senior

Kathryn McClure added an early bucket.

Earlier in the week, on Feb. 5, the Red Raiders traveled to Somersworth and had a nice 53-28 victory. Dawalga said it was a great team win that was sparked by defense.

"Our defense started it all tonight, which led to us getting out to a fast start," said Dawalga. "When we come out and play that way on defense, steals and deflections, it really gets us going on the offensive side of the ball. Lizzie Fleming and Makenzie Donovan, as well as Katie Galambos, really had great games.

They are so active on the defensive end, each and every possession."

Estremera led the way with 14 points. Morgan Hall had 11 points, Galambos had 10 points, Donovan had eight points and Molly Sottak had six points. He also commended Alexis Donovan for her strong play on defense.

With the Red Raiders celebrating senior night at home against Laconia, Dawalga had some kind words for his senior group.

"I am very fortunate to have a group of se-

SEE **HOOPS**, PAGE B10

Winnisquam football coach heads to retirement

BY BOB MARTIN

Bob@salmonpress.news

TILTON – Winnisquam football was on top of the world, or at least Division 4, this season with an undefeated season and a state title. Coach Pat Riberdy took coach of the year honors, and now he has announced that he will be spending some time improving his golf game and retiring after 18 years of coaching.

Riberdy said the choice was not easy, but he felt that this past season was a great way to ride off into the sunset.

"I have been thinking about it the last couple of years, always saying I'll do one more year," said Riberdy. "It's been a good run and I still love it, but why not end on a high note. I'm just ready to take a break and see how much I really miss



BOB MARTIN

Pat Riberdy announced that after 18 years coaching, and 12 with Winnisquam, he will be retiring from coaching.

it."

Riberdy started coaching in 1999 with the Franklin/Tilton Falcons Pop Warner team. He started as an assistant and then moved to the head coach

role, and was with the team until 2005. His experience before Winnisquam also includes midgets, mighty midgets and junior pee wees.

Riberdy's American Youth Football team

that he coached defense for went to the national championship in Florida. When his son Jordan got to Winnisquam in 2006, Riberdy joined the team as an assistant coach before taking the

reins as head coach in 2007. Coming full circle, his first year was with players he coached in Pop Warner and the program started steadily improving.

The Bears put together some great seasons under Riberdy. Winnisquam made the finals in 2009 and lost to Inter-Lakes, and the Bears consistently had winning records and playoff berths including an undefeated regular season in 2015. However, this year was one of the most memorable.

Coming off an off year last season, Riberdy's squad ran the show and ruled Division 4 with a team full of All-Staters that Riberdy always prided in for their overall effort. He said this team was one he was proud to

SEE **RIBERDY**, PAGE B3

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Red Raiders gear up for alpine State Meet

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Belmont High School alpine ski team had a great meet, with the boys' team taking the top spot in the giant slalom and slalom, and Katie Gagnon placing second in slalom and fifth in giant slalom at Gunstock on Friday.

For the girls' races, Gagnon was second in slalom with a combined time of 50.85 and fifth in giant slalom with a com-

combined time of 1:17.36.

For the boys' giant slalom, Nolan Gagnon was first with a combined time of 1:09.90. Lars Major was second with a time of 1:10.00. Mitchell Berry was fourth with a combined time of 1:15.28 and Jake Deware was sixth with a time of 1:16.59.

In the slalom, Gagnon was second with a combined time of 44.52. Jake Deware was fourth with a time of 48.87; Major was sixth with a time of 50.00

and Berry was eighth with a time of 51.53.

Coach Kevin Charleston said he is confident that his top four skiers for the boys' team can compete against anyone in the state meet, which took place after deadline on Feb. 11 at Gunstock. He was looking forward to see how they compete with hopes of a state title.

Results for the Division 3 state meet will be in the next edition.



BOB MARTIN

Katie Gagnon has been a top skier in Division 3 all season.

Winnisquam wrestlers prepare for D3 championships

BY BOB MARTIN

Bob@Salmonpress.news

HOLLIS – The Winnisquam wrestling team went 1-2 in the final regular season event, the Cavalier Duals at Hollis/Brookline.

Winnisquam beat Kearsarge 47-24, but then lost 42-33 to Alvirne and 64-18 to Hollis/Brookline.

Coach Tom Osmer is excited for the upcoming state championship and is looking forward to seeing how his team fares.

"It's almost tournament time," said Osmer. "We're gearing up for D-3 States. Top three in

D-3 qualify for Meet of Champions (with top 6 from D1, and top 5 from D2). This was the final regular season competition. Last chance to see what we need to get better at and last chance to work out roster spots. This past week at practice we held a series of wrestle offs to decide who goes to states at each weight. You have to earn everything in wrestling. We compete even within the team."

Osmer said the team has been going hard in practice and he feels they are in a good place as far as health and

weight room activity.

"Our talent is what our talent is, you're born with that and can't change it so it really doesn't interest us," said Osmer. "What we can control is how we train, what we think, eat, sleep, etc. That's what we focus on. I expect them to wrestle hard on Saturday, go all-in, and whatever happens, happens."

The Division 3 state championship takes place at Pelham High School on Feb. 16 at 9 a.m.



BOB MARTIN

Lars Major helped the Belmont boys' ski team take first on Friday at Gunstock.

Bear hoop boys knock off Gilford

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam boys' basketball team faced Gilford last week and thanks to a big night by Kyle Mann, the Bears knocked off the Golden Eagles 57-38 on Feb. 5.

The Bears were up 16-15 after one quarter and then 30-21 at halftime. Winnisquam dominated the second half, with Mann leading the way with 26 points on the night helping to secure the win in what was a big game for playoff positioning.

The Bears also faced Mascenic and fell 61-37. The Bears are now 7-7 with four games remaining. Next for Winnisquam is a home game against White Mountains on Feb. 15 at 7 p.m.

The Winnisquam girls' basketball team lost a pair of games last week and have yet to find its way into the win column this season.

On Feb. 5, the Bears hosted Gilford High School and lost 66-23. It was all Gilford from the beginning who went up 24-2 after one quarter and 45-12 at the half. The Bears had trouble containing Shelby Cole, who at halftime had 19 points to lead the scoring charge. Cole ended with 30 points on the night.

The Bears were outscored 21-11 in the second half and the Golden Eagles cruised to victory. Winnisquam was led by Meghan Cote's 10 points. Jess Holt had a pair of threes in the third period for all six of her points.

Winnisquam traveled to Somersworth and despite losing 52-42, it was a much better showing for the Bears. Winnisquam trailed 19-17 at the half with Holt nailing a couple of three-pointers on her way to a 13-point night to lead the team.

However, the second quarter was tough for the Bears, who were outscored 13-3. The Bears were outscored 10-6 in a low scoring third quarter and while Winnisquam put 21 points on the board in the final quarter, the lead was too great to mount the comeback and Somersworth took the win.

Hannah Blackburn had 11 points on the night and Sarah Seymour pitched in with six points.



BOB MARTIN

Jake Deware was sixth in the slalom at Gunstock.

Ennis wins Coaches Series race

BY BOB MARTIN

Bob@Salmonpress.news

NORTH CONWAY – Lakes Region high school nordic teams traveled to Whitaker Woods on Saturday to compete in a New Hampshire Coaches Series race, with Belmont's Zach Ennis taking the top spot in the boys' race "A" race.

Ennis had a time of

14:28 for the win. He is the lone racer from Belmont High School, but other competitors from Inter-Lakes, Moultonborough and Gilford had strong days as well.

Gilford

For the boys' "A" race, Mitchell Townsend of Gilford High School was 10th with a time of 15:46. Ca-

leb Duggan, representing Gunstock Nordic Association, was 13th with a time of 16:02. Matthew Paluszek, also of GNA, was 132nd with a time of 24:45.

In the girls' "A" race, Catherine Stow was 10th with a time of 18:44.6. Vanessa Genakos was 13th with a time of 19:00.5.

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Bulldogs cruise past Wolfpack rinkmates

BY BOB MARTIN
Bob@salmonpress.news

LACONIA – The Belmont/Gilford hockey team took on rival Laconia/Winnisquam last week, and the Bulldogs showed why they are one of the top teams in Division 3 with a 12-1 victory.

The first period was one of the better performances one will see from a goaltender, with Seth Rollins of L/W turning away 29 shots and holding the score to only 1-0. He had 62 total saves on the night. The goal in the first period for B/G was with 4:28 left by Ben Muthersbaugh with assists by Hayden Parent and Griffin Tondreau.

The second period is where the flood gates opened and B/G went on a tear with eight unanswered goals to go up 9-0. Rollins saved 19 shots in the period and despite the goals allowed, the freshman goalie was once again impressive. The score could have been much higher if it wasn't for Rollins' solid work in net.

Goals in the period came by Cam Jarvi, Tondreau (two), Dylan Flannery, Muthersbaugh, Logan Stroud (two) and Joey Blake.

The third period started with a goal by Will Robarge with an assist by Liam Lacy at 10:28. With 4:05 left, Logan Moulton found the back of the net with an assist by Stroud and Robarge. Flannery scored the final goal

with 1:20 on the clock, with assists credited to Brady Logan and Eric Ellingson.

Laconia/Winnisquam scored with 29 seconds on the clock with the goal by Kam Young, assisted by Dylan Daly and Connor Blake.

Bobbie Brodeur got the start in net for B/G and finished with 16 saves for the win.

Belmont/Gilford continued its dominance on Feb. 9 with a 7-0 victory over Sanborn with Brodeur recording her first career shutout. She had 18 saves in the victory.

It was scoreless until 5:36 left in the first when Tondreau scored to make it 1-0, with an assist by Parent. With 2:54 left, Tondreau scored again with another assist for Parent.

The Bulldogs went up 5-0 after two periods with Blake scoring first on an assist by Zoltan Stefan at 12:39. Tondreau completed his hat trick just two minutes later with another assist by Parent. With 4:24 left, Muthersbaugh scored on an assist by Lacy.

The third period had a goal by Muthersbaugh with Parent and Tondreau assisting. The last goal was by Stroud with an assist to Stefan.

"We played a very solid game and Bobbie Brodeur finished with her first shutout in goal," coach Jason Parent said. "It was a great all around team effort."

The Bulldogs are now



BOB MARTIN
Dylan Flannery scores a goal against Laconia/Winnisquam last week.



BOB MARTIN
Bobbie Brodeur had a great week in goal, including her first career shutout win.



BOB MARTIN
Ryan Fields (11) of Laconia/Winnisquam checks a Belmont/Gilford player in a game between the Bulldogs and the Wolfpack.

11-5 with two games to go, including senior night against Berlin at Merrill Fay Arena on Saturday at 4 p.m.



BOB MARTIN
Troy Gallagher has put together a strong senior season with the Bulldogs.



BOB MARTIN
Evan Rollins had his hands full, but despite the high scores against him has been very good in net.



BOB MARTIN
Kam Young has had a good freshman campaign for the Wolfpack this season.

L/W squad suffered a 6-4 loss to Hollis/Brookline/Derryfield on Feb. 9 on the road. Next up for L/W is a road game against Berlin and the

final game of the season is on Feb. 23 at Merrill Fay Arena against Kearsarge/Plymouth at 4:20 p.m.

RIBERDY

CONTINUED FROM PAGE B1
coach, as the players gave their all week after week.

"We've had four really good seasons but as far as team goes, this one was right up there," said Riberdy.

Riberdy said he is happy to have helped the Winnisquam program improve over the years. He said when her arrived there were only 18 players on the team, and within two years there were 50 players. He said this past season there were even players who joined the team that he didn't expect, and they helped make a difference.

While he is excited to set his focus on other things, like family, work around the house and the golf course, Riberdy said he will certainly miss teaching the players and leading a team. He said it is about teaching life and watching some players find their way through athletics.

"It can make a difference in their life," said Riberdy. "That is the most fun part about it-seeing kids grow. Seeing a kid be a freshman and then as a senior he is this totally different young man. I'll miss getting ready for game day, getting up on Saturday morning

or out on Friday night. That will be a big difference."

Riberdy said he hopes the team continues to push and play as hard as they showed they could this past season. He said this is something that he can pass on as a message in life for student athletes, as well.

"Don't lose your passion," said Riberdy. "If you want it, go get it. The only way you'll get it is to keep passion and drive going. Don't take anything for granted. These years go by quickly."

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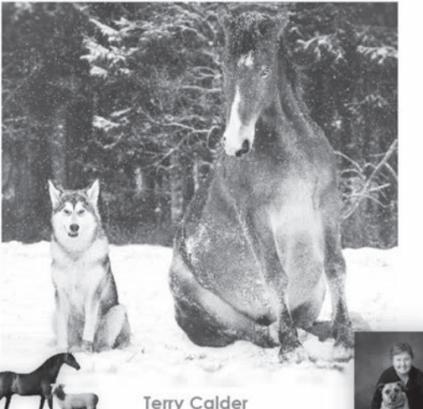
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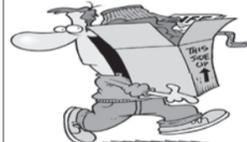
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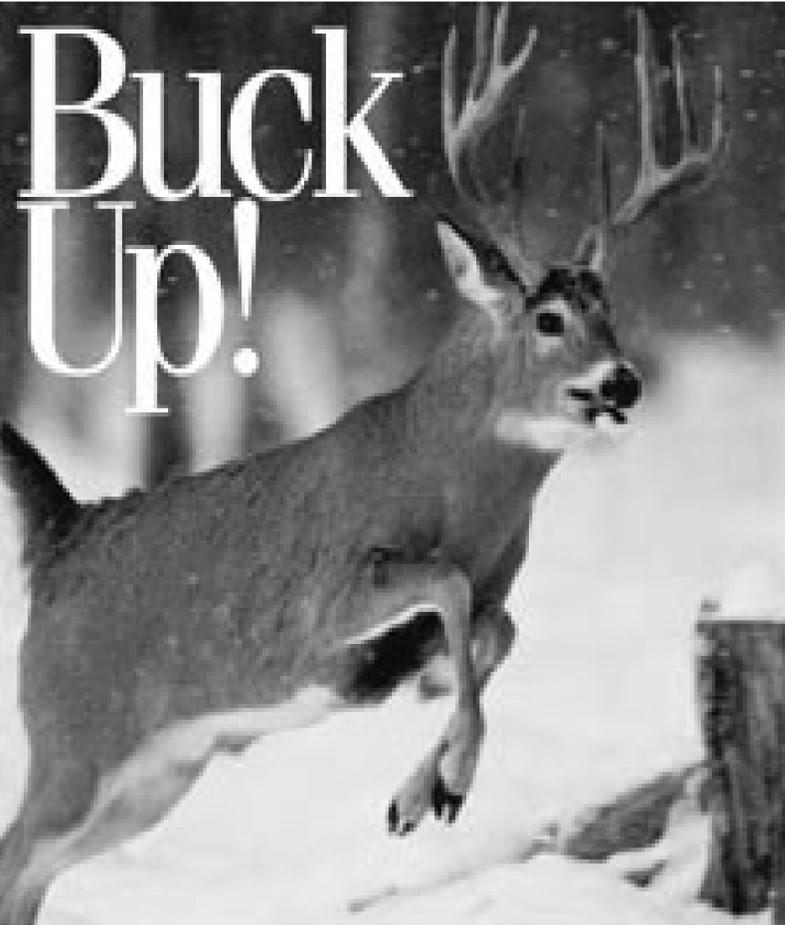
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- **Track & Field Assistant Coach** at Newfound Memorial Middle School - Questions should be directed to Shane Tucker, Athletic Director, at 744-8162, x 2504 or stucker@sau4.org.

If interested, please send letter of interest and resume to: Supt. Stacy Buckley
SAU 4
20 North Main St.
Bristol, NH 03222.

Glenclyff Home
is accepting applications for

REGISTERED NURSES I-III
Salary Range: \$50,835.20 - \$71,052.80

LICENSED PRACTICAL NURSES I-II
Salary Range: \$45,177.60 - \$57,408.00

Additional 15% Enhancement on Salary Base (Not Included)
40 hours/week - 2nd, 3rd, and Part-time Available

Direct Care an additional \$1,040.00
Add additional 2nd shift diff. at \$4,160.00
Add additional 3rd shift diff. at \$7,280.00

To provide professional nursing care to residents within an assigned unit and provide and support medical care as directed by medical staff and pursuant to objectives and policies of the nursing department and Glenclyff Home. Must possess and maintain a current license as a RN/LPN in NH. Salary and Position determined by years of experience and certifications.

State of New Hampshire Benefit Package!
Glenclyff Home
393 High Street, PO Box 76,
Glenclyff, NH 03238
(603) 989-3111 Ext. 1303
Doreen.Stevens@dhhs.nh.gov

Applications can be completed online at www.admin.state.nh.us/hr or you can pick one up in the Human Resource Office

Equal Opportunity Employer



Pemi River Fuels
PROPANE SERVICE TECH
FULL TIME- YEAR ROUND

Pemi River Fuels is seeking an experienced

Propane Service Technician

A minimum of one year of experience
High School Diploma or Equivalent
Driver's License in good standing
Fully licensed as a Propane Technician in NH
NEFI or equivalent oil burner school certification
CDL preferred

Successful candidates will possess strong customer service skills, a desire to succeed, a willingness to work variable schedules with on call needs and the ability to pass a drug, physical, driver's and criminal background checks.

Benefits include Competitive Compensation, Health Insurance, Dental/Vision, LTD/STD, Life, Aflac, 401(k) with company match, Product Discounts and Generous Personal Time Off.

To apply, please send resume to Pemiriver@pemiriverfuels.com
612 Tenney Mountain Highway, Plymouth



A division of Belletetes, Inc.
Lumber Counter

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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

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

▶Competitive Wages ▶Paid Vacation ▶Paid Holidays ▶Paid Time Off
▶Health Insurance ▶Profit Sharing ▶Store Discounts ▶Much More!

FRANKLIN SCHOOL DISTRICT

Franklin School District is currently accepting applications for a School Secretary at Franklin Middle School. This is a school year position at 8 hours per day - 199 days per year. Position is eligible for benefits.

Responsibilities include, but not limited to:

Student Information Receptionist

If interested, send letter of intent, application, resume and 3 letters of reference to Ken Darsney, Principal, Franklin Middle School, 200 Sanborn Street, Franklin, NH 03235 or kdarsney@sau18.org

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
2019-2020 School Year

Support Staff
Speech/Language Assistant

Coaching Staff
MS Softball Coach

Administrative Staff
Director of Student Services

Professional Staff
Director of School Counselors

All applicants must apply on Schoolspring.com
Paper applications will not be accepted.

Substitutes Needed for Teachers, Nurses, Paraprofessionals, Custodians, Cooks

For further information, contact:
Roxanne H. Ball, Adm. Assistant to the Superintendent of Schools/Human Resources
White Mountains Regional School District
SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: rball@sau36.org

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- ULTRASOUND/ECHO TECHNOLOGIST - 40 hours
- RN M-S/CHARGE (Day Shift)
- RN M-S - 36 hours (Night Shift)
- RN CHARGE - 36 hours (Night Shift)
- RN CHARGE/M-S - 36 hours (Night Shift)
- RN CHARGE/E.D. - 36 hours (Night Shift)

PART TIME OPPORTUNITIES

- RADIOLOGY TECHNOLOGIST (32) hours (Day Shift)

PER DIEM OPPORTUNITIES

- LNA
- ED Technician
- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- RNN

Apply Online at www.ucvh.org
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org
EOE

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MT / MLT

Contact Human Resources at
(603)388-4236
Apply On-line at www.ucvh.org
181 Corliss Lane, Colebrook, NH 03576
EOE

BOY'S JV BASEBALL COACH

Belmont High School is in search of a Boy's JV Baseball Coach for the Spring 2019 Season. Past playing and/or coaching experience preferred, but not required. This position receives a stipend of \$2,145. Successful completion with satisfactory results, of a post-offer pre-employment and criminal background check, including fingerprints, is required. Interested candidates should send a cover letter and resume to Paul Landau, Athletic Director, at plandau@sau80.org or mail to Paul Landau, Athletic Director; Belmont High School, 255 Seavey Road, Belmont, NH 03220.

GIRL'S VARSITY VOLLEYBALL

Belmont High School is in search of a Girl's Varsity Volleyball Coach for the Fall 2019 Season. Past playing and/or coaching experience preferred, but not required. This position receives a stipend of \$3,575. Successful completion with satisfactory results, of a post-offer pre-employment and criminal background check, including fingerprints, is required. Interested candidates should send a cover letter and resume to Paul Landau, Athletic Director, at plandau@sau80.org or mail to Paul Landau, Athletic Director; Belmont High School, 255 Seavey Road, Belmont, NH 03220.

GILFORD SCHOOL DISTRICT
Experienced Custodian

The Gilford School District is currently accepting applications for an experienced Custodian. Experience in hard floor care, general cleaning and housekeeping equipment operation, is required. This is a year round benefited full time position. During the school year this is a second shift position. The Gilford School District offers a clean, safe, healthy atmosphere, and a competitive wage and benefit package.

If you have Custodial experience please contact: Tim Bartlett, Building & Grounds Supervisor at 603-527-1532 ext. 821 at the School District office at 2 Belknap Mountain Road, Gilford, N.H. 03249 for an application and additional information.

Position will remain open until filled.
Equal opportunity employer.

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FULL TIME & PART-TIME DRIVERS WANTED

Upper Valley Press, Inc. is looking for experienced delivery drivers to add to our growing team.

Start time for drivers, both full and part-time, begins at 1 AM each day. Qualified candidates must have a clean Motor Vehicle Record and have at least two or more years of experience as a delivery driver. This is an excellent opportunity for someone who wants to join a growing company.

Upper Valley Press, Inc. is an employee-owned Company that provides excellent wages, 401(k), and more! We offer opportunities in a solid company with an excellent record of stability and growth.

Interested applicants please e-mail your resume to resume@uvpress.com or apply in person at:



UPPER VALLEY PRESS, INC.
446 Benton Road
North Haverhill, NH 03774
resume@uvpress.com

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\$3,000
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For two years of experience staff RNs

REGISTERED NURSES

Contact Human Resources at
(603)388-4236
Apply On-line at www.ucvh.org
181 Corliss Lane, Colebrook, NH 03576
EOE

Glenclyff Home
is accepting applications for fulltime
Licensed Nursing Assistant's

LNA I \$13.86 - \$16.07
LNA II \$14.95 - \$17.37
Direct Care \$5.00 per week

2nd Shift \$.60/hour and 3rd Shift .75/hour
(Part time positions also available)

To provide individualized direct care to psychiatric and/or developmentally delayed residents, including the care and maintenance of sanitary conditions of residents and surroundings: Works under the general direction of a licensed nurse.

LNA I - Graduation from high school or G.E.D. equivalent. No experience required. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.

LNA II - Graduation from high school or G.E.D. equivalent. Two years of experience as a Licensed Nursing Assistant. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.



State of New Hampshire Benefit Package!
Doreen Stevens, Director of Resident Services
393 High Street, PO Box 76, Glenclyff, NH 03238
(603) 989-5226
Doreen.Stevens@dhhs.nh.gov
Applications can be completed and benefits reviewed online at
<https://das.nh.gov/hr/index.aspx>
or you can stop by the Human Resource Office
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Plymouth, NH 03264
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or email precisionlumber@lumbemh.com
to request us to email an application

Precision Lumber Inc.
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

**KITCHEN MANAGER/COOK
CANTERBURY ELEMENTARY SCHOOL**

Shaker Regional Food Service is seeking a Manager/Cook for Canterbury Elementary School. Must be able to work in a fast paced environment and have good organization and record keeping skills. Management/Supervisory experience preferred. Experience with commercial cooking equipment, inventory control, sanitation, and quantity cooking required. Must be able to lift up to 40 pounds. This position is 6 hours per day for 185 days: 180 school days plus 2 additional days as assigned and 3 paid holidays. Pay is \$13.20 per hour. This position qualifies for District-sponsored benefits including health, dental, life and long term disability insurance as well as paid holidays and sick days. Must maintain compliance with NH DOE Bureau of Nutrition professional development requirements.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.

Ashland Lumber
Division of BELLETETES, INC.

Boom Truck Driver

You will be a member of a team responsible for delivering and off-loading product at construction and residential sites. Heavy lifting is required and previous boom or other hydraulics experience is necessary. CDL-B License is required along with a safe and clear driving record. Job includes other duties as assigned. Weekend hours required on a rotating basis.

You may apply in person at the Ashland Lumber location or download a **driver application** from our website. All applications should be submitted to:

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

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Assistant Director for Advancement & Marketing

The Colonial Theatre, Bethlehem, NH is seeking an Assistant Director. The Assistant Director will set and achieve annual and long-term goals, including a strategy to develop contributed income in line with the goals of the The Colonial Theatre's Strategic Plan. S/he will cultivate and maintain strong professional and personal relationships with the funding and donor communities, plan fundraising events, research and write grant applications, and seek new fundraising sources wherever possible. In partnership with the ED, the AD will help guide strategy for all marketing/communications, and public relations messages and collateral to consistently articulate The Colonial's mission. As this is a new position, the AD will have the opportunity to build this position and her/his organizational role.

We are seeking an accomplished individual who has at least 5 years of advancement experience in a nonprofit organization. The ideal candidate will have expertise in grant writing and management, donor cultivation, solicitation, and stewardship, donor database systems, fundraising event management, major gift solicitation and generation of media content including print, digital and social media.

This is a full-time position, with a flexible work schedule. Compensation package is commensurate with experience with benefits as well as professional development opportunities.

Interested applicants should visit bethlehemcolonial.org/events/assistant-director-position for a detailed list of responsibilities and qualifications. Resume and cover letter describing interest in this position and 3 professional references should be sent to: colonialsearch@gmail.com. All communications are confidential.

No phone calls please.

The Colonial is proud to be an equal opportunity employer, and is invested in creating an equitable and inclusive working environment and organizational culture.

www.BethlehemColonial.org



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cnetska@burndy.com

See all our open positions and apply on line at:
<https://careers.hubbell.com/>

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Plating Technician (Lincoln)
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Entry level factory positions – we will train,
no experience necessary

Burndy is a wholly-owned subsidiary of Hubbell, Inc., an equal opportunity employer M/F/Veteran/Disability

All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, disability, protected veteran status or any other protected class

Safety Starts With You!

PLYMOUTH REGIONAL HIGH SCHOOL
Plymouth, NH 03264

**2019-2020 School Year
GUIDANCE COUNSELOR**

Plymouth Regional High School is a high achieving public high school with students in grades 9-12, located in the beautiful White Mountains of New Hampshire in the college town of Plymouth. With robust academic, athletic and co-curricular programs we are looking for an enthusiastic person to fill an opening for a school counselor to join our team in August 2019.

This full-time position will carry primary duties in academic and college/career counseling for students in grades 10-12 as well as counseling in social/emotional welfare for students. A caseload of 170 students is anticipated. Competitive salary and benefits are based on experience. Interested applicants must hold or be eligible to hold New Hampshire School Counseling Certification for the 2019-2020 school year.

Resume, transcripts, 3 letters of reference, and a statement of interest should be mailed to:

Robert Price
Assistant Principal
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, New Hampshire 03264
rprice@pemibaker.org

HOLDERNESS CENTRAL SCHOOL
Holderness, NH 03264

**2018-2019 School Year
IMMEDIATE OPENING**

Holderness Central School has an immediate opening for a paraprofessional for grades K-4. The primary duties will include assisting students with learning and physical challenges.

Interested applicants please submit a letter of intent, resume, and a list of three references to:

William Van Bennekum, Principal
Holderness Central School
19 School Road
Holderness, NH 03245
wvanbennekum@pemibaker.org



CONSTRUCTION JOBS!

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Applicants must be dependable, have reliable transportation and be willing to travel to job sites within NH. Minimum age requirement is 18. Post-offer physical and drug screen required.

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www.rmpiper.com/employment.htm
141 Smith Bridge Rd Plymouth, NH
M-F 8am-2pm

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**Town of Wentworth
Road Agent**

The Town of Wentworth is seeking applications for the following position: Road Agent.

Applicants must be able to perform duties of a Road Agent to include (but not limited to):

Seasonal duties: plowing, snow removal, and sanding; trimming trees, keeping culverts clear of debris; repairing and replacing pipe; placing/replacing road signs; patching roads; paving, maintaining, and reconstructing roads; and offering mutual aid when needed.

Perform repairs on town equipment as necessary, conduct maintenance on all Town equipment on a regular basis, and keep daily maintenance logs of repairs and jobs performed.

Supervision of other Highway Department employees, maintain a work schedule for all employees, prepare and submit various Town reports, and document, create and maintain a yearly budget.

The successful candidate must have a NH CDL and undergo a physical and drug testing, as well as a criminal background check.

Benefits include paid vacation, and single person premium medical insurance.

Please submit application letter, resume, copy of current license, and standard Town application to:

Town of Wentworth
Selectment's Office
PO Box 2
Wentworth, NH 03282

Applications can be found on the Town's website at www.wentworth-nh.org

MAINTENANCE PERSON

Looking for a Maintenance Person

Working outside on grounds, Job site deliveries and working In Shop.

Must be dependable and have valid drivers license. Forklift operating experience a plus

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**Local Subcontractors
and Vendors needed!**

PC Construction Company is a general contractor who will be submitting a bid on February 18th, 2019 for the Omni Mt. Washington Hotel Improvements project, located in Bretton Woods, New Hampshire. The 69 room, 62,000 SF addition will include three suites, a guest lounge, public restrooms and a new poolside grille. 31,000 SF of improvements and renovations will be made to the hotel's existing conference center building, kitchen, rooftop, and historical dining room. Project is anticipated to start March 2019.

We are actively looking for participation from local subcontractors and vendors in all civil trades including but not limited to: Sitework, Demolition; Concrete; Masonry; Structural Steel; Miscellaneous metals; Carpentry; Framing; Millwork; Countertops; Paneling; Waterproofing; Wood siding; Roofing; Firestopping; Doors/ Hardware; Windows; Louver and Vents; ACT Ceiling; Flooring; Painting; Misc. specialties; Food service equipment; Elevators; Fire protection; HVAC & Plumbing; and Electrical.

Project specifications and drawings can be viewed online via PC Construction's private FTP website. Please contact us by phone (802) 651-1233 or email estimating@pccconstruction.com to request an invitation to bid.

PC Construction company is an equal opportunity employer.



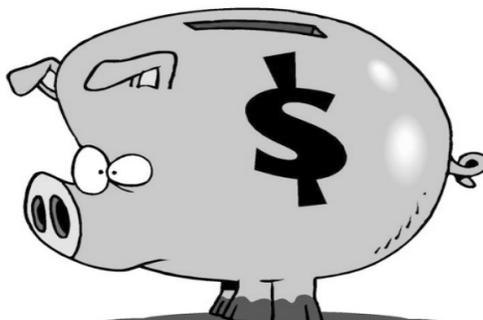
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We are interested in adding an experienced Project Superintendent to our team who shall be responsible for overseeing and prioritizing a variety of assignments to facilitate successful completion of heavy/highway/bridge and/or earthwork projects throughout New Hampshire.

As our project superintendent, you will be directly responsible for the day-to-day construction operations of assigned project and are directly responsible for production goals and quality requirements. Specific duties will include: scheduling, resource planning, daily reporting of activity/production, personnel management (supervision, time recordkeeping, performance evaluation) and safety management (OSHA compliance, hazard identification and rectification, tool-box-talks, investigations). Considerable independent judgment is used to make decisions in carrying out assignments that have significant impact on the project.

Candidates must be detail oriented with a minimum of five years of supervisory experience. Strong communication skills are essential. Experience with NHDOT, FHWA and/or municipal projects is favored. Salary commensurate with experience. Post-offer physical and drug screen is required.

We will offer the right person a full-time position with a rich benefit package. Please reach us at jobs@rmpiper.com or P.O. Box 490 Plymouth, NH 03264 and provide your resume. All responses will be kept confidential. We are an equal opportunity employer.



THE EXECUTIVE ASSISTANT

The Executive Assistant serves as the primary point of contact for internal and external constituencies on all matters pertaining to the Office of the President. The Executive Assistant also serves as a liaison to the board of directors and management team; organizes and coordinates executive outreach and external relations efforts; and oversees special projects. The Executive Assistant must be creative and enjoy working within a small, entrepreneurial environment that is mission-driven, results-driven and community oriented. The ideal individual will have the ability to exercise good judgment in a variety of situations, with strong written and verbal communication, administrative, and organizational skills, and the ability to maintain a realistic balance among multiple priorities. The Executive Assistant will have the ability to work independently on projects, and must be able to handle a wide variety of activities and confidential matters with discretion.

REQUIREMENTS:

The qualifications for the Executive Administrative Assistant are:

- Bachelor's degree preferred
- Strong work tenure: five to 10 years of experience supporting C-Level Executives, preferably in a non-profit organization
- Experience and interest in internal and external communications, partnership development, and improving operational efficiencies
- Proficient in Microsoft Office (Outlook, Word, Excel, and Power Point), Adobe Acrobat, and Social Media web platforms strongly preferred.
- Strong organizational skills that reflect ability to perform and prioritize multiple tasks seamlessly with excellent attention to detail
- Very strong interpersonal skills and the ability to build relationships with stakeholders, including staff, board members, external partners and donors
- Expert level written and verbal communication skills

For more information, please contact Jennifer Everleth, Human Resources (603) 444-5317 or jeverleth@nchha.org • Apply online at www.nchha.org
North Country Home Health & Hospice Agency is an Equal Opportunity Employer

HOOPS

CONTINUED FROM PAGE B1
niors that really care about each other," said Dawalga. "Julianna Estremera, Makenzie Donovan, Lizzie Fleming, Katie Galambos and Kathryn McClure, as well as our bookkeeper Elise Hall. This group of young ladies is a special group always putting team first."

The final game of the regular season for the Red Raiders is at 6:30 p.m. on Feb. 15 in Raymond.



Makenzie Donovan (10) has had a strong senior season for the Belmont Red Raiders.



Senior Katie Galambos goes up for a layup against Laconia.

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TEAM BRYANT!!**

Cliff Kim Steve Evan
Brady Marty
Dennis Stephen
Tom Al
Marti Ashley Tim

Thank you to a fantastic crew whose efforts, workmanship, and customer care have resulted in another successful season!

With much appreciation,
Leslie Bryant

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