

Robotics program generates excitement at Winnisquam

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – Nearly three years ago, Winnisquam Regional Middle School received grant funding for a robotics team. Last weekend, they were proud to host more than 20 teams from around the state for an RECF robotics competition that drew more than 200 people to the school, along with a lot of praise from their new Assistant Principal, Siza Mtimbiri.

Robotics teacher and coach Mark Ekberg said the club currently has two competitive teams with members from grades 5-8 who have a lot of skill and enthusiasm.

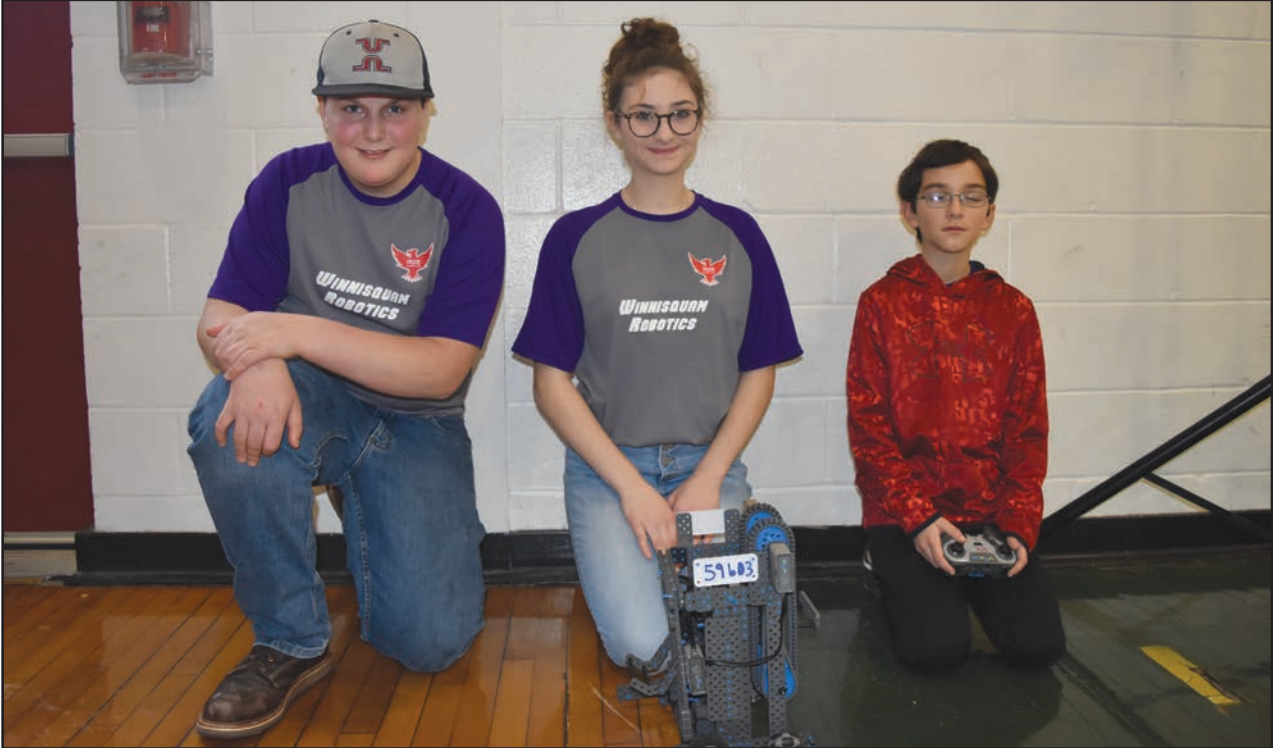
“More than likely, both teams will qualify

for state competition and there’s a good chance one of the teams could move on to the Nationals this year,” Ekberg said.

This year’s challenge is to create a robot that can successfully stack cubes, then hopefully place balls on top of them or drop the balls inside. At the same time, on the same playing field, another team of competitors also tries to get their robots to stack cubes and balls of their own. Their achievements are scored according to a designated point system for each successful maneuver.

Ekberg explained that for the competitions each team takes part in a total of seven matches, with the lowest

SEE **ROBOTICS**, PAGE A7



Edward, Alyse and Carl are three members of the Winnisquam Regional Middle School Robotics Team who took part in an inter-scholastic competition at the school last weekend that has educators excited about the learning experiences found in the program.

DONNA RHODES



Last Saturday evening, a four-alarm fire brought crews from as far away as Pittsfield, Concord, Bristol and Holderness to assist Belmont Fire Department in battling a large structure fire on Brown Hill Road in their community.

COURTESY

Belmont FD battles back to back fires

BY DONNA RHODES
drhodes@salmonpress.news

BELMONT – The Belmont Fire Department had a very busy weekend, dealing with not one, but two multi-alarm fires in addition to their normal load of medical and routine calls for assistance.

The first fire, located near the intersection of Farrarville and Brown Hill Roads, was reported just before 7 p.m. on Saturday evening by a woman on her way to work. Passing by the intersection, she noticed smoke and flames coming from a barn attached to the home at 121 Brown Hill Rd. and immediately called 911.

SEE **FIRES**, PAGE A8

Local business champions make huge impact in schools

BELMONT — Over the past 10 years, Karmen Gifford has committed herself to connecting students to businesses within the Lakes Region.

She has helped develop the 200x2020’s Lakes Region Internships website, coordinate Career Fairs for both middle and high school students, Job Fairs, Business Expos for the community, and multiple career related expos such as Manufacturing and Healthcare panels for students

Belmont High School’s Amy Burke says that Karmen is truly the “go to” person of the Lakes Region. She has a positive “can do” attitude and provides amazing experiences to students from all across the Lakes Region.

Karmen Gifford, President, Lakes Region Chamber of Commerce, accepted the NH Scholars Champion Award at the NH Scholars Breakfast of Champions in December of 2019.

NH Scholars currently oversees more than 400 business volunteers who actively give their time

SEE **BUSINESSES**, PAGE A8

Snowmobile Club honors longtime member’s legacy

BY DONNA RHODES
drhodes@salmonpress.news

NORTHFIELD – Members of the Belmont Bogie Busters Snowmobile Club gathered at Highland Mt. Bike Park in Northfield last weekend for a fundraising dinner to not only support the Easter Seals Camp Sno-Mo programs, but held this year to honor longtime member and friend Kevin Yelle, who, at the age of 51, passed away suddenly this past October.

Several years ago, the Bogie Busters adopted Camp Sno-Mo as their designated charitable organization and in conjunction with the New Hampshire Snowmobile Association they and 110 other snowmobile clubs have helped to raise \$3.2

SEE **LEGACY**, PAGE A7



FEBRUARY HIGHLIGHTS AT HALL MEMORIAL LIBRARY

Tilton/Northfield

Snapchat Scavenger Hunt for Teens from February 24th - 28th
Follow us @HMLTeen on Snapchat and post pictures of each day's scavenger hunt topic. You could win a Dunkin Donuts gift card!

Hall Memorial Library's Winter Reading and Hygge Challenge
December 23rd - February 29th
It's not too late to participate!
What is Hygge? Hygge (pronounced hue-guh) is a Danish word used when acknowledging a feeling or moment, as cozy, charming or special.
How do I sign-up? No registration is required. Simply grab a packet that includes your punch card and 3 challenge sheets.
One challenge sheet is for Hygge, one for reading, and one is a photo-a-day challenge.
How do I complete the challenge?
Your punch card has 20 snowflakes on it. To complete the Hygge and Reading challenge you must complete 10 from each checklist. As you complete them, you can bring in the checklist and your punch card to get it punched. Once you have all 20 punches, turn in your card for a free book and small prize. Write your name on the back and you will be entered to win a raffle prize.
The Photo-A-Day Challenge takes place on Instagram and you get one entry in a separate raffle per photo you take and post with the hashtag #HMLHYGGE. Anyone who completes all 68 days will be entered to win an extra great prize!

Weekly Adult Programs
Chess Club - Mondays from 2-5 p.m.
Sewing Group - Tuesdays at 10 a.m.
Spanish Club - Tuesdays from 10-11:30 a.m.
Tech Tuesdays from 2-4 p.m. - Get help from Jenna with your device.
Sit and Knit - Friday from 2-5 p.m.
Weekly Youth Programs:
Mondays at 4 p.m. for Grades 3+: After School Board Game Club
Not sure what to do after school? Why not stop by the Hall Memorial Library and try out some games! We will have a bunch of different games perfect for groups, solo or one-on-one! Join us to try out some games you may have never heard of but will love!
Tuesday Self-Care Session for Teens - 3 p.m. to 4 p.m.
Join us for an hour of self-care. Each week, we will be practicing a different self-care technique. We will not meet on Tuesday, February 25!
February 4
February 11
February 18

Storytime - Wednesdays at 10:30 a.m.
February 5 - Birds
February 12 - Valentines
February 19 - Pets
February 26 - ***NO STORYTIME***

February Calendar of Events
Wednesday the 5th at 12 p.m.
Scrabble in the Afternoon - A great way to spend a day... friends and a leisurely game. Adults Only.

Wednesday the 5th from 4:30 p.m. to 5:30 p.m.
Reading With Jellyroll - Drop in for a 10 minute slot to read with Jellyroll!

Thursday the 6th at 12 p.m.
Lunch Break Craft Time - adults, join Julie as we make essential oil room sprays. No cost for

this event, but please sign up at the circulation desk or call 286-8971 to reserve your spot!

Thursday the 6th from 3 p.m. to 4 p.m.
Craft Time for Teens Ages 12-18: Scented Hand Warmers

Friday the 7th, from 10:30 a.m. to 12 p.m.
Homeschool Gameschool - Homeschool families are invited to join us for some board game fun. We have a variety of great games for all ages to choose from, or feel free to bring your own.

Saturday the 8th from 10:30 a.m. to 11:30 a.m.
Babytime: Music and Movement - Join us for fun and giggles as we move, sing, and explore through music and movement! No registration required for this free group class for ages 0-2 with a caregiver. We will enjoy early literacy development through stories, songs, and rhymes and your little ones will experience the world through sound, dance, and bonding with you.

Monday the 10th at 5 p.m.
Trustees Meeting - Open to the public

Wednesday the 12th at 1 p.m.
Blanket Forts - Kids and teens come and join us to make blanket forts. Build forts, hang out, and read!

Thursday the 13th at 4 p.m.
Craft & Connect: Heart Art and Craft Time - drop in to make paper heart arts and crafts. Fun for all ages!

Friday the 14th at 3 p.m.
Craft Time for Teens Ages 12-18 : Valentine BINGO

Monday the 17th - Closed for Presidents' Day

Wednesday the 19th from 4:30 p.m. to 5:30 p.m.
Reading With Jellyroll - see above for details

Thursday the 20th from 3 p.m. to 4 p.m.
Craft Time for Teens, Ages 12-18: Time to Make Slime

Friday the 21st from 10:30 a.m. to 12 p.m.
Homeschool Gameschool - see above for details

Saturday the 22nd from 10:30 a.m. to 11:30 a.m.
Babytime: Music and Movement- see above for details

Monday the 24th at 6 p.m.
Crime Junkies Book Group
The Lonely Witness by William Boyle - "When a young woman with a sordid past witnesses a murder, she finds herself fascinated by the killer and decides to track him down herself.
Amy was once a party girl, but she now lives a lonely life, helping the house-bound to receive communion in the Gravesend neighborhood of Brooklyn. At one of the apartments on her route, Mrs. Epifanio says she hasn't seen her usual caretaker, Diane, for a few days. Supposedly, Diane has the flu or so Diane's son Vincent said. She tails Vincent through Brooklyn, eventually following him and a mysterious man out of a local dive bar. At first, the men are only talking as they walk, but then, Vincent is dead. She doesn't call the cops to report what she's seen. Instead, she collects the murder weapon from the sidewalk and soon finds herself on the trail of a killer. Character-driven and evocative, The Lonely Witness brings Brooklyn to life in a way only a native can, and opens readers' eyes to the harsh realities of crime and punishment on the city streets." (Amazon)

Monday the 24th at 6 p.m.
The Bookers
The Giver of Stars by Jojo Moyes - "Alice Wright marries handsome American Bennett Van Cleve hoping to

escape her stifling life in England. But small-town Kentucky quickly proves equally claustrophobic, especially living alongside her overbearing father-in-law. So when a call goes out SEE HIGHLIGHTS, PAGE A8

HALL MEMORIAL LIBRARY

Tilton/Northfield

Monday, Jan. 27
After-school Board Game Club, 4 p.m.
Gallery with Medium Carolyn Rose, 6 p.m.
A Gallery is a medumship event in front of an audience. Readings are not guaranteed but messages received through Carolyn Rose will often resonate for various members of the audience, even if not directed to them specifically. This free event is recommended for adults. Carolyn offers both in-home galleries or private appointments at her Chichester office, Wild Woman Wellness Center. Crime Junkies Book Group, 6 p.m.
"I'll Be Gone in the Dark" - Michelle McNamara
"For more than ten years, a mysterious and violent predator committed fifty sexual assaults in Northern California before moving south, where he perpetrated ten sadistic murders. Then he disappeared, eluding capture by multiple police forces and some of the best detectives in the area. Three decades later, Michelle McNamara, a true crime journalist who created the popular website TrueCrimeDiary.com, was determined to find the violent psychopath she called "the Golden State Killer." It is an account of the crimes and also a portrait of a woman's obsession and her unflagging pursuit of the truth. Utterly original and compelling, it has been hailed as a modern true crime classic—one which fulfilled Michelle's dream: helping unmask the Golden State Killer." (Amazon)

Spanish Club, 10 a.m.
Sewing Group, 10 a.m.
Noon Book Group, noon to 2 p.m.
"Becoming" by Michelle Obama
"In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. In her memoir, a work of deep reflection and mesmerizing storytelling, she invites readers into her world. From her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address, she chronicles the experiences that have shaped her. With unerring honesty and lively wit, she describes her triumphs and her disappointments. Warm, wise, and revelatory, Becoming is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations and inspires us to do the same." (Amazon)

Tech Tuesday, 2 to 4 p.m.
Self Care Session for Teens, 3 p.m. to 4 p.m. - Teens, join us for an hour of self-care. Each week, we will be practicing a different self-care technique.

Wednesday, Jan. 29
Storytime, 10:30 a.m. - for preschoolers with a caregiver
Books and Brews Book Club, 4 p.m. at Kettlehead Brewing
"Gingerbread" by Helen Oyeyemi
"Perdita Lee may appear to be your average British schoolgirl; Harriet Lee may seem just a working mother trying to penetrate the school social hierarchy; but there are signs that they might not be as normal as they think they are. For one thing, they share a gold-painted, seventh-floor walk-up apartment with some surprisingly verbal vegetation. And then there's the gingerbread they make. The world's truest lover of the Lee family gingerbread, however, is Harriet's charismatic SEE LIBRARY, PAGE A7


Tuesday, Jan. 28



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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 10-17. Please note that due to space concerns, this log does not reflect every incident the department responded to during this time period, only those that resulted in an arrest.

Paul D. Smith, age 55, of Laocnia was arrested on Jan. 10 for Driving After Revocation or Suspension.

Zachary Lucas, age 29, of Concord was arrested on Jan. 10 for Driving After Revocation or Suspension, a Suspended Registration (Operating-Misdemeanor), Penalties-Control of Premises Where CD is Kept, Possession of Drugs, and violating Driver’s License Prohibitions.

Matthew Bobola, age 51, of Tilton was arrested on Jan. 11 for Driving After Revocation or Suspension and violating a Prohibition on Use of Mobile Electronic Devices While Driving.

Shawn M. Pastraw, age 38, of Belmont was arrested on Jan. 12 for Resisting Arrest or Detention.

Jason Eric Clairmont, age 42, of Concord was arrested on Jan. 12 in connection with a warrant issued by the Belknap County Sheriff’s Department.

Norman Wayne Vallee, age 55, of Gilford was arrested on Jan. 12 for Criminal Trespassing and First Degree Assault.

Melanie L. White, age 35, of Laconia was arrested on Jan. 12 for Driving After Revocation or Suspension and Misuse of or Failure to Display Plates.

Edith E. Daughen, age 29, no known address, was arrested on Jan. 13 for Possession of Controlled/Narcotic Drugs.

Brendan L. Monfils, age 30, of Marquette, Mich. was arrested on Jan. 14 for Possession of Controlled/Narcotic Drugs and a separate count of Possession of Drugs.

Brian Charles Berry, age 57, of Tilton was arrested on Jan. 15 for Driving After Revocation or Suspension.

Anne-Marie Ruggles, age 46, of Laconia was arrested on Jan. 15 for Possession of Controlled/Narcotic Drugs.

Lindsey Drew, age 29, of Gilmanton was arrested on Jan. 16 for Driving While Intoxicated.



COURTESY

Art Association announces December raffle winner

While Christmas shopping in November, Emily Fortson, Laconia, stopped in at the Lakes Region Art Association/Gallery. Tanger Mall, Tilton, suite 132 and bought a Christmas gift of art for her grandmother. It was an image created on tile by LRAA member Pat Edsall. While there, she saw a beautiful photograph of a winter scene donated by LRAA/Gallery member Jay Fitzpatrick, Andover, titled ‘Blackwater River.’ It was on display as the raffle prize for December, and entry was free. She entered, and on Jan. 1, her name drawn winning the 11-by-14-inch matted and framed photograph.

The LRAA/Gallery, Tanger Mall, Tilton, 120 Laconia Rd., is open Thursday-Sunday, 10 a.m.-6 p.m. For information on membership, apply within.

Franklin Animal Shelter to host dinner dance April 11

FRANKLIN — Franklin Animal Shelter’s annual dinner dance is to be held on April 11 from 5:30 ‘til 11 p.m. at the Elks Club in Franklin. Music provided by Lakes Region Entertainment, as well as Silent Auction items and a 50/50 raffle. Tickets will be \$35 per person and include appetizers, salad, buffet dinner and desert.

For more information, please contact Christine Dzujna at 934-7163.

Daemen College student honored for Dean’s List Achievement

AMHERST, N.Y. — Daemen College Dean Dr. Michael Brogan announces the following student achieved Dean’s List status at Daemen College for the fall 2019 semester.

Ziv Basden of Northfield
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COURTESY

The giving tree

The Unitarian Universalist Congregation of Franklin decorated a holiday tree with mittens, hats, scarves, and blankets throughout the month of December. All the donated items were recently delivered to the Twin Rivers Interfaith Food Pantry, 2 Central

“It truly feels like home...”



...the entire staff, ranging from leadership to cleaning, do all they can to make Mom feel loved and cared for. Peabody Home is everything I thought it might be and more. With Mom there,

we have a great deal of peace of mind. We have been on the dementia journey with her for ten years and now that she’s at Peabody, we feel comfortable enough to finally go on vacation.”
~Lori Salvi, daughter of Peabody Home resident, Mary Censato

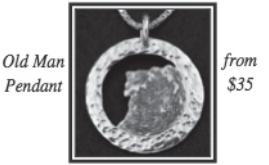
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STRATEGIES FOR LIVING

Chuck Colson: His story

BY LARRY SCOTT

It was a grey overcast evening when Charles Colson, caught in the middle of the Watergate investigation, drove up to the home of Tom Phillips, a respected friend, and successful businessman. Settling in on the back porch with a glass of iced tea in hand, they began to discuss where life was going for each of them.

In his book, “Born Again,” Chuck Colson writes of the dramatic change that came into his life that evening. In his words,

“I am not doing too badly, I guess,” said Colson. ... “But I’d rather talk about you, Tom. You’ve changed and I’d like to know what happened.”

“The success came, all right, but something was missing,” he mused, “I felt terrible emptiness.” I don’t understand it, I interrupted. ... You were a straight arrow, ... everything, in fact, going your way. ‘All that may be true, Chuck,’ Tom responded, ‘but my life wasn’t complete. ... [T]here was a big hole in my life. ... One night I was in New York on business and noticed that Billy Graham was having a Crusade in Madison Square Garden. ... What Graham said that night put it all into place for me. I saw what was missing, the personal relationship with Jesus Christ, the fact that I hadn’t ever asked Him into my life, hadn’t turned my life over to Him. So I did it – that very night at the Crusade’” (pp. 108-110).

Colson was impressed, and they talked well into the night. Chuck began to “get the message” but held off pursuing the matter any further. Then Tom asked if they could pray together before Chuck left.

“As Tom prayed, something began to flow into me – a kind of energy. Then came a wave of emotion which nearly brought tears. I fought them back. ... As I drove out of Tom’s driveway, the tears were rolling uncontrollably. ... I pulled to the side of the road ... [and] prayed my first real prayer: ‘God, I don’t know how to find You, but I’m going to try! ... [S]omehow I want to give myself to You.’ I didn’t know how to say more, so I repeated over and over the words: ‘Take me’” (pp. 115-117).

Chuck Colson struggled. There were many questions, but he knew what he had to do. Some decisions are not easily made, but Chuck knew he could go on no further; he had to make a decision. So,

“[E]arly ... Friday morning, words I had not been certain I could understand or say fell naturally from my lips: ‘Lord Jesus, I believe You. I accept You. Please come into my life. I commit it to You.’ ... With those few words that morning ... there came something more: strength and serenity, a wonderful new assurance about life. ... I was coming alive to things I’d never seen before” (p. 130).

Chuck Colson’s experience mirrors what I have been saying here. There can be no relationship with God except through Jesus Christ, but once one has the courage to invite his forgiveness and welcome Jesus Christ to be his Lord and Savior, it marks the beginning of a journey that is truly life-changing. For Chuck, it began with a simple prayer of surrender, but by that prayer, he met Jesus Christ on a personal level, and that changed everything!

MOHAWK TRAIL RIDERS CONDITION REPORT

BY JUSTIN BARRIAULT

Trail Master

Well we’re certainly off to a not so favorable start this season. The ground was more frozen in November than it is now, and within the last two weeks we’ve experienced record breaking temps and the “R” word, rain. We opened most of our gates last weekend and have technically labeled our trails as open as we’re hoping that the cold temps will freeze them up after they’ve been packed down, but they’re not in very good shape.

Things are looking better in the forecast, and as long as the temps stay below freezing, another decent storm will get us to at least a “fair” status. We’ve been very lucky this season with landowners being kind and continuing to let us use their trails but please remember that most of the snowmobile trails are on private property so respect them. The top three complaints we get from landowners are ATVs on the trails, people not staying on the marked trail, and loud exhausts. Regarding bodies of water, most of the larger bodies have just froze up and are to be considered extremely dangerous right now. Let’s hope that we can start seeing some more occasional snow so that we can ride, groom and enjoy what one of the most scenic areas in this part of the world has to offer!



COURTESY

Take your child to the library

The Sanbornton Public Library invites you to join us on Saturday, Feb. 1 for “Take Your Child to the Library Day.” This national, annual event celebrates the wonders of stories and information with children. We encourage children ages six and up to drop by anytime to get their very own library card. At 10 a.m., Jessie Ahlgren, Program Coordinator, will host a story time with kids ages birth-8. Kids can play BINGO to win books from 11 a.m. to noon STEM building challenge will be up all day. Third graders can sign up for Winter Reading Celebration. Light refreshments will be served throughout the day. Come by and see what the library has to offer. For more information about any of our upcoming events, please contact the library at 286-8288.

LETTERS TO THE EDITOR

Danger: Legislature in session

To the Editor:

The State House is busy again taking your rights and responsibilities away. We can’t seem to believe that you know what you doing. I am deeply disappointed on what we have done. Fortunately, we may have a backstop in the Governor who we can hope will again use his veto pen so we can undo the nonsense foisted on us by the Democrats.

HB 687, the Red Flag made it to the full legislature after a summer of painful subcommittee meetings. This is part of nation wide effort to disarm you and me by taking away our constitutional rights to due process. In the Criminal Law Committee, it could not make its way out with even a recommendation to pass or kill and was opposed even by the ACLU. Despite this, and riding on thousands of dollars invested in lobbyists, the bill passed the House and was sent to the Senate. It will be vetoed by the Governor along with seven other anti gun bills that are wending their way through the process. Last year five anti gun bill were vetoed and we upheld the vetoes. We will kill all eight this year.

Drinking among minors had always been a problem and this year we have a misguided bill that attempts to curb some effects. HB 1351 would give immunity to an underage participant in a drinking party if they report activity they feel could lead to alcohol overdose or to other dangerous results. What happened to teaching kids that alcohol is dangerous and that attendance at these parties have consequences. Telling a kid that they have a free pass if they remember to call the police is wrong. I know it would have when I was younger. We will vote as a committee later this week and then it heads to the full House and Senate. Contact the Criminal Law Committee and tell them no on HB 1351,

Call or contact me if you want to talk about these or other things. My email is dave@sanbornhall.net or 290-9524. Have a great winter and enjoy the snow!

Cheers!
Dave Testerman
State Representative
Franklin and Hill

The Belmont Police Department’s need for a new building

BY DENNIS GRIMES

Belmont

I see, and I can agree, that the Belmont Police Department will need more space for the future, but I do not agree with the proposal being presented. I appreciate the effort that went into the thinking but I feel it’s not the best option for the Belmont Police Department or the Town of Belmont’s future. The current and future locations are right in the middle of a residential neighborhood with small village streets that in an emergency could be an issue of safety and fast exit and entrance to a new Belmont Police Station by our police or any other law enforcement officers.

My first, and really only, option would be to build and a new Belmont Police Station right next to the Belmont Fire Station which has just shy of 4 acres and we could add the small lots the state owns out front to it. The town of Belmont needs to pressure the NH DOT to give up the



two three-quarter and one-quarter-acre lots out front for the safety needs of the town. We must think of the future and learn by our past, in order to make good decisions. All safety needs could be serviced out of one location, and all communications could be combined into a joint effort by both departments, and in the long run save taxpayers’ money.

The Belmont Police Department would also have better and faster

Send your letters!

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NORTH COUNTRY NOTEBOOK

Electric trucks far behind buyers, and a bobcat visits Washington



By JOHN HARRIGAN
COLUMNIST

I'm on the leading edge of the Baby Boomer tsunami, meaning well into geezerhood. I'm also a prime candidate for an EV (electric vehicle) pickup, on account of carbon-footprint guilt-trips and all that. I'd buy or lease one in a heart-beat.

Well, don't be still, my beating heart, because a search for EV pickups turns up zilch, nada, nothing. The only make and model even close to rolling out of a production line is the Rivian, an all-new-vehicle venture by design-mogul R.J. Scaringe and backed by Ford, Amazon and a host of other heavy-hitters. It will have a range of more than 400 miles, reach 60 mph in three seconds, and carry a beginning price of \$69,000, minus tax credits. Tesla, meanwhile, is scrambling to start producing its Cybertruck, said to sport an "angular, futuristic design." There are at least six other EV pickups in the offing.

I think this is another case of the public being way out in front of the politicians, pundits, and pollsters. The EV industry has made great



The Rivian electric pickup, with its fold-down step serving as a seat for man and dog, and easier access to rooftop and bed. (Courtesy autotrends.org)



Tesla's Cybertruck will, the company says, offer good range and the ability to read the road. (Courtesy Tesla)

strides in reducing battery size and increasing range and power; meanwhile, charging stations are sprouting like mushrooms in the night.

As happy as I am with my truck, I'd jump ship in a hot second if I could get hold of an EV pickup that would get me from frozen tundra to public transportation. I'm ready, and so, I'd bet, are plenty of others. It's the future, and as everyone loves to say, the future is now.

+++++
When bobcats do un-

usual things, like hanging around backyard birdfeeders or strolling along downtown streets, it's often because cyclic prey populations have crashed, and hunger overrides caution.

Not so with the bobcat that showed up on a trail camera in Washington, D.C. this past Nov. 9, part of a network of cameras maintained by naturalists to see what kind of creatures might be calling the city's green spaces home, or just passing through.

But the bobcat's appearance came as no great surprise to those who focus regionally

and nationally on wild felines great and small. Bobcats inhabit all of their ancestral range in North America, save (mostly) for highly urbanized areas, where noise, traffic, household pets and large concentrations of people are just not the bobcat's bag.

Bobcats are largely nocturnal, and unlike coyotes, are not omnivorous, and do not readily adapt to humans and their activities. The D.C. bobcat generated lots of attention because it was seen as such an interloper.

To which I'd add, in bobcat-speak, "Get out of town, especially that town, for your own good."

+++++
It took presidential candidate Elizabeth Warren's "peaches and cream" complexion to bring it to the fore, but at last someone used "regimen" correctly, instead of the so-often misused and abused "regime." These days, "regime" refers to a government

run by a military strongman or demigod dictator. "Regimen" is a routine, as in a workout at the gym.

A columnist and television pundit wondered, in a Cosmopolitan piece, how Warren maintains her apparently youngish complexion. Warren replied that a cousin told her the secret was to use Pond's cold cream and never wash her face.

Cosmopolitan then surveyed some skin care specialists. "My aunt had the exact same regimen and had similarly fantastic skin," said Jennifer Mancuso, a dermatologist at Michigan Medicine. "That being said, this skin-care regimen certainly doesn't work for everyone."

Right away here, we're expected to take women in politics seriously (who can't?), and we have a major article in a women's magazine focusing on the candidate's complexion? Huh. But at least it gets us out of the regimen of regime.

+++++

A note from reader Jane Moody Labbe of Intervale referred to snow and its sometime strange formations. I, for one, have seen snow-rollers, which occur with sticky snow that is pushed into a downhill roll by the wind. The result looks like a hand-muff.

"If you look at the snow coming off the roof," she said, referring to a photo of my main barn, "it looks like a heart." She sent a clipping, and so it did.

The photo also showed part of my house, a farmhouse of common design built around 1860. It has floor-joists hewn out of red maple, probably right on the front lawn.

"The old farm houses like the one I grew up in, and yours," she added, "have real heart. These big houses they build today are very cold, nothing warm and cozy."

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

MARK ON THE MARKETS

Risk and you



BY MARK PATTERSON

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time, I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two a half times greater in a bad or declining market than client's feelings in good, or up market. Current research states that up to 80 percent of people that have investment accounts carry far more

risk than their true risk tolerance levels. Ever since March 9, 2009, the fear lev-

els of investors have been very low which drives complacency. SEE **MARKETS**, PAGE A14



How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to:
obituaries@salmonpress.com

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

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

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

TOWN OF SANBORNTON

The following positions are available for filing Declarations of Candidacy.

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

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

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

NOTICE TO BELMONT RESIDENTS

Declaration of Candidacy for the March election will be accepted at the Town Clerk's Office between the hours of 7:30 AM to 4:00 PM from Wednesday January 22, 2020 through Friday January 31, 2020. On Friday January 31, 2020 we will be open 7:30 AM-5:00 PM

Only Declarations will be accepted between 4:00-5:00 PM on January 31st.

The following Offices are open:

POSITION	OPENINGS	TERM
Selectman	(1)	3 Year Term
Budget Committee	(4)	3 Year Term
Budget Committee	(1)	2 Year Term
Budget Committee	(1)	1 Year Term
Cemetery Trustee	(1)	3 Year Term
Library Trustee	(1)	3 Year Term
Moderator	(1)	2 Year Term
Planning Board	(2)	3 Year Term
Supervisor of the Checklist	(1)	6 Year Term
Trustee of Trust Fund	(1)	3 Year Term
Zoning Board	(2)	3 Year Term

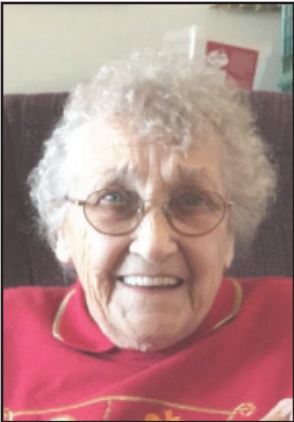
Marion Lena Clark, 88

NORTHFIELD —Marion L. (McDaniels) Clark, 88, a longtime resident of Northfield, died peacefully at her home on Saturday, Jan. 11, 2020, surrounded by family and loved ones.

She was born in Franklin on Feb. 8, 1931, the daughter of the late Andrew and Elsie (Surette) McDaniels. She had lived in Northfield since 1980, moving here from Oxford, Mass. Marion worked for many years as an assembler at the former Tilton Endless Belt in Tilton. She loved her Lord, her church family and her family and friends. She loved gardening and being outdoors.

Marion was predeceased by her husband, Daniel Walter Clark, Sr., who died on Oct. 29, 2007; two great grandchildren; four sisters (Alice, Cora, Mildred and Florence); and a brother, Wallace.

She leaves her children, Richard Clark



and his wife Garbie of Mississauga, Ontario, Elaine Christian and her husband John of Dudley, Mass., Mae Bilodeau and her husband John of Tilton and Daniel Clark, Jr. and his wife Barbara of Sanbornton; her 11 grandchildren, 17 great grandchildren and three great-great grandchildren. She also leaves her sisters, Lucy Tibbetts of Lee, Maine and Nancy Haskens of Franklin; her brother, Andrew McDaniels of Sanbornton; and many nieces and nephews. She is also survived by her sidekicks, her sisters

Mark Edward Kelley, 61

SANBORTON —Mark Edward Kelley, 61, of Sanbornton, passed away suddenly on Jan. 13, 2020, doing what he loved the most, working outdoors at his beloved Broadview Farm.

Mark was born on Feb. 3, 1958 in Montague, Mass., the son of Edward and Margaret (Cook) Kelley. Mark was a New Englander, through and through, living for many years in the South Deerfield, Massachusetts area before moving to Sanbornton in 2003, when he and his companion, Sharon McKay, purchased a farm on March Road. Having owned and operated Kelley Trucking for over 25 years, hauling produce to market, Mark's greatest joy was running Broadview Farm, working his own land to grow fresh produce that was sold in their farm stand as well as to supermarkets across the entire State.

At the time of his passing, Mark was with his loyal canine companions, Brady and Colby, who he loved so much.

Mark is survived by his loving companion of 20 years, Sharon A. McKay, of Sanbornton; his



two sons, Jeffrey R. Kelley and Christopher J. Kelley of Seattle, Wash.; their mother, Linda (Anderson); his mother Margaret and siblings John, Nancy and Susan; aunts, uncles, a niece and a nephew; and will be remembered by many friends and neighbors.

Mark was predeceased by his father, Edward Kelley.

In honoring Mark's wishes, there will be no formal services however expressions of sympathy, honoring his memory, may be made through donations to the New Hampshire Humane Society, PO Box 572, Laconia, New Hampshire 03247.

The William F. Smart Sr. Memorial Home in

in Christ, Jeannie Adams, Nancy Paris, all the senior saints, and her faithful companion of 13 years, her dog Shadow.

There will be no calling hours. A celebration of her life will be held on her birthday, Saturday, Feb. 8, 2020 from 1 to 4 p.m. at the Hope Community Chapel, 108 Hill Rd., Franklin. A graveside service for Marion and her husband Daniel will be held in the spring at Franklin Cemetery in Franklin.

Memorial contributions in memory of Marion, may be made to the Hope Community Chapel, 108 Hill Road, Franklin, NH 03235 or to the Franklin VNA and Hospice, 75 Chestnut St., Franklin, NH 03235.

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

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

Tilton is assisting the family. For more information or to leave an online condolence, go to www.smartfuneralhome.com.

FRANKLIN — Evalyn S. Sylvester, 81 of Franklin, died unexpectedly at Franklin Regional Hospital on Jan. 18, 2020.

She was born in Conway on Jan. 22, 1938 the daughter of Harold and Eleanor (Whitman) Shaw.

Evalyn resided was raised in New Hampton, and later resided in Danbury and Bristol prior to moving to Franklin.

For 33 years, she was employed at IPC later Freudenberg NOK in Bristol until her retirement.

She was a longtime member of the Franklin Elks Emblem Club and a

SANBORTON —Thomas "Tom" E. Murphy, Jr., 80, a resident of Sanbornton since 1971, died Wednesday, Jan. 15, 2020 at the Hospice House in Concord with family at his side.

Tom was born in Laconia, May 18, 1939, son of Thomas H., Sr. and Arlene Rose Sylvestre Murphy. Tom was a Union Carpenter, with United Brotherhood of Carpenters, New England Regional Council for over 50 years, the last 10 years for Thibco of Manchester. He worked on the observatory at the top of Mt. Washington, and his work can be seen in the movie On Golden Pond. He and his wife enjoyed the time spent at their home in North Fort Myers, Florida.

Tom began raising blueberries in the early '70's, planting more each year for 40 years. He owned Murphy's Blueberry Farm at his home in Sanbornton, later planting other berries of choice. He was a member of the Boston Braves Historical Society, and was a diehard fan until they left Boston in 1953. He then became an avid Red Sox fan and loved



hanging out at Jet Blue Park chatting with the old timers. He was a former parishioner of St. Mary of the Assumption Church in Tilton of St. Gabriel Parish. He later became a communicant of St. Andre Bessette Parish in Laconia.

In addition to his parents, Tom was predeceased by a brother, Joseph "Bud" Murphy, and sisters, Monica M. Pike and Ann Marie Murphy. Tom's family is so grateful to the CRVNA and Hospice in Concord for the wonderful and respectable care shown to Tom, and their professional respect to him and his family.

He leaves his wife, Sandra Lee (LaDuke) Murphy, of 59 years; sons, Christopher T. Murphy and longtime companion, Shirley Clark of Northfield,

Evalyn S. Sylvester, 81



member of the Franklin Lodge of Elks #1280. Evalyn was also a member of Franklin VFW Post 1698 Ladies Auxiliary.

She enjoyed knitting and crocheting.

Family members include her seven children

(Sandra Daughen of Danbury, Marie DeLaet of Pittsburg, Sheila Spiller of Chesapeake, Va., Sylvia Heath of Warren, Leila McMahon of Fall River, Mass., and Charles Trask and Frank Trask, both of Alexandria); 23 grandchildren; several great grandchildren; a brother, Richard Shaw of Franklin; stepchildren Dan Sylvester and Patricia Prescott of Franklin; and nieces and nephews.

She was predeceased by her husband, Donald "Bugsy" Sylvester, Sr., who died in 1996; her parents; brothers Harold, Wayne, and Phillip Shaw; and stepson Donald

Shawn H. Murphy and his wife Linda of Gilford; daughters Ann M. Peterson and her husband Charles of Belmont and Kelly M. Murphy and her husband, Ray Cote of Amherst; seven grandchildren and three great-grandchildren; his sister, Madalene "Pat" Dunlop of Northfield; and generational nieces and nephews

Calling hours were held, Wednesday, Jan. 22, 2020 from 5 to 7 p.m. at the William F. Smart, Sr. Memorial Home, Franklin-Tilton Road in Tilton.

A Mass to celebrate Tom's life will be held Thursday, Jan. 23, 2020 at 10 a.m. at St. Mary of the Assumption Church, Chestnut Street in Tilton, where Tom was baptized.

Spring burial will be in the family lot of St. John Cemetery in Tilton.

Those wishing to make a donation in Tom's name may be sent to the Concord Regional VNA and Hospice, 30 Pillsbury St., Concord, NH 03301.

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

"Skinny" Sylvester, Jr. Visiting hours will be held on Friday, Jan. 24, 2020 at Thibault-Neun Funeral Home, 143 Franklin St., Franklin, from 4-7 p.m.

The Franklin Elks will hold a service following the visiting hours at 7 p.m.

Spring burial will be in Holy Cross Cemetery.

Donations in memory of Evalyn may be made to the Franklin Emblem Club (Elks), 125 South Main St., Franklin, NH 03235.

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

Joy K. Tilton, 85



Crowd". She appeared in numerous productions including "Anything Goes," "Brigadoon" and "Finian's Rainbow." On Broadway, she appeared in "Seventh Heaven" and "Portafino," where she met her husband, Webb Tilton.

Joy moved to New Hampshire from Bronxville, N.Y. in 1969 with her family and began a new career as an Executive Secretary for the Franklin School District SAU 18. Joy was proud to serve in the New Hampshire State House of Representatives from 2004-2010, and again from 2012-2013.

NORTHFIELD — Joy K. (Knauf) Tilton, 85, a former resident of Northfield for 50 years, died on Thursday, Jan. 16, 2020 at Ridgewood Center in Bedford after a long illness.

Joy was born in Hadonfield, N.J. on July 2, 1934, the daughter of the late Wilbur and Florence (Mathis) Knauf. A classically trained vocalist, Joy moved to New York City at 19 to begin a successful career as Joy Marlene, performing at the Metropolitan Opera House, Radio City Music Hall and in various commercials and films including "A Face in the

SHAKER REGIONAL SCHOOL DISTRICT

NOTICE OF PUBLIC HEARINGS

The Shaker Regional School Board will hold a public hearing on Tuesday, January 28, 2020 on a petition warrant article to establish a budget committee. The public hearing will be held in the Belmont Middle School Library at 6:00 pm. Immediately following the Board will hold a public hearing to accept Robotics Grants.



LEGAL NOTICE
TOWN OF TILTON

Budget Committee Public Hearing
2020 Budget Recommendations

The Tilton Budget Committee will hold a public hearing on Wednesday, February 5, 2020 at 7:00 p.m. The hearing will be held upstairs at the Tilton Town Hall, 257 Main Street, Tilton, New Hampshire 03276 for the purpose of receiving public comment on the FY 2020 Budget Committee's Recommended Operating Budget and Warrant Articles. Copies of the budget will be available on the Town's website www.tiltonnh.org and at the Tilton Town Hall prior to the public hearing.

Jane Alden, Chairman
Tilton Budget Committee

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



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HIGHLIGHTS

CONTINUED FROM PAGE A2
for a team of women to deliver books as part of Eleanor Roosevelt’s new traveling library, Alice signs on enthusiastically. The leader, and soon Alice’s greatest ally, is Margery and they are joined by three other singular women who become known as the Packhorse Librarians of Kentucky. These heroic women refuse to be cowed by men or by convention as they face danger in a landscape both breathtakingly beautiful and brutal. And they never waver in their commitment to bringing books to those who have never had access to them. Based on a true story rooted in America’s past, this historical fiction is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic – a richly rewarding novel of women’s friendship, true love, and of what happens when we reach beyond our grasp for the great beyond.” (Amazon)

Tuesday the 25th at 12 p.m.
Nooners Book Group
A Piece of the World by Christina Baker Kline - “From the #1 New York Times bestselling author of the smash bestseller Orphan Train, a stunning and atmospheric novel of friendship, passion, and art, inspired by Andrew Wyeth’s mysterious and iconic painting Christina’s World. To Christina Olson, the entire world is her family farm in the small coastal town of Cushing, Maine. The only daughter in a family of sons, Christina is tied to her home by health and circumstance, and seems destined for a small life. Instead, she becomes Andrew Wyeth’s first great inspiration, and the subject of one of the best-known paintings of the twentieth century, Christina’s World. As she did in her beloved bestseller Orphan Train, Christina Baker Kline interweaves fact and fic-

tion to vividly reimagine a real moment in history. A Piece of the World is a powerful story of the flesh-and-blood woman behind the portrait, her complicated relationship with her family and inheritance, and how artist and muse can come together to forge a new and timeless legacy.” (Amazon)

Wednesday the 26th, 4 p.m. at Kettlehead Brewing
Books and Brews Book Club
If I Was Your Girl by Meredith Russo - “The award-winning, big-hearted novel about being seen for who you really are, and a love story you can’t help but root for. Amanda Hardy is the new girl in school. Like anyone else, all she wants is to make friends and fit in. But Amanda is keeping a secret, and she’s determined not to get too close to anyone. But then she meets sweet, easy-going Grant. As they spend more time together, she realizes just how much she is losing by guarding her heart. She finds herself yearning to share everything about herself, including her past. But Amanda’s terrified that once she tells him the truth, he won’t be able to see past it. Because the secret that Amanda’s been keeping? It’s that at her old school, she used to be Andrew. Will the truth cost Amanda her new life, and her new love?” (Amazon)

Thursday the 27th at 6 p.m.
Pen to Paper Planners - Join us for a fun hour of chatting about planners, journals, and ideas for making yours work for you. We’ll have some tips, books, and fun stationery stuff to share so bring your favorite supplies and a notebook or planner. We’ll meet Thursday evening and are also offering a Friday morning meet-up.
Friday the 28th, at 11 a.m.
Pen to Paper Planners - see above for details

BUSINESSES

CONTINUED FROM PAGE A1
to help high schools in New Hampshire, through job shadowing, internships4 and mentoring. These men and women are a pow-

erful force in the lives of young people; they are often the difference in helping students decide how to choose a career path. NH Scholars and the New Hampshire College & Univer-

sity Council recognize these outstanding businesses and schools who have demonstrated a commitment to advancing partnerships dedicated to student success.

A NH Scholars Champion is a business or community leader who invests time and expertise to help raise educational attainment in our schools.

Congratulations to all of the 2019 NH Scholars Champions Award winners:

Award Winner	Title	Organization	Community Partner
Amy Bewley	Marketing & Communications Coordinator	Academy for Science & Design	Various business and community partners including Nashua Chamber of Commerce, among others
Chris Hodgdon	Vice President, Government Affairs	Comcast	Statewide Project, including Internet Essentials Program
Dartmouth Hitchcock		Dartmouth Hitchcock	Statewide Project, including Colby-Sawyer College
Desi Lanio	Manager	The 401 Tavern	Winnacunnet High School
Eversource Energy		Eversource Energy	Statewide Project including Manchester Central High, UNH, Manchester Community College, etc
Karmen Gifford	President	Lakes Region Chamber of Commerce	Belmont High School
Mark Lambert	Vice President, Customer Operations	Unitil	Statewide Project, including Granite State Challenge
Scott Prescott	Director of Instruction	Virtual Learning Academy Charter School	Various business and community partners, including FIRST Robotics, healthcare industry, etc.
Spencer Webb	President	Antennasys, Inc.	Windham High School
Steve Scudder	Retired Lawyer		Concord High School
Tracey Miller	Education Coordinator	Lakes Region Healthcare	Inter-Lakes High School



DONNA RHODES

After fighting a large structure fire on Brown Hill Road in Belmont last Saturday evening, several area crews were called back to the community to assist Belmont Fire Department with yet another residential fire that ultimately destroyed a home on Seavey Road late Sunday night.

FIRES

CONTINUED FROM PAGE A1
Dispatched initially as a first alarm structure fire, Belmont Fire Department soon requested a second, then a third, and eventually a fourth alarm to help fight the fire as cold temperatures and a snowstorm enveloped the region.

“Due to the cold temperatures, we needed additional personnel and (due to the rural location) we needed help with water supply,” said Chief Michael Newhall. Crews from approximately 17 towns battled the blaze at the farmhouse into the early morning hours. Newhall said the fire started in the barn then traveled

through the extension of ells before reaching the main residential structure. Brown Hill Rd. was closed down through much of the evening to allow first responders access to the scene. Responding to the fire that night were crews and equipment from not only Belmont but Laconia, Tilton-Northfield, Gilford, Sanbornton, Franklin, Gilmanton, Meredith and Meredith EMS. Additional assistance came from Bristol, Holderness, Center Harbor, Alton, Barnstead, Pittsfield, New Durham, Loudon and Concord. Communications assistance at the scene was provided by Lakes Region Mutual Fire Aid, while the New Hampshire State Fire Marshal’s Office was also called in. “A whole contingency from the Fire Marshal’s Office was here on Sunday to investigate but no determination as to the cause of the fire has been made yet,” said Newhall.

Fortunately the home, built in 1900, was vacant at the time of the fire. The residence is shown on record to be owned by Joseph Grif-fiths, who was thought to have recently moved out of the home. At 10 p.m. the following evening, yet another passerby spotted flames coming from a residence at 265 Seavey Rd. in Belmont. That older residential structure, which included an attached barn, was already fully involved when Belmont fire fighters arrived at the address, less than a mile from the fire station. Newhall said that call also became a three-alarm response to provide manpower as they once again fought a structure fire in below freezing temperatures. The homeowners were out of town for the week-end and the cause for that fire appears to be accidental. No injuries were reported, but both residences, the chief said, are a total loss.



PET OF THE WEEK

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

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WILLA

As president, I'll do three big things that the other candidates won't.



First, I'll make climate change my number one priority. I've spent the last decade beating the big oil companies and fighting for climate justice. I'll declare a national emergency on day one of my presidency to give the climate crisis the attention it deserves.

Second, I'll support term limits for Congress. Congress shouldn't be a lifetime appointment, and by enacting term limits, we'll give the people the power to hold our elected officials accountable. It's time for Congress to deliver on health care for all; a wealth tax; a free, quality education; sensible gun laws; and more.

Third, I'll cut taxes by 10% for 95% of taxpayers by making sure the wealthy and corporations pay their fair share — giving every American the chance to thrive.

If you're ready to solve the climate crisis, take back our democracy, and reform our tax system, join our campaign.

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SeniorLiving

LRH and the Alzheimer’s Association Offers Education on Leading Signs of Alzheimer’s Disease

Littleton, NH - How does one know if a person’s memory loss is just normal aging, or a sign of something more serious?

Alzheimer’s disease (AD) is an age-related disorder that develops over a period of years. It progresses over time. First off, people experi-

ence memory loss and confusion. The symptoms of AD gradually lead to behavior and personality changes, a decline in cognitive

abilities such as decision-making and language skills, and problems recognizing family and friends. Alzheimer’s ultimately leads to

a severe loss of mental function.

Here is a list of some of the early signs of Alzheimer’s:

- Forgetting recently

learned facts.

- Asking the same questions over and over.
- Problem solving (keeping track of monthly bills, following a recipe).
- Forgetting how to get to a familiar location.
- Loss of ability to follow conversations.
- Misplacing things and not able to retrace steps to find them.
- Poor judgment (in dealing with money or grooming).
- Lack of interest in work, family, or social commitments.
- Changes in mood.

If you notice any of these AD warning signs in yourself or someone you know, schedule an appointment with your doctor.

EATING POPCORN TO STAY HEALTHY

A recent article on the website of "the healthy.com" focused on the many health benefits of including popcorn in your diet. "Eating

popcorn is one of the healthiest snack habits. It may help fight cancer, fills you with fiber, and has more antioxidants than many fruits



Senior citizens like Nina Taylor know that great popcorn is just about the healthiest snack on the planet. And the best popcorn is found at the Star Theatre in St. Johnsbury!

even trying and according to the Food and Drug Administration a high fiber diet helps promote intestinal regularity. (Adios, constipation!)

Hard to believe, but the U.S. Dept. of Agriculture says that **POPCORN CONTAINS MORE IRON THAN SPINACH!** And most folks would prefer to be enjoying the popcorn, except maybe in their salad.

Finally, and perhaps the most important benefit of snacking on popcorn is that it will definitely help you stay away from the many unhealthy but tempting snacks that are loaded with fat and sugar that you might otherwise give in to.

Life is just too short not to enjoy great popcorn. At the Star Theatre in St. Johnsbury we pride ourselves in serving the very best popcorn in the area and we wholeheartedly encourage everyone to stay healthy, live longer and enjoy great popcorn as often as you can.

If you notice any of these AD warning signs in yourself or someone you know, schedule an appointment with your doctor.

Littleton Regional Healthcare (LRH) and the Alzheimer’s Association invite you to a series of programs that cover many aspects of this disorder. You are welcome at one or all of the programs. The first one is scheduled for Tuesday, March 17, 2020 from 1-2:30pm. The programs will run at LRH in Conference Rooms 1 and 2 (beside the cafeteria).

To learn more, contact Carrie Amorim Good at the MA/NH Chapter of the Alzheimer’s Association. You can reach her at 603.606.6590 x2124.

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- Let us help you live life to the fullest and focus on the quality rather than the quantity of life.

PHYSICAL THERAPY

- Expert therapists help you reach your goal of pre-injury health so you may return to work and normal activity.

AQUATIC & FITNESS

- Gym & Pool Memberships, aquatic classes,
- Joint Mobility in the pool

COMMUNITY PROGRAMS

- Foot Clinics
- Advanced Care Planning
- Caregiver & Bereavement Support Groups
- CPR & First Aid Training

PEMI-BAKER COMMUNITY HEALTH

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Senior Living

What are Annuities?

By Edward H. Adamsky, Attorney at Law

Watch the nightly news or look at any publication for older folks and you will see ads for annuities or “income for life.” Annuities are big business and heavily marketed to seniors. There is nothing wrong with annuities, they are a perfectly valid financial tool, but you need to understand what they are and decide carefully if they should be part of your financial plan.

An Annuity is a contract with an investment company. You give them a lump sum of money and they agree to pay you interest (in some

fashion) and either hold the funds until you tell them what to do, or immediately start sending you a check each month. There are many varieties of annuities, so you have to sort out the options to see which is right for you.

The first variation is the interest. It can be fixed, variable or indexed to the stock market. In the past, most annuities paid fixed interest. Newer ones often use variable and indexed rates. Fixed is nice as you know what you are getting. But you can make more with a variable or indexed rate. However, variable rate annuities can go down to zero



interest and some can even have losses. Most indexed annuities have zero as a floor so you cannot lose your principal.

Be sure you understand what type of interest rate you are choosing.

You should check on any fees and sales

commissions with your choice of annuity. They can be expensive and may be hidden. The most common fee is a “surrender charge.” You don’t pay any fee to get the annuity, but if you change your mind and want your money back, then they charge a fee; usually around 7% at first but lessening over time.

Next, you need to decide if you want a deferred or immediate annuity. Those names mean pretty much what they sound like. An immediate annuity will start giving you a monthly payment right away. A deferred annuity won’t pay you until later or when you ask them

to. If you don’t need a monthly check right now, you might choose deferred. If you want a monthly income right now, then an immediate annuity might be the right choice for you.

The next choice is whether the annuity will be for a period of years (“term certain”) or for an indefinite period (like your lifetime). Each has its advantages. You can be sure of an exact amount for an exact amount of time if you get a term-certain annuity. Even if you die, the money will go to your heirs or named beneficiaries. But, when the time runs out, the payments will end. A lifetime annuity can give you a monthly check for the rest of your life. You cannot outlive that monthly check, and that’s a great thing. Of course, if you die too soon, your family may lose out while the annuity company benefits. They may keep the money left in a lifetime annuity, not your heirs (some lifetime annuities have a fixed guarantee period like 10 or 20 years).

Be sure you consult with a professional advisor before you buy an annuity or make any kind of investment.

Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That’s a wise decision that can increase a person’s chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

- Speak with your physician. The National Institute on

Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don’t fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

- Begin with low-intensity exercises. Even if you feel great and have maintained a healthy weight, don’t push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so your muscles, tendons and ligaments can adjust. Initially,

exercise every other day so your body has ample time to recover between workouts.

- Choose the right places to exercise outdoors. Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

- Stay hydrated. The NIA notes that many people lose their sense of thirst as they age. But just because you aren’t thirsty does not mean you don’t need water, especially while exercising. Water regulates body temper-

ature and lubricates the joints, thereby decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.



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SeniorLiving

When It's Time To Move: Tips to Help You Navigate the Process

by Shannon Lynch
As seniors age, housing needs inevitably change. For many older people, living in the family home where they've raised a family may no longer be feasible because of health, mobility or financial concerns. Other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy without the worry of home maintenance and yard work. Each individual's situation is different, but for most seniors there will come a time when downsizing and moving to a smaller place — an apartment, an independent or assisted living community, or perhaps clear across the country to live near the kids and grandkids — makes sense. Making decisions about what to do with your furniture and other possessions can be stressful, both emotionally and physically, but moving is manageable taken in small doses over a period of time and with a little planning and organization on your part. We've gathered a few tips to help you make the move as painlessly as possible.

- **Start Early:** It's unrealistic to think that you can pare down the contents of your home in just a couple of weekends. Give yourself the gift of time so that you can make wise decisions about the items you want to keep and take with you, give away to your children, grandchildren and friends, donate to a thrift store or charity, or sell.
- **Start Small:** Pick one drawer, one closet or one collection of items. Go through those things and decide if they will go in the "keep" or "let go" box. When you've finished, move on to the next. Enlist the help of any children or grandchildren who are willing to assist you. This can be a great bonding time, as you share stories of your life, how you acquired some of the belongings in your home and why they hold a special meaning for you.
- **Be Realistic:** Downsizing from a large home to a small apartment means that you won't be able to take all your belongings with you. Knowing the size of the rooms and storage space in your new home will help you understand what furniture, clothing and keepsakes will fit.
- **Family Heirlooms:** You love Aunt Dot's wedding china, your grandma's button collection, and are very sentimental about the 40-year-old couch — with just a few stains, but still perfectly good — that you and your husband purchased just after you married. But let's face it, your family may not feel the same way. Ask family members if they have special pieces they'd like gifted to them, but don't be offended if they don't want any of your belongings. Each generation has its own ideas of what a home should look and feel like. If it's going to be hard to part with these items, take a photo and write a description of each piece so that you can look at it later and enjoy the memory of it.
- **Create Lists:** Make a list of all the things you have to do. Along with deciding what items to keep, give away, donate or sell, moving to a new home includes filling out change of address forms at the post office, transferring magazine and newspaper subscriptions, arranging to have the utilities shut off at your old home, contacting home and car insurers, and multiple other tasks. Lists help you stay organized!
- **Pack A "First Day" Box:** Follow this great advice from the American Senior Communities organization and you'll be prepared when you reach your new home with all of the items you'll need that first day and night: toiletries, prescriptions, cleaning and kitchen supplies, toilet paper, and basic tools like a hammer and screwdriver. You might also add your nightgown or pajamas and a change of clothes for the next day. Having all of these items in one place will help your move go smoothly as you settle into your new home.

Modifications can make driving safer for seniors

Driving provides an almost unrivaled level of independence. The ability to travel beyond a neighborhood or even one's hometown without a chaperone is probably what excites new drivers so much and makes them eager to get their licenses and cars. Senior drivers also may define their independence by their ability to drive. Few things diminish senior dignity and independence faster than losing the ability to drive.

Despite popular misconceptions, seniors are some of the safest drivers around. The experts at Hartford Auto Insurance indicate that the number of accidents involving older drivers actually decreases as age increases. It's the risk factors like medical conditions, medication usage and reduced physical function that increase the risk for accidents and injuries involving older drivers. Thanks to technology and some other well-designed devices, seniors may be able to continue driving longer than the aging drivers of years past.

The AAA Foundation for Traffic Safety, a nonprofit research and education association, says roughly 90 percent of seniors don't take advantage of simple, often inexpensive features that can greatly improve safety and extend their time behind the wheel. Here are some considerations.

- **Cushions and seat pads:** Cushions do more than just alleviate hip and back pain while sitting. Cushions and pads can raise drivers up and improve their line of sight over the dashboard. Swivel pads can make it easier to enter and exit the car as well.
- **Adaptive cruise control:** This feature can adjust speed automatically to maintain a consistent space between vehicles.
- **Adaptive headlights:** These headlights, also known as steerable headlights, can improve visibility by changing the direction of the light beam with the movement of the steering wheel.
- **Pedal extenders:** Extenders help short drivers reach the pedals while maintaining a safe distance from the steering wheel and potential airbag deployment.
- **Hand controls:** Whether one has sensory changes in the feet from surgery or a medical condition, adaptive hand controls can move the "pedals" up to the steering column.
- **Blind spot warning and other sensors:** Today's cars can be equipped with any number of sensors that can detect oncoming traffic, cars to the left or right of the vehicle, items or cars behind the vehicle when reversing, and even if the vehicle has drifted out of the lane. These are all great safety features for any driver, but may be especially helpful to seniors.
- **Parking assist:** Parking assist technology can steer the vehicle into a space with little input from the driver.
- **Voice control:** Avoiding distractions and keeping hands on the wheel is enhanced by voice controls, which can be set up to do things like turn on the radio or adjust climate control.
- **Convex mirrors:** Special mirrors increase the field of vision.

Seniors have many tools available to make driving safer and more comfortable, which can prolong their years behind the wheel.



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Certified Advanced Rolfer® Sarah McClennen says, “Rolfing® teaches you to move with grace and ease... This gives rise to more coordinated movement, better balance and comfort.” Ida Rolf (originator of Rolfing®) said when the body is aligned properly, functions are restored and degenerative conditions (such as arthritis) can be reversed making the aging process gentler.

One of Sarah’s clients says, “After a session my body feels taller, stronger and



more confident with my feet firmly placed with each step. To my great delight, Rolfing® has replaced my needs

for anxiety meds. My feeling of well-being and improved posture is on-going and experienced in both walking

AND sitting. After two hip replacement surgeries and several Rolfing® sessions, I am feeling like a new woman at

age 80 plus.”

Another says, “About a year after finishing the ten part series, I had hip replacement surgery. The recovery...was not easy... Everything was all out of whack!... I couldn’t believe how much her work helped immediately!”

Sarah has 28 years

of body work experience and is dedicated to continual education to better serve her clients, who range in age from 10 to 95! She can be reached at: 603.520.5247, sarah@feelpeaceful.com or www.feelpeaceful.com.

Keeping Your Eyes Healthy

By: Dr. Winnie Tseng, OD, MBA

The American Optometric Association (AOA) is launching a nationwide initiative on making 2020 the year to schedule an in-person comprehensive eye exam with an optometrist. Many people are not aware of how vision impacts overall health. According to the AOA survey, only 53% of us visit our eye doctors at least once a year. It’s not uncommon to think that if you see fine, then your eyes must be healthy. However, a number of eye diseases don’t have any warning signs – so you could have an eye problem and not know it, especially in early stages of the disease. The good news is that yearly eye exams with your optometrist or ophthalmologist are one of the most important and preventive ways to set your self up for a lifetime of seeing well.

and check for eye diseases.

As said before, because many eye diseases have no symptoms or warning signs, you could have a problem and not know it. Even if you think your eyes are healthy, getting a dilated eye exam is the most comprehensive way to diagnose a number of eye diseases.

How does dilation work?

Dilating your pupil is just like opening a door into a room. Dilation helps your eye doctor check for many common age-related problems, including diabetic retinopathy, glaucoma, and age-related macular degeneration.

What happens after a dilated eye exam?

Your vision, especially your close-up vision, may be blurry and you will be sensitive to light, for several hours

after your eye exam. If you have sunglasses, bring them with you. Your doctor’s office will also have disposable sunglasses to give you. Many of us can drive ourselves home after our eye appointment but if you’re not comfortable about driving with dilated pupils, ask a friend or family member to drive you home from your appointment.

If your eye doctor finds signs of an eye disease, he/she will discuss with you ways to manage and treat the condition(s) and together decide what’s right for you.

If there are no signs of eye disease and your vision is great, you’re all set until your next recommended eye exam.

Reference: “See Well for a Lifetime. Healthy Vision Starts with a Dilated Eye Exam”. National Eye Institute, n.d. <https://www.nei.nih.gov/learn->

[about-eye-health/resources-for-health-educators/vision-and-aging-resources](#)

Dr. Tseng has been practicing optometry in Littleton, Woodsville and Lincoln Eye Care Centers since 2003. She is a Board Member of the New Hampshire Optometric Association and a Clinical Preceptor for Salus University, Pennsylvania College of Optometry. She is Board Certified by the American Board of Optometry, one of very few Board Certified Optometrists in the North Country. She has a special interest in primary eye care for the entire family and ocular disease management, Macular Degeneration, Diabetes, Ocular Surface Diseases Glaucoma and Ocular Emergencies.

Get a dilated eye exam

A comprehensive eye exam usually includes a dilated eye exam. Getting a dilated eye exam is simple and painless – and it’s the eye doctor’s choice to help you stay on top of your eye health!

What is a dilated eye exam?

Besides assessing on whether you need glasses/contact lenses due to nearsightedness or farsightedness, your doctor will also give you some eye drops to dilate (widen) your pupil so he/she can see the inside of your eyes



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Bulldogs bounce back with comeback win

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Belmont/Gilford Bulldogs improved to 5-1 with a nice come from behind win over Kearsarge/Plymouth last week by a score of 4-3.

Kearsarge/Plymouth got on the board in the first period with a goal at 6:39 and another with 2:05 left. The first goal was by Cody Bannon assisted by Nathan St. Pierre. Nick Therrien scored the second goal with an assist to Jacob Marcoux. Cam Jarvi scored with 4:47 left to put the Bulldogs on the board to make it a 2-1 game.

The first period was tough for the Bulldogs, as goalie Colin McGreevy was unavailable. Will Robarge



RC GREENWOOD

Cam Jarvi had a game winning goal against Kearsarge/Plymouth last week for the Bulldogs.

Winnisquam hoop boys split a pair

BY BOB MARTIN

Bob@Salmonpress.news

BRISTOL – After going a win and a loss to Newfound and Somersworth last week, the Winnisquam Bears boys' basketball team is sitting a 4-2 and coach Kevin Dame knows his team needs to pick things up to be able to hang with the top teams.

"We have to play better to beat really good teams like Somersworth," said Dame.

The Bears kicked off the week against Newfound, who came in looking for its first win of the season. Winnisquam led the whole game and cruised to a 56-43 victory. Winnisquam led 27-18 at the half, but the big difference came in the third quarter when Newfound was held to only five points. Newfound had a late offensive surge but the deficit was too big to come back from.

Gunnar Horman was the Winnisquam scoring leader with 17 points including four three-pointers. Phil Nichols had 16 points, including three shots made from behind the arc. Jacob Seavey added 12 points, which included a pair of threes.

"We played okay,"



RC GREENWOOD

Anthony Robbins goes up for a layup in a win over Newfound on the road last week.

said Dame. "Took care of business against a hungry team at their place."

Winnisquam then traveled to Somersworth to close out the week and while it was a tied game after one quarter and only a one-point Somersworth lead at the half, the Bears had trouble scoring in the second half and Somersworth ended up winning fairly easily by a score of 52-37.

"We had too many turnovers and Somers-

sworth did a good job of switching defenses," said Dame.

Nichols led the way with 20 points while Anthony Robins had five points and Caleb Bushway added six points.

Next up for the Bears is a road game against Raymond on Jan. 24 with a 6:30 p.m. tip off.

The girls' basketball team's troubles continued last week when a very good Newfound

team came to town and beat Winnisquam 65-10. Mackenzie Phillippy and Emma Griffin each had four points apiece. Madison Gilbert added a basket.

"We struggled to take care of the ball," said coach Pam Rozean. "We need to do a better job getting up and down the court."

The Winnisquam girls' basketball team hosts Raymond on Jan. 24 at 6 p.m.

stepped up and filled in to start the game and saved eight shots.

Therrien scored his second goal of the game with 4:33 left in the second period to make it a 3-0 game, coming on the first shot McGreevy saw. It was assisted by Breckin Bates and Marcoux.

It was all B/G for the rest of the game, however. In the third period the Bulldogs scored three times. With 11:08 left, Jackson Collins scored with an assist to Griffin Tondreau. With 6:04 on the clock, Joey Blake scored to make it a tie game. The game-winning goal came with 2:39 remaining in the period by Jarvi with an assist by Zoltan Stefan.

McGreevy was lights out in the clutch for the Bulldogs and his play was praised by coach Jason Parent following the win.

"Colin McGreevy was lock down solid in the third making a big breakaway save and killing off a final penalty to Griffin Tondreau at the end of the third period to ice the victory," Parent said.

Earlier in the week the Bulldogs took on the always tough Kennett Eagles and suf-

fered a 3-2 overtime loss. The Bulldogs got down early in the second period on a power play goal by Kennett on what Parent said was a "questionable call of elbowing" on Stefan, who had control of the puck when the call was made. The Eagles went up 2-0 late but late in the third period Hayden Parent put one in the net to make it a 2-1 game off a shot by Andrew Rowley. Quickly after it was a tie game on a goal by Tondreau. In overtime, Kennett capitalized on a hard shot from the point to send the Bulldogs home with a tough road loss against a quality Division 3 team. It was the first loss of the season for Belmont/Gilford.

"Wednesday night was a tough loss for the B/G team," said Parent. "Always a difficult place to play."

The Bulldogs faced the top-ranked Berlin/Gorham Mountaineers squad after deadline and results will be in the next edition. Currently the Bulldogs are tied for second with Hollis/Brookline/Derryfield, which is next up for B/G with a road game on Jan. 25 with the puck dropping at 6:40 p.m.

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Belmont girls hand Saints their second loss of season

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – St. Thomas Aquinas came into Belmont with only one loss on the season, but the Belmont girls' basketball team rose to the occasion and defended home court with a 33-29 win.

It was a tie game with a score of 9-9 after one quarter, and St. Thomas had a 20-17 lead at the half. Belmont surged coming out of the gate in the third quarter and outscored St. Thomas 10-5 to take a 27-25 lead. The Red Raiders held it together down the stretch with a great defensive effort, allowing only four points in the quarter and nine total points in the half.

"A very good team win against a very good St. Thomas team on the road," coach Mark Dawalga said, adding that St. Thomas Aquinas was 7-1 coming in. "It really came down to defense at the end and to hold them to nine points in the second half was really the difference."

Morgan Hall led the team with 11 points and 12 boards. Rebecca Fleming got into double figures with 10 points and Savannah Perkins added eight points, which included two from downtown. He said Fleming was great all night but picked up a third foul early in the second quarter and needed to sit for several minutes. She stayed out of foul trouble in the second half and was vital to the win, she said.

Courtney Burke was a force on the glass with nine boards. She and Hall did well controlling the rebound department and



BOB MARTIN
The Belmont girls' basketball team had a big win last week against St. Thomas Aquinas, a team that was 7-1 coming into town and vying for a top three spot in Division 3.

were praised by Dawalga for their play. He also said Molly Sottak, Emma Roberts and Lena Rodriguez were excellent on defense throughout the game.

It has been an up and down season for the young Red Raiders, who stood at 3-6 at deadline. Getting a win like this against a top team in Division 3 was not only a step in the right direction by adding a win, but a morale boost for the Belmont squad that still has a chance to make the state tournament with plenty of games left on the schedule.

Earlier last week, on Jan. 14, Gilford traveled to Belmont High School for the second meeting of the season for the two rivals. Both games were 12-point wins for the Golden Eagles, with this

meeting resulting in 42-30 victory.

The game started off

tied up 10-10 after a quarter, but the second quarter defense by Gilford

was outstanding as the Golden Eagles allowed only two points. The third

Solid results for Raiders, Bears at UNH meet

BY BOB MARTIN
Bob@Salmonpress.news

DURHAM – The Winnisquam and Belmont indoor track teams traveled to the University of New Hampshire for the meet and there were solid performances from both squads.

Winnisquam

The girls' team tied for 10th with Mascoma out of 14 teams. The team was led by Faith Gosselin, who came away with a four-second win in the 1,500 meters with a time of 5:18.96. Jordan Boelig also ran the 1,500 meters and placed fifth with a time of 5:59.08.

In the 55 meters unseeded race, Ilijana Markelic was eighth with a time of 8.95. Astrid Renaud was 10th with a time of 9.03 and Lucia Rodriguez was



BOB MARTIN
Faith Gosselin has had a great winter running indoor track, and most recently she placed first in the 1,500 meters at large meet at the University of New Hampshire.

17th with a time of 9.28.

In the 300 meters, Rodriguez was 27th with a time of 55.89 and Milee Perrino was 32nd with a time of 58.54.

In the 1,000 meters,

Rosalie Slotta was 15th with a time of 4:23.21.

In the 55-meter hurdles, Markelic was seventh with a time of 10.76.

In the shotput, Nadia Oettingen was 13th with a toss of 21 feet, 1.25 inches.

The boys' team was sixth out of 15 teams and was led by Dylan Robert's second place finish in the 1,500 meters with a time of 4:31.59. Brennan Dunn was seventh with a time of 5:14.52.

In the 55-meter dash unseeded race, Ryan Belleville was eighth with a time of 7.77.

In the 300 meters, Riley Mann was fourth with a time of 40.49; Aiden Phelps was 10th with a time of 41.34 and Collin Phelps was 38th with a time of 51.42.

In the 55-meter hurdles, Ryan Belleville was third with a time of 10.46.

In the 4X400-meter relay, Winnisquam placed fourth with a time of 4:03.30. The team included Mann, Belleville, Aiden Phelps and Evan Griffin.

In the high jump, Belleville was third with a leap of five feet.

In the long jump, Aiden Phelps was 13th with a distance of 15 feet, 7.75 inches.

Belmont

The Belmont girls' team tied with Newmarket for fourth place.

In the 55-meter dash seeded race, Emma Winslow was third with a time of 8.02. Jada Edgren was eighth with a time of 8.21. In the unseeded 55 meters, Ella Irving was 20th with a

quarter had Gilford outscoring Belmont 10-9 and the Golden Eagles cruised in the fourth quarter with its best offensive output of 14 points compared to Belmont's nine points.

Belmont was led by Morgan Hall, who had a double/double with 12 points and 10 boards. Becca Fleming added 11 points in the game. Dawalga gave credit where it was due to Gilford for the win, but was also happy with how the Red Raiders played despite the loss.

"Good defensive effort tonight against a very good Gilford team," said Dawalga.

Next up is White Mountains at home on Jan. 24 at 6 p.m.

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Golden Eagle boys get revenge on Belmont

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Gilford hosted Belmont last week in a battle of Lakes Region rivals and while it was close in the first half with the Red Raiders holding a five-point lead, an outstanding performance by Gilford's Adrian Siravo pushed the Golden Eagles to a 55-45 win at home to improve to 7-0.

Gilford came out of the gate a little sluggish, scoring only eight points with Siravo providing five of them. Connor Sullivan also hit a shot from behind the arc. Belmont came out firing with 20 first quarter points led by Nate Sottak, who had a pair of threes and all 10 of his points. Keith Landry also hit a pair of threes.

The second quarter was a totally different story, with Gilford outscoring Belmont 11-4 to narrow the gap at half-time. Jackson Ruelke provided all the offense with a bucket and two free throws.

Gilford's defense was outstanding in the third quarter, allowing only three points by Jason Gaudette. Gilford's offense remained hot, with Siravo putting up eight points. Jalen Reese also had a pair of good baskets on nice moves to the hoop. The fourth quarter was fairly even, with Gilford outscoring Belmont 20-18 and stopping a potential comeback attempt by Belmont in the closing minutes. While Belmont's shots were falling with the Red Raiders sinking five shots from behind the arc, Belmont



Logan Hughes of Gilford backs down Belmont's Tommy Galambos near the basket in last week's win for Gilford.

had trouble getting to the line and stopping Gilford from getting baskets and drawing fouls.

Siravo lit up the Red Raiders through impressive drives to the hoop and finishes near the rim, as well as jump shots from all around the floor. He finished with 27 points and 19 of those came in the second half. Down the stretch, in the fourth quarter, Siravo scored 11 points, hitting three of four free throws. Overall, he was 5/6 from the free throw line.

Sullivan had eight points in the win, which included a couple of three-pointers. Riley Marsh had six points while Curtis Nelson and Jalen Reese pitched in with eight points.

Gilford coach Rick Acquilano, who is also a former coach at Belmont, said it was great to get a win at home against a rival. It was also redemption from the Lakes Region Holiday Tournament, where Belmont won in the finals against the

Golden Eagles. He admitted that his squad started off a little slow and weren't executing, but Gilford picked up the defensive effort and began transitioning into offense through forcing turnovers.

"This is a good team," said Acquilano. "This was a good learning experience and really good growing experience for us. We needed this kind of battle. They are a well-coached team and we are happy to get this win."

It is always tough fight between the Red Raiders and the Golden Eagles. Acquilano said going down by more than 10 points is a tough hole to get out of, but after the sluggish first quarter the team went on a mini run leading up to half-time. He said he likes to keep his locker room pep talks between him and his players, but clearly whatever Acquilano did to change up the game-plan worked well.

"I think we just picked up our energy in the third quarter and



Isaiah Costa of Belmont dives for a loose ball between Gilford's Jalen Reese, right, and Malik Reese.

we were able to maintain it," said Acquilano. "We play this game with energy and on the defensive end we really got going. I was proud of that. We have a long way to go and a lot of good teams in front of us. This was a good test."

The Red Raiders

were led by Ruelke's 11 points. Landry had eight points and Tommy Galambos was also solid down the stretch with all seven of his points in the final quarter.

Belmont coach Jim Cilley knows Acquilano well and it was no surprise that he was able to throw a few wrinkles at him to throw things off. He said facing a team like Gilford was a wake-up call for the team that in order to play the top teams and aim for that top eight spot, Belmont needs to bring its game to the next level.

"They picked up the defensive intensity and made us shoot from outside," said Cilley. "Also, instead of stopping runs with good ball movement and possession, we got a little hero ball and do things ourselves. Basically, we stopped playing our game and became impatient."

Cilley said the Red Raiders have a fast style of play and he wanted to continue putting pressure on Gilford throughout the game. The real turning point, he said, was that defensively the Red Raiders were a bit lazy and didn't box out.

"Any time you're going up against Rick it is going to be a tough

game," said Cilley. "I know that just being on the bench with him. He made good adjustments and took away the high post. We were pretty predictable to get it out to the three and just weren't very smart tonight. Now we need to move on and improve on this."

Gilford went on to play Monadnock on Friday night and came away with another big win by a score of 69-46. Siravo led the team with 19 points, followed by Reese with 16 points and Sullivan with 11 points. Gilford played Somersworth after deadline and next for the Golden Eagles is at Berlin on Jan. 24 at 6:30 p.m.

Belmont turned things around with a big win over St. Thomas Aquinas by a tight score of 54-50. Ruelke led the way with 17 points and seven rebounds. Landry had 10 and eight boards, and once again put out a nice defensive effort with five blocks. Nate Sottak filled the stat sheet with eight points, eight assists, five rebounds and seven steals. Next up for the Red Raiders is White Mountain on Jan. 24 at 6:30 p.m. on the road.



Belmont High School hosted its annual unified basketball jamboree earlier this month.



Winnisquam and Belmont, along with other unified basketball teams from the Lakes Region and beyond, competed in the annual unified basketball jamboree at Belmont High School in early January.

Lacrosse demo days coming to Inter-Lakes

MEREDITH — Come see if lacrosse is for you. All area first through eighth graders, boys and girls, are invited to Lakes Region Lacrosse Club's Demo Days at Inter-Lakes High School. All skill levels are welcome, with US Lacrosse-certified coaches on hand to get you ready for the spring 2020 season. The clinics are free and will be held at the ILHS gym on Feb. 1 and 15 and March 7. Boys will run 2-3 p.m. and girls will run 3-4 p.m. Newbies and returning players alike are welcome. Registration is required. Visit www.il-lacrosse.org for details and to register.

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Online-only auction
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Feb. 5th at 1:00 p.m.

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INSPECTION: 9 a.m. to 12 noon on January 29, 30, 31 and February 4 at 179 Lafayette Road, US Route 1, North Hampton, NH

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TWO Administrative Positions

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



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

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

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

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

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

White Mountains Regional School District
Central Office Vacancies for 2020-2021

Administrative Position: Business Administrator
Central Office Personnel: Human Resources/Payroll

White Mountains Regional School District, SAU #36, is located in the heart of the beautiful White Mountains. SAU#36 has one Board serving the communities of Carroll, Dalton, Jefferson, Lancaster, and Whitefield.

The WMRSB Business Administrator will facilitate and oversee all financial aspects of the District. There is a comprehensive job description on the SAU36.org website. A candidate with experience, a Master's Degree in business, and holder of the Business Administrator certification from the NHDOE (0038) is desired. This is a 261-day salaried position with a generous benefits package. We may make accommodations for qualifications and experience. Start Date: July 1, 2020

Human Resources/Payroll person manages the District's payroll, employee benefits, and purchasing tasks. The HR/PR manager works collaboratively in the District Central Office with the Business Administrator, Data Manager, Accounts Receivable Assistant, Grants Coordinator, and Administrative Assistants. There is a comprehensive job description on the SAU36.org website. This is a 261-day salaried position with a generous benefits package. Start Date: June 1, 2020

Please apply on SchoolSpring; paper applications are not accepted. Positions opened until filled.



FULL TIME OFFICE MANAGER

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

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

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

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Katie Gagnon of Belmont won the slalom and the giant slalom at Gunstock last week.



Becca Camire had a good day at Gunstock, finishing 11th in the slalom.

Gilford girls take victory at Gunstock

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Ski teams from all around the state competed at Gunstock on a frigid Friday last week, and skiers from both Gilford and Belmont had excellent days on the hill including the Gilford girls' team winning the meet and Belmont's top skiers placing first in both slalom and giant slalom.

The Gilford girls' ski team had a big win, taking victories in both the slalom and giant slalom. In the slalom, Bethany Tanner was second with a time of 1:29.22 and Shealagh Brown was third with a time of 1:29.36. Kendall Jones was seventh with a time of 1:37.18 and Hannah Lord was 14th with a time of 1:51.18, rounding out the scoring.

In the giant slalom, Tanner was third with a time of 56.11. Brown was fifth with a time of 56.61; Jones was seventh with a time of 58.48 and Lord was 15th with a time of 1:03.60. Placing 28th with a time of 1:11.51 was Molly McLean; Michelle Gallant was 36th with a time



Lars Major had a sweep win at Gunstock with first place finishes in the slalom and giant slalom.

of 1:18.24 and Kiara Bates was 46th with a time of 1:41.71.

Belmont skiers raced very well, including Katie Gagnon, who took wins in both the giant slalom and slalom. In the giant slalom, she had a time of 54.02 and in the slalom she had a winning time of 1:22.97.

In the giant slalom, Becca Camire was 17th with a time of 1:04.98 and Trinity Dunn was 35th with a time of 1:15.36. In the slalom, Camire was 11th with a time of 1:47.14 and Trinity Dunn was

33rd with a time of 2:13.94.

The Gilford boys' team was second overall behind Oyster River, placing second in both the giant slalom and slalom. In the slalom, the Golden Eagles placed second out seven teams behind Oyster River. Cole Howard led the way with a sixth place time of 1:25.31. Colton Workman and Nick Kaminski also cracked the top 10 at the seven and eight spots, with times of 1:26.07 and 1:30.86 respectively. Rounding out the scoring was Tyler Davignon

with a 17th place time of 1:30.86.

Max Stephan was 18th with a time of 1:45.98; Dev Patel was 31st with a time

of 2:08.43 and Aiden McBey was 44th with a time of 2:21.08.

In the giant slalom, Gilford was also second with Workman leading the way in sixth with a time of 54.31. In eighth place was Howard with a time of 54.89 and Kaminski was 10th with a time of 57.39. Also scoring was Davignon with a time of 1:04.76, good for 22nd. Patel was 26th with a time of 1:06.74; Stephan was 30th with a time of 1:08.74 and Aiden McBey was 44th with a time of 1:17.28.

The Belmont boys' team only had three skiers in the scoring, but Lars Major took first place with a time of 1:17.52. Mitchell Berry had a third place time of 1:20.78 and Dylan Flanagan was 19th with a time of 1:47.73.

Major completed the sweep with a first place time in the giant slalom at 51.33. Berry was impressive again with a fourth place time of 52:01 and Flanagan was 17th with a time of 1:02.25.

"Training has been really productive the last two weeks and some things we are working on are showing up in races," said Belmont coach Kevin Charleston. "Sweeping all four races was great, Katie for the girls and Lars for the boys. Mitchell is making some gains with some good results in both slalom and GS."

Belmont swimmers compete in Goffstown

BY BOB MARTIN
Bob@Salmonpress.news

GOFFSTOWN – Bedford High School hosted a swimming meet last week that Belmont High School was a part of.

In the girls' 200-yard freestyle, Anna LaDue was fifth with a time of 2:52.15. She was also 10th in the 50-yard freestyle with a time of 35.00.

In the boys' 200-yard individual medley, Logan Wineriter was second with a time of 2:12.95. He was also second in the 500-yard freestyle with a time of 5:35.13.

In the boys' 100-yard butterfly, Jake Dumais was fifth with a time of 1:14.48. In the 50-yard freestyle, Dumais was fourth with a time of 29.04.

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