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.

The second fire was reported just before 7 a.m. on Sunday morning by a neighbor who spotted smoke coming from a garage on the same property.

Both fires were quickly extinguished by the Belmont Fire Department with the help of mutual aid from surrounding towns. While the exact cause of the fires is under investigation, authorities have ruled out any suspicious activity.

Local business champions make huge impact in schools

BELMONT — Over the past 10 years, Carmen 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 Burko says that Carmen 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.

Carmen 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 to students from all across the Lakes Region.

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 Mtn. 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 million.

Snowmobile Club honors longtime member’s legacy

BY DONNA RHODES
drhodes@salmonpress.news

NORTHFIELD — 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.

The second fire was reported just before 7 a.m. on Sunday morning by a neighbor who spotted smoke coming from a garage on the same property.

Both fires were quickly extinguished by the Belmont Fire Department with the help of mutual aid from surrounding towns. While the exact cause of the fires is under investigation, authorities have ruled out any suspicious activity.

Local business champions make huge impact in schools

BELMONT — Over the past 10 years, Carmen 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 Burko says that Carmen 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.

Carmen 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 to students from all across the Lakes Region.

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 Mtn. 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 million.

Robotic 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 inter-scholastic competition at the school last weekend that has educators excited about the learning experiences found in the program.
Library's Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Thursday the 6th from 10:30 a.m. to 12:30 p.m.

Craft Time for Teens, Hygge and Movement - see above for details

Saturday the 22nd from 10:30 a.m. to 1:30 p.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 1-3 with a caregiver. We will introduce different self-care techniques, songs, stories, and movement ideas for little ones with experiences the world around them, to dance, and bonding with you.

Thursday the 5th at 3 p.m.

Trusting Meeting - Call the public library

February 13 - Valentine's Craft Time for Teens, 4 p.m.

Blankets Fots - Kids and teens come and join us to make blankets. Fots, hang up, cut, and road

Thursday the 13th at 4 p.m.

Sewing Group - 4 p.m.

Monday the 17th at 6 p.m.

 Cosmic Comes - 4 p.m.

The Giver of Stars - Tales from the Great Depression

Monday the 24th at 6 p.m.

The Bookers - "The Color of Stars" by Jojo Moyes - "A tall, deep, American Bennett Fox Crow helps escape her stifling life in England. But small-town life proves equally claustrophobic, especially living alongside her overbearing mother-in-law. So when a call goes out for HIGHLIGHTS, PAGE A8

FEBRUARY HIGHLIGHTS AT HALL MEMORIAL LIBRARY

Tilton/Northfield

Snapchat Scavenger Hunt for Teens from February 26th, 24th.

Follow us (@HMTLbrary, or scan the QR code and take part in our scavenger hunt. You could win a Dunkin Donuts gift card!

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Tilton/Northfield

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.

Library’s Winter Reading Donuts gift card! You could win a Dunkin all 68 days will be entered raffle per photo you take with your library card and you will receive a prize. Write your name on the back and you will be entered to win a prize.
BELMONT POLICE LOG

BELMONT — The Belmont Police Department re-
Ported 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 re-
Responded to during this time period, only those that
resulted in an arrest.

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

Zachary Lucas, age 28, of Concord was arrested on Jan. 10 for Driving After Revocation or Suspension, a Suspended Registration (Operating Misdemeanor), Penalties Control of Premises Where CH-4 is Kept, Possession of Drugs, and Violating Driver's License Pro-
hibitions.

Matthew Bebeau, age 15, of Tilton was arrested on Jan. 10 for Driving After Revocation or Suspension and violating a Prohibition on Use of Mobile Elec-

From Winns Quam there

San Francisco Chronicle 28.1 MB

From Winns Quam there

San Francisco Chronicle 28.1 MB

For information on mem-
bership, apply within.

Franklin Animal Shelter to host dinner dance April 11

FRANKLIN — Franklin Animal Shelter’s an-
ual dinner dance is to be held on April 11 from
5:30 till 11 p.m. at the RKIA 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 appo-
tizers, salad, buffet dinner and dessert.

For more information, please contact Christine Dmna at 904-7163.
Take your child to the library.

The Sunbonnet Public Library invites you to join us on Sunday, July 3 for "Take Your Child to the Library Day." This nation- al, annual event celebrates readings of stories and information with children. We encourage children ages six and up to drop in, play, and get their very own library card. At 1:00 p.m., Assistant Program Coordinator, will have a story time with books ages birth-8. Kids can play BINGO to win books from 11:00 a.m. to 11:30 a.m., STEM building challenge will be up all day. Third graders can sign up for Water Reading Celebration. Library staff members will be served throughout the day. Come in and see what the library has to offer. For information about any of our upcoming events, please contact the library at 286-4288.

Strategy 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 investi-
gation, drove up to the home of Tom Phillips, a re-
spected friend, and an acquaintence of mine, wend-
ing their way through the process.

Chuck Colson struggled. There were many ques-
tions that went into the proposal being pre-

The Belmont Police Department's need for a new building

The Belmont Police Department's need for a new building

By Dennis Grimes

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 pre-

Send your letters!

Please include your name, address and phone number.

Winnisquam Echo

P.O. Box 729
Meredith, NH, 03253

Our fax number is 279-3331.

You can e-mail us at echo@salmonpress.news

The Sanbornton Public Library invites you to join us on Sunday, July 3 for “Take Your Child to the Library Day.” This national, annual event celebrates readings of stories and information with children. We encourage children ages six and up to drop in, play, and get their very own library card. At 1:00 p.m., Assistant Program Coordinator, will have a story time with books ages birth-8. Kids can play BINGO to win books from 11:00 a.m. to 11:30 a.m., STEM building challenge will be up all day. Third graders can sign up for Water Reading Celebration. Library staff members will be served throughout the day. Come in and see what the library has to offer. For information about any of our upcoming events, please contact the library at 286-4288.

Mind reading among minutes had always been a prob-
lem and this year we have a misguided bill that at-
tempts to curb some effects. HB 1331 would give the State Police the authority to demand a breath test 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 come shortly before the accident. The Belmont Police Department also will need a great winter and enjoy the snow!

Cheers! Dan Parnell
State Representative
Franklin and Hill

Our fax number is 279-3331.

You can e-mail us at echo@salmonpress.news

The Sanbornton Public Library invites you to join us on Sunday, July 3 for “Take Your Child to the Library Day.” This national, annual event celebrates readings of stories and information with children. We encourage children ages six and up to drop in, play, and get their very own library card. At 1:00 p.m., Assistant Program Coordinator, will have a story time with books ages birth-8. Kids can play BINGO to win books from 11:00 a.m. to 11:30 a.m., STEM building challenge will be up all day. Third graders can sign up for Water Reading Celebration. Library staff members will be served throughout the day. Come in and see what the library has to offer. For information about any of our upcoming events, please contact the library at 286-4288.

Mind reading among minutes had always been a prob-
lem and this year we have a misguided bill that at-
tempts to curb some effects. HB 1331 would give the State Police the authority to demand a breath test 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 come shortly before the accident. The Belmont Police Department also will need a great winter and enjoy the snow!

Cheers! Dan Parnell
State Representative
Franklin and Hill

Our fax number is 279-3331.

You can e-mail us at echo@salmonpress.news

The Sanbornton Public Library invites you to join us on Sunday, July 3 for “Take Your Child to the Library Day.” This national, annual event celebrates readings of stories and information with children. We encourage children ages six and up to drop in, play, and get their very own library card. At 1:00 p.m., Assistant Program Coordinator, will have a story time with books ages birth-8. Kids can play BINGO to win books from 11:00 a.m. to 11:30 a.m., STEM building challenge will be up all day. Third graders can sign up for Water Reading Celebration. Library staff members will be served throughout the day. Come in and see what the library has to offer. For information about any of our upcoming events, please contact the library at 286-4288.

Mind reading among minutes had always been a prob-
lem and this year we have a misguided bill that at-
tempts to curb some effects. HB 1331 would give the State Police the authority to demand a breath test 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 come shortly before the accident. The Belmont Police Department also will need a great winter and enjoy the snow!

Cheers! Dan Parnell
State Representative
Franklin and Hill

Our fax number is 279-3331.

You can e-mail us at echo@salmonpress.news

The Sanbornton Public Library invites you to join us on Sunday, July 3 for “Take Your Child to the Library Day.” This national, annual event celebrates readings of stories and information with children. We encourage children ages six and up to drop in, play, and get their very own library card. At 1:00 p.m., Assistant Program Coordinator, will have a story time with books ages birth-8. Kids can play BINGO to win books from 11:00 a.m. to 11:30 a.m., STEM building challenge will be up all day. Third graders can sign up for Water Reading Celebration. Library staff members will be served throughout the day. Come in and see what the library has to offer. For information about any of our upcoming events, please contact the library at 286-4288.
Electric trucks far behind buyers, and a bobcat visits Washington

**NORTH COUNTRY NOTEBOOK**

**By John Harrigan**

I’m on the leading edge of a daily photographic obsession, meaning well intentioned, because I am a prime candidate for a type 2 diabetes. My public, on account of carbon-footprint guilt-trips and all that, I’d buy or lease one in a heartbeat.

Well, don’t be still, my beating heart, because a search for EV pickups turns up literally nothing. The only make and model even close to rolling out of a production line is the Rivian, an electric pickup truck 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 $62,000, minus tax credits. Tesla, meanwhile, is working on the power to start producing its Cybertruck, said to sport an “angular, futuristic design.”

There are EVs coming, but not EV pickup trucks in the offing. I think this is another case where the public, way out in front of the politicians, pundits, and politicians, forced the industry to make great strides in reducing battery size and increasing range and power; meanwhile, charging stations are appearing 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 friends to public transit. I’m really and truly, I’d love a carbon-footprint truck. But theoretically, there are EVs out there that do un

exactly fine, but how do we do it? A columnist and television pundit wondered, “Is there something about New Hampshire that gives people the ability to see what kind of creatures might be calling the city’s green spaces home, or just passing through.

but the bobcat’s appearance was no greater surprise to those who focus regionally and nationally on wild felines and great small bobcats inhabit all of their ancestral range in North America, save perhaps in heavily urbanized areas, where noise, traffic, household pets and large concentrations of people are not just the bobcat’s beat. Bobcats are largely nocturnal, and unlike coyotes, are not omnivorous, and do not adapt to humans; they love to say, the future is now.

To which I’ll add, in bobcat-speak, “Get out of term, especially for town, for your own good.”

+++++

It took presidential candidate Elizabeth Warren’s “peaches and cream” campaign to bring it to the forefront, but last month someone used “regime” correctly, instead of the so-called mainstream and abused “regimens.”—Mark Warren

A5

**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 through January 31st, 2020. At this office. The office hours are Mondays-closed, Tuesdays, 8am-4pm, Wednesdays 8am-6:30pm, Thursdays 8am-4pm, and Fridays 8am-4pm. As per RSA 45:22, the office will remain open until 5pm for Declarations of Candidacy on Friday, January 31, 2020.

The Town of Sanbornton elected positions are as follows:

• Selectman (Two) 3-year terms
• Budget Committee (One) 3-year term
• Library Trustee (One) 3-year term
• Moderator (One) 2-year term
• Town Clerk/ Collector (One) 3-year term
• Trustees of Trust Fund (One) 3-year term

All candidates shall be elected at-large, and there is a registration deadline on the Town of Sanbornton. Elections will be held on March 10, 2020 at the Old Town Hall 6-8pm.

**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, only written declared candidates will be accepted between 4:30-9:00 PM on January 31st.

The following offices are open:

**POSITION**

Selectman
Budget Committee
Library Trustee
Moderator
Planning Board
Supervisor of the Checklist
Trustee of Trust Fund
Zoning Board

**OPENINGS**

(1)
(4)
(1)
(1)
(3)
(1)
(2)

**TERM**

3 Year Term
3 Year Term
3 Year Term
2 Year Term
3 Year Term
6 Year Term
3 Year Term
3 Year Term

By Mark Patterson

Any financial advi

---

### How to Submit

**Obituaries and Announcements**

To Salmon Press Publications

**Submissions:**

- Obituaries and Announcements of special events such as weddings, engagements, anniversaries, and more can be published FREE OF CHARGE in any/all Salmon Press newspapers.
- Obituaries can be sent to:
  - weddings@salmonpress.com
  - obituaries@salmonpress.com

**Inquiries:**

- Please contact Executive Editor
  - Brenda Berube at (603) 279-4516, ext. 101

**Obituaries**

- Responses are also welcome, but must be submitted in accordance with 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 through January 31st, 2020. At this office. The office hours are Mondays-closed, Tuesdays, 8am-4pm, Wednesdays 8am-6:30pm, Thursdays 8am-4pm, and Fridays 8am-4pm. As per RSA 45:22, the office will remain open until 5pm for Declarations of Candidacy on Friday, January 31, 2020.

The Town of Sanbornton elected positions are as follows:

• Selectman (Two) 3-year terms
• Budget Committee (One) 3-year term
• Library Trustee (One) 3-year term
• Moderator (One) 2-year term
• Town Clerk/ Collector (One) 3-year term
• Trustees of Trust Fund (One) 3-year term

All candidates shall be elected at-large, and there is a registration deadline on the Town of Sanbornton. Elections will be held on March 10, 2020 at the Old Town Hall 6-8pm.
Marion Lena Clark, 88

Martha H. Murphy, Jr., 80

NORTHFIELD -- Marion L. (McDan- neil) Clark, 88, a longtime resident of Northfield, died peacefully at her home on Jan. 11, 2020, surrounded by family and friends. 

She was born in Franklin, Mass., on May 24, 1931, the daughter of the late Andrew and Elise (MacNeil) Clark. She had lived in Northfield for more than 30 years as an assembler and a member of the Endless Belt in Tilton. She loved her Lord, her church, her extended family and friends. She loved gardening and being outdoors.

Marion married posthumously by her husband, Daniel Walter Clark, Sr., on Dec. 27, 2017, (at which time she was 84) to her husband of 21 years, who has dog Shadow for 11 years and passed away this past weekend. A celebration of life will be held on Saturday, Feb. 1, 2020, from 1 to 4 p.m. at the Hope Community Church, 501 Hill Rd., Franklin, NH 03235. A graveside service for Marion and her husband Dan will be held in the spring at the Franklin Cemetery in Franklin.

In lieu of flowers, monetary contributions in memory of Marion, may be made to the New Hampshire United Brotherhood of Carpenters, New Hampshire Local 1015 of Manchester. He worked as a carpenter for the Wiltsie Co. in the movie On Golden Pond. He and his wife enjoyed the time spent at their home in North Fort Myers. He is survived by his parents, his loving companion of 13 years, of Sanbornton; his two great grandchildren; a daughter, Jo- seph “Bud” Murphy, and sisters, Monica Pike and Ann Marie Murd- phy Tom’s family is so grateful to the CINIMA and Hospice in Concord for the wonderful and respectful care shown to Mark, and to those who provided the famil - ial support and respect to his family. He leaves his wives, Laura (LaDuke) Mau- sey, and Mark Edward Kelley, 61, of Sanbornton; his three children and her three great-grandchildren; a son, Thomas E. Kelley, Jr. and his wife, Emily of Sanbornton; a brother, Richard Bear Shaw of Franklin; a stepfather, Thomas Bear Shaw of Franklin; a grandson, Jaylin Shaw; her mother, Linda Maloney of Saranac, NY; and a younger sister, Marguerite and siblings, John, Nancy and Susan Shaw and a niece and a nephew; and a host of close friends and neighbors. Services will be Tuesday, Jan. 14, 2020 at the William F. Smart Memorial Home.

SABRANTON -- John E. "Dodge" Joy was an active member of the New Hampshire Emblem Club No. 72 in Tilton and the Franklin Emblem Club. He was the chairman of the Franklin Emblem Club in 2012 and 2013.

In lieu of flowers, monetary contributions may be made to the Concord NH VNA and Hospice. 30 Chestnut St., Franklin, NH 03235. For more information, go to www.smartfuneralhome.com.

Evadyn S. Sylvestre, 81

Shaker Regional School District

NOTICE OF PUBLIC HEARING

The Shaker Regional School Board will hold a public hearing on Tuesday, January 28, 2020 on a petition warrant article to authorize school improvements.

Notices will be held in the Belmont Middle School Library at 6:00 pm. Immediately following the Board will hold a public hearing to

NORTHFIELD -- John Edward "Dodge" Joy, 61, a resident of Northfield since 1971, died Wednes- day, Jan. 22, 2020, at 4:00 p.m. at the Northfield House in Con- church with family at 3:30 p.m.

He was born on Feb. 3, 1958 in Montague, Mass., the son of John and Evaline McKay, purchased 10 acres across the entire State. She also enjoyed knitting, doing charitable work, and growing her own land to grow fresh vegetables that were sold to supermarkets as well as to supermarkets.

Joy was a longtime resident of the Northfield, Massachusetts area and the Franklin VNA and Hos- pice, 76 Chestnut St., Franklin, NH 03235.

The family of the late Mary Fuller in memory of her husband, Daniel Walter Clark, Sr., and in memory of her father, Ed- ward B. Clark, Sr., who died in 1996; her par- ents, John and Evaline McKay; her seven children, Daniel Walter Clark, Jr. and his wife, Olga of Sanbornton; John, Nancy and Susan Shaw and a niece and a nephew; and a host of close friends and neighbors.

SABRANTON -- John Edward "Dodge" Joy, 61, a resident of Northfield since 1971, died Wednes- day, Jan. 22, 2020, at 4:00 p.m. at the Northfield House in Con- church with family at 3:30 p.m.

Hall School and in various recitals from 2004-2010, and served on the executive council in 2014. He served as the executive secretary for the Franklin School Dis- trict for 21 years and as Clerk of the Franklin School Dis- trict. He was an active member of the New Hampshire Emblem Club No. 72 in Tilton and the Franklin Emblem Club.

In honor of Mark’s life, the family is encouraging all to make donations to the New Hampshire Emblem Club and the Charles H. Dunlop of Northfield; seven nieces and nephews. Calling hours were held, Wednesday, Jan. 22, 2020 from 3 to 7 p.m. at The William F Smart Memorial Home in Tilton. A Mass to celebrate his life will be held Thursday, Jan. 23, 2020 at 11 a.m. at St. Mary’s the Assumption Church, Chotrston Street in Til- ton, where Tom was laid to rest.

Spring burial will be in the family lot of St. John Co., Franklin, NH 03235.

Those wishing to make a donation in memory of Mark Edward Kelley, go to the Concord Regional VNA and Hospice, 30 Chestnut St., Franklin, NH 03235. For more information, go to www.smartfuneralhome.com.

Shaker Regional School District

NOTICE OF PUBLIC HEARING

The Shaker Regional School Board will hold a public hearing on Tuesday, January 28, 2020 on a petition warrant article to authorize school improvements.

HIGHEST PRICES PAID

All U.S. and foreign silver and gold coins, estate jewelry, signed, unsigned and antiques, diamonds, gold and silver, American coins, American veterans, World War II soldiers, and the highest prices paid for all US and foreign silver and gold coins, estate jewelry, diamonds, gold and silver, American coins, American veterans, World War II soldiers.

ELIZABETH H. SCHMIDT, President

The Town of Tilton complies with the Americans with Disabilities Act regulations. Please contact the Selectmen’s Office, Tilton Town Hall, 251 Main Street, Tilton, NH 03276 or call 603-228-3623 for a reasonable accommodation to attend this meeting.

For more information, go to www.shakerradialotto.com.
The team would work together, like a hydro-electric dam, it comes to engineering. Ward is “all-in” when it comes to a career, too.

When the first year wasn’t all she hoped it would be, she liked the club enough to continue on for another year, where she realized she actually loved it all.

“I was teamed up with Edward and we did very well. This year, we have three people on our team and it seems to be working out pretty well,” she said.

Edward explained that while she is currently looking to continue studying law rather than a career in engineering, he does have enthusiasm for STEM activities.

“I started at WRMS he has found his love for robotics classes and ac-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.

• SEP IRA – If you have just a few earnings, the sum of your salary def-

While the first year didn’t go as planned, the robotics program that began at San- montering our whole robot at her robotics class at the middle school and now there’s robotics taking place in both the elementary and high schools,” said Edward.

Outside the increased enthusiasm for STEM subjects, WRMS Assistant Principal Stian Almoe said sewers to $19,500 of income, or $26,000 if you are 50 or older and for a joint filer.
Best seller Orphan Train, Christina’s World. As best known paintings of the subject of one of the great inspiration, and instead, she becomes destined for a small life. Christina is tied to her in a family of sons, Maine. The only daughter farm in the small . To Christina Olson, the painting, it is destined to be humiliating, heartbreaking, enthralling in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic – a vividly revealing novel of women’s friendship, true love, and what happens when we reach beyond our grasp for the great beyond.” (Amazon)

Tuesday the 25th at 12 p.m. Neieora Book Group, “The World of the amazing novelist by Christina Baker Kline – “From the #1 New York Times bestselling author of the smash bestseller Orphan Train, a shattering and atmospheric novel of friendship, passion, and art, inspired by Andrew Wyeth’s mysterious and haunting painting, Christina’s World. This is the story of an entire world is her family farm in the 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 life of quiet. Instead, she becomes Andrew Wyeth’s greatest inspiration, and the subject of one of the best-known paintings of the twentieth century, Christina’s World. She died in her beloved bestseller Orphan Train, Christina Baker Kline interviews fact and fiction to vividly reimagine a real moment in history. Newhall envisions the whole of Christina’s World as a powerful story of the flesh and blood woman behind the complicated relationship her family, her love and inheritance, and art; and how one can come together to forge a new and endless legacy.” (Amazon)

Wednesday the 26th, 4 p.m. at Kettle Brook Books and Bistro in the little town of Loudon, New Hampshire. If I Was Your Girl Merchant of the Month: How ballsy, heartwarming, novel about being for you who 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 those determination not to get too close to anyone. But one cold, snowy Grant evening, yet another, together, she realizes just how much she is living in her heart. She finds herself yearning to share everything about herself, including her past. But Amanda’s terrified that if she reveals her 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 loves?” (Amazon)

Thursday the 27th at 6 p.m. Pen to Paper Planners – Join us for a fun hour of crafting, making journals, and ideas for making your work life fit. Pen to Paper Planners tips, fun pages to create, and fun stationery, and ideas to inspire you. Bringing your planner or planner. Will meet Thursday evening and create for a Friday morning meet-up.

Friday the 28th at 11 a.m. Pen to Paper Planners – See above for details.

Hi, I’m Willa! I am a 6 month old mix from Lubbock, Texas. I already know 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 do great in a home with kids 12 and older and of course she may chae cats for fun until properly trained!

BUESINESSES

From Page A1

Christina Baker Kline

Covington, Virginia

Covington, Virginia

Theresa Scott

Director of Instruction

Virtual Learning Academy Charter School

Concord High School

Tracy Miller

Education Coordinator

Lakes Region Healthcare

InkOaks-Lake's End

Donna Rho

es

- see above for details

“Due to the cold tem- peratures, we needed additional personnel and (due to the rural lo- cation) we needed help with water supply,” said Chief Michael Newhall. Cevens from approxi- mately 17 tons battles the blaze at the farm- house into the early morning hours Newhall said the fire started in the barn then travelled through the extension of ells before reaching the main residential struc- ture.

Brevin 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 Lacoo- na, Tilton-Northfield, Sanbornville, Franklin, Gilmanston, Meredith, and Meredith EMS. Additional assis- tance came from Bristol, Holderness, Center Harbor, Bartlett, New Durham, Loudon and Concord. All are also offi- cers at the scene was led by Lakes Re- gion Mutual Fire Aid, Inc., the New Hamp- shire State Fire Mar- shal’s Office was also on scene. A whole contingent of the Fire Mar- shal’s Office was here on Sunday to investigate but no determination as to the cause of the fire has been made yet,” said Newhall.
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.
Senior citizens like Nina Taylor know that great popcorn is one of the healthiest snack on the planet. And the best popcorn is found at the Star Theatre in St. Johnsbury.

Artistic Roots is the place to find unique handcrafted gifts. And take a class!

More info at artisanroots.com
73 Main Street • Plymouth, NH
Open 10-5 Daily

A10 Artistic Roots

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

Artistic Roots is the place to find unique handcrafted gifts. And take a class!

More info at artisanroots.com
73 Main Street • Plymouth, NH
Open 10-5 Daily

A10 Artistic Roots

ARTISTIC ROOTS

Pete Baker Community Health

POPcorn TO STAY HEALTHY

Popcorn is one of the healthiest snack habits. It may help fight cancer, fills you with fiber, and has more antioxidants than many fruits and vegetables. The article points out that popcorn is loaded with polyphenols which, according to the American Institute for Cancer Research, have the ability to block enzymes that cancers need to grow, and in doing so, regulate the spread of cancerous cells.

Popcorn is one snack that is 100% unprocessed whole grain. One serving of popcorn contains more than 70% of the daily recommended whole grain intake. Eating popcorn is a great way to put more fiber in your diet without even trying and according to the Food and Drug Administration a high fiber diet helps promote regularity. (Adios, constipation!)

Hard to believe, but the U.S. Dept. of Agriculture says that POPCORN CONTAINS MORE IRON THAN SPINACH! And yet folks would prefer to be eating 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 very 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.

Senior Living

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 experience 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 complete familiar conversations.
• Misplacing things and not able to retrace steps to find them.
• Poor judgment (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.

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 3 (beside the cafeteria).

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

By Edward H. Adamsky, Attorney at Law

What is an annuity? Read the news or look at any publication for old 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 if you 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 instances) 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 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 your annuity, and that’s a great thing. Of course, if you die before your beneficiary, your money may lose out while the annuity company benefits. May be sure you consult with a professional advisor before you move forward with making any kind of investment.

Annuities come in many varieties of annuities, there are many variations of annuities, there are many variations of annuities.

Edward H. Adamsky, Esq.
Assistanting Families with
Aging and Disability Issues since 1992

Life & Estate Planning: Wills, Powers of Attorney, Health Care Directives (Powers), Trusts
Elder Law (Long Term Care Planning): Medicaid Planning, Irrevocable Trusts, Life Estate Deeds
Special Needs Planning: Special Needs Trusts, Supplemental Needs Trusts, First and Third party Trusts
Estate Settlement and Trust Management: Probate

1-888-649-6477
www.adamskylaw.com

Offices in Tyngsboro, Mass., and Ashland, NH

Senior Living

Exercise and aging: How to work out safely after 50

In an ideal world, people are active and enjoy old exercise daily. But as men and women find time to work out is not so easy.

Commitments to work and family often take precedence over exercise. As a result, many people 50 and over do not exercise regularly or at all in many years. But as children grow up and move out, people facing the golden years are often compelled to get back in the gym. That’s a wise decision because an increase in physical activity that can increase a person’s health and being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take time to outline safety tips to ensure their efforts are not derivatives by accident or injury.

• Speak with your physician. The National Institute on Aging notes that even mild physical activities such as heart disease, diabetes or arthritis can be physical problems and even those who don’t fall into these categories should consult with their physicians and physicians can advise on how to safely manage any problems that may arise.

• Begin with low-intensity activities such as 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 place to exercise outdoors. Exercising outside provides the best outdoors for most people, providing a chance to get healthy while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and that 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 and you don’t have to work out on wooded areas or areas that place you on the beaten path.

• Stay hydrated. The NIH notes that many people lose their sense of thirst as they age. But just because you aren’t thirsty doesn’t mean you don’t need water, especially while exercising. Water regulates body temperature and lubricates joints, thereby decreasing your risk of injury during exercise.

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

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 change your mind.

The Morrison Communities

Independent Living • Assisted Living • Memory Care
Long & Short-Term Care • Respite Care
Occupational Therapy • Physical Therapy
Speech and Language Pathology
Outpatient Rehabilitation Services

(603) 837-3640 • www.themorrisoncommunities.org • Whitefield, NH

HUD Subsidized Apartments Managed by
Beno Management Company LLC
603-744-3890
NH Relay 711

Three Locations: Bristol, Canaan and Enfield, NH
Choose apartments in a community setting in Bristol, where you are within walking distance of small shopping centers and near Newfound Lake or country settings in Canaan and Enfield and enjoy the Upper Valley area near Dartmouth Hitchcock & Medical Center and the Loudon & Hanover area.

The majority of apartments are one bedroom apartments. There are a limited number of Handicapped Accessible and 2 bedroom apartments available in quiet setting.

Rent is 30% of adjusted income. Income limits apply. Person who meet Targeted Income requirements will receive priority up to 40 percent of income. Qualified applicants must pass credit, criminal and prior landlord checks as well as a DOJ sex offender check. Non-smoking, Prescription and Transportation. For an application or information call 603-744-3890. Non-smoking communities.
by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- er seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- er seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- er seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- er seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tably 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 fi- nancial concerns. Oth- other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi- 
tensibly 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 fi- nancial concerns. Oth- otic seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.

Senior Living

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

by Shannon Lynch

As seniors age, housing needs inevi-
technically 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 fi-

financial concerns. Ot-

or other seniors may desire a simpler lifestyle, with more time to pursue activities they enjoy.
Seniors can improve mobility via “Rolfing®”

Self care is essential as we age. Daily life, injuries and conditions wreak havoc on our body.

Often, the physical challenges associated with these events translate into emotional distress. Rolfing® (the application of light pressure on muscle tissue) can reverse damage leaving clients feeling better and increasing energy!

Certified Rolfer® Sarah McClennen says, “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, that 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 continued education to better serve her clients, who range in age from 10 to 95! She can be reached at: 603-720-5247, sara@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 their overall health. According to the AOA, 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. Having nearsightedness or common eye diseases don’t mean you have many warriors – so you could have an eye disease or problem, but you may 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 preventative ways to set your self up for a lifetime of seeing well.

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 chance to help you stay on top of your eye health.

What is a dilated eye exam?

Besides determining 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 and check for eye diseases. As said before, because many eye diseases have no symptoms or warning signs, you may not feel good 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 have problem driving 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, then your doctor will also give you the opportunity to change plans, save money and have pre-existing conditions covered by your medicare.


About the author: 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 eye care for the entire family and ocular disease management, Macular Degeneration, Diabetes, Ocular Surface Diseases, Glaucoma and Ocular Emergencies.

Pine Shores Real Estate

1120 Scenic View Road
Holderness, NH 03245
968-7976 (ph)
968-3299 (fax)
www.pineshoresllc.com
Holderness, NH 03245
968-7976 (ph)
968-3299 (fax)
www.pineshoresllc.com

Selling Central New Hampshire Lakes & Mountains
Barbara Currier 2015 Realtor of the year for the Lakes Region Board of Realtors, and Lakes Region Board of Realtors. Deborah Ward name REALTOR OF THE YEAR 2019

Come see
• Barbara Currier, HEALTH Board Member
• Debbi Ward, Associate Broker
• Kim Boyd, Sales Associate
• Mike Bagge, Sales Agent

LOCAL NEWS

MINNESOTA EVEN

January 23, 2020
BELMONT PD
CONTINUED FROM PAGE A1

Lodge #20 are continu-
ons of Doric-Centre

money down the drain.

the Church

of radius to the corner,

done here is to add an in-

road work to be done it

land, since their entire

DOT to need all this extra

prop-

sional building on

sense?

Current location Town Fire Station

CONTINUED FROM PAGE A1

January 23, 2020 WINNISQUAM ECHO

Tilton — The Ma-
(Masonic Building, lo-

Masons hosting monthly breakfast & bake sale Saturday

Tilson (where “The Ark

cient of mutual funds,

There are all kinds

Pros:

MARKETS

The benchmark S&P

400 index is used to
determine “Beta” in a

Public Safety Consid-

Close to being level

Direct access to Route

South & North

Direct access to Route

The Masonic Lodge will

Masonic Lodge hosting a monthly breakfast and bake sale on Saturday, January 25.

Excellent Access

The Masonic Lodge is conveniently located on Main Street with excellent access to town amenities and businesses.

Gourmet Breakfasts

The Masonic Lodge offers delicious gourmet breakfasts featuring omelets, eggs, and more served from 7 to 9:30 a.m. each month except November and December.

Support Local Community

Proceeds from the monthly breakfast and bake sale will be used to support local community initiatives and programs.

Contact Information

For more information or to inquire about rental opportunities, please contact Mark Patterson at 447-1979 or mark@mhp-asset.com.

TILTON — The Masonic Lodge is hosting a monthly breakfast and bake sale on Saturday, January 25. The event will be held from 7 to 9:30 a.m. at the Masonic Building, located at 416 West Main Street, providing a delicious breakfast of omelets, eggs, and other tasty treats. Proceeds from the event will be used to support local community initiatives and programs. For more information or to inquire about rental opportunities, please contact Mark Patterson at 447-1979 or mark@mhp-asset.com.
The Winnisquam Echo
SalmonPress.com

BOB MARTIN

BY BOB MARTIN
Bob@Salmonpress.news

Bulldogs bounce back with comeback win

Winnett Eagles and suffered a 3-2 overtime loss. The Bulldogs got down early in the second period on a power play goal by Keenan on what Parent said was a “questionable call of elighting” 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 Tomdress. In overtime, Keenan capitalized on a hard shot from the point to send the Bulldogs home with a tough road loss against a quality Divi- sion 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 dif- ficult 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 the Bulldogs on Jan. 24 at 6:40 p.m.

The Winnisquam girls’ basketball team took the always tough Ken- nett Eagles and suffered a 3-2 overtime loss. The Bulldogs got down early in the second period on a power play goal by Keenan on what Parent said was a “questionable call of elighting” 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 Tomdress. In overtime, Keenan capitalized on a hard shot from the point to send the Bulldogs home with a tough road loss against a quality Divi- sion 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 dif-

ficult 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 the Bulldogs on Jan. 24 at 6:40 p.m.

The Winnisquam girls’ basketball team took the always tough Ken- nett Eagles and suffered a 3-2 overtime loss. The Bulldogs got down early in the second period on a power play goal by Keenan on what Parent said was a “questionable call of elighting” 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 Tomdress. In overtime, Keenan capitalized on a hard shot from the point to send the Bulldogs home with a tough road loss against a quality Divi- sion 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 dif-

ficult 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 the Bulldogs on Jan. 24 at 6:40 p.m.
Belmont girls hand Saints their second loss of season

BY BOB MARTIN

Belmont girls basketball team had a big night west against St. Thomas Aquinas. A team that was 7-1 coming in had its way in a big three spot division in Winnisquam.

They were praised by Dunal- ga 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 14-6 at deadline. Getting a win like this against a top team in Division 2 was not only a step in the right direc- tion 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, 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 game.

The boys’ team was sixth out of 15 teams and third with a time of 1:37.84. The team includes Gabrielle Day, Syed, Edgren and Window. In the long jump, Syed was third with a distance of 14 feet, two inches. In shotput, Ella Irving was third with a jump of 39 feet, 11 inches.

The boys’ indoor track team was 10th overall. In the 55-meter seed- ed race, Lucas Mathieu was ninth with a time of 6.21. In the un- seeded race, Lucas Mathieu was eighth with a time of 6.00.

The Belmont girls’ team tied with Newmar- ket for fourth place.

In the 55-meter dash seeded race, Emma Edgren was second with a time of 6.21. In the un- seeded race, Edgren was 20th with a time of 7.77.
BY BOB MARTIN

behind the arc, Belmont sinking five shots from ing minutes. While Bel-
mont in the clos-
tial comeback attempt outscoring Belmont 20-
yly even, with Gilford
ese also had a pair of free throws. Gilford's of-
ense remained hot,

Jackson Ruelke
narrow the gap at half-
time. He finished with
27 points and 19 of those points
were led by Ruelke's

Belmont coach Jim
Cilley said the team's
performance was a good learning ex-
prience and really good

Conner Sullivan also
hit a shot from behind
the rim, as well as jump
shots from all around the
deck. He finished with
27 points and 19 of those
points were led by Ruelke's

Gilford picked up
the win by a score of
69-46.

Gilford played Somer-
swerth after deadline
away with another big
win by a score of 84-62.

Gilford went on to
face Monadnock on
Friday night and came
away with another big
win by a score of 84-62.

Gilford turned that
around with a big win in
Scott Township after
deadline and next for the
Golden Eagles at St. Ben-
jamin on Jan. 15 at 6:30 p.m.

Belmont turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.

Belmont defeated
Aquinas by a tight
score of 54-50. Ruelke
had trouble getting to
the line and stopping Gilford
from getting baskets and

drawing fouls. Siravo lit up the
Red Raiders through im-
pressive 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
points were led by Ruelke's

Gilford's defense was
outstanding in the third
quarter, allowing only three
points by Jason
Gaudette. Gilford's of-
ense remained hot,

Jackson Ruelke
narrow the gap at half-
time. He finished with
27 points and 19 of those
points were led by Ruelke's

Gilford picked up
the win by a score of
69-46.

Gilford played Somer-
swerth after deadline
away with another big
win by a score of 84-62.

Gilford turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.

Belmont turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.

Belmont defeated
Aquinas by a tight
score of 54-50. Ruelke
had trouble getting to
the line and stopping Gilford
from getting baskets and

drawing fouls. Siravo lit up the
Red Raiders through im-
pressive 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
points were led by Ruelke's

Gilford's defense was
outstanding in the third
quarter, allowing only three
points by Jason
Gaudette. Gilford's of-
ense remained hot,

Jackson Ruelke
narrow the gap at half-
time. He finished with
27 points and 19 of those
points were led by Ruelke's

Gilford picked up
the win by a score of
69-46.

Gilford played Somer-
swerth after deadline
away with another big
win by a score of 84-62.

Gilford turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.

Belmont turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.

Belmont defeated
Aquinas by a tight
score of 54-50. Ruelke
had trouble getting to
the line and stopping Gilford
from getting baskets and

drawing fouls. Siravo lit up the
Red Raiders through im-
pressive 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
points were led by Ruelke's

Gilford's defense was
outstanding in the third
quarter, allowing only three
points by Jason
Gaudette. Gilford's of-
ense remained hot,

Jackson Ruelke
narrow the gap at half-
time. He finished with
27 points and 19 of those
points were led by Ruelke's

Gilford picked up
the win by a score of
69-46.

Gilford played Somer-
swerth after deadline
away with another big
win by a score of 84-62.

Gilford turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.

Belmont turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.

Belmont defeated
Aquinas by a tight
score of 54-50. Ruelke
had trouble getting to
the line and stopping Gilford
from getting baskets and

drawing fouls. Siravo lit up the
Red Raiders through im-
pressive 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
points were led by Ruelke's

Gilford's defense was
outstanding in the third
quarter, allowing only three
points by Jason
Gaudette. Gilford's of-
ense remained hot,

Jackson Ruelke
narrow the gap at half-
time. He finished with
27 points and 19 of those
points were led by Ruelke's

Gilford picked up
the win by a score of
69-46.

Gilford played Somer-
swerth after deadline
away with another big
win by a score of 84-62.

Gilford turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.

Belmont turned that
around with a big win in
Swinstow after
deadline and next for the
Golden Eagles at St. Ben-
mjamin on Jan. 15 at 6:30 p.m.
Plymouth Apartments

1 & 2 Bedroom Units

View More Listings at: www.peabodysmith.com “One Click and You’re Home!”

To View These and Other Properties, Visit:

Alpine Lakes Real Estate: alpinelakesrealestate.com
Bean Group: beaneng.com
Coldwell Banker: coldwellbanker.com
Coldwell Banker Residential Brokerage: newenglandmoves.com
Dussault Real Estate: dussaultrealestate.com
ERA Masiello: eramasielloc.com
Granite Group Realty Services: granitegrouprealtyservices.com
Gowen Realty: gowenrealty.com
Lamprey & Lamprey: www.lampreylamprey.com
Moultonborough NH: This 3-bedroom home due on our fair oase in a pristine, secluded location. Wood flooring throughout the downstairs with an updated, modern kitchen. Three large bedrooms upstairs. A large, open yard with ample space for outdoor activities. Just a few upgrades needed, you can put your personal touches on this unique property. FHA home. Sold “AS IS” by elec. bid only. Prop avail 01-14-20. Bids due by 01-23-20 11:59 PM. HUD Home. Eligible for FHA 203K. Offered at $161,000. MLS# 4790339

Meredith Office
97 Daniel Webster Hwy
(603) 279-7046

Other Offices in Littleton, Bretton Woods, Franconia, NH

Visit Us Online: www.rocherealty.com

Newspaper Classifieds

Classifieds

Real Estate

Meredith News/The Record Enterprise/Winnsquam Echo

Classifieds

Real Estate

B4 • Thursday, January 23, 2020

To View These and Other Properties, Visit:

Alpine Lakes Real Estate: alpinelakesrealestate.com
Bean Group: beaneng.com
Coldwell Banker: coldwellbanker.com
Coldwell Banker Residential Brokerage: newenglandmoves.com
Dussault Real Estate: dussaultrealestate.com
ERA Masiello: eramasielloc.com
Granite Group Realty Services: granitegrouprealtyservices.com
Gowen Realty: gowenrealty.com
Lamprey & Lamprey: www.lampreylamprey.com
Moultonborough NH: This 3-bedroom home due on our fair oase in a pristine, secluded location. Wood flooring throughout the downstairs with an updated, modern kitchen. Three large bedrooms upstairs. A large, open yard with ample space for outdoor activities. Just a few upgrades needed, you can put your personal touches on this unique property. FHA home. Sold “AS IS” by elec. bid only. Prop avail 01-14-20. Bids due by 01-23-20 11:59 PM. HUD Home. Eligible for FHA 203K. Offered at $161,000. MLS# 4790339

Meredith Office
97 Daniel Webster Hwy
(603) 279-7046

Other Offices in Littleton, Bretton Woods, Franconia, NH

Visit Us Online: www.rocherealty.com

Newspaper Classifieds

Classifieds

Real Estate

B4 • Thursday, January 23, 2020

To View These and Other Properties, Visit:

Alpine Lakes Real Estate: alpinelakesrealestate.com
Bean Group: beaneng.com
Coldwell Banker: coldwellbanker.com
Coldwell Banker Residential Brokerage: newenglandmoves.com
Dussault Real Estate: dussaultrealestate.com
ERA Masiello: eramasielloc.com
Granite Group Realty Services: granitegrouprealtyservices.com
Gowen Realty: gowenrealty.com
Lamprey & Lamprey: www.lampreylamprey.com
Moultonborough NH: This 3-bedroom home due on our fair oase in a pristine, secluded location. Wood flooring throughout the downstairs with an updated, modern kitchen. Three large bedrooms upstairs. A large, open yard with ample space for outdoor activities. Just a few upgrades needed, you can put your personal touches on this unique property. FHA home. Sold “AS IS” by elec. bid only. Prop avail 01-14-20. Bids due by 01-23-20 11:59 PM. HUD Home. Eligible for FHA 203K. Offered at $161,000. MLS# 4790339

Meredith Office
97 Daniel Webster Hwy
(603) 279-7046

Other Offices in Littleton, Bretton Woods, Franconia, NH

Visit Us Online: www.rocherealty.com

Newspaper Classifieds
Help Wanted

Moultonborough Academy - Math Teacher

Immediate opening for math teacher for grades 9-12 to teach primarily geometry with some algebra. Permanent position. NH Certified or NH certification eligible.

To apply, complete the application from the SAU45 website at sau45.org and send with a cover letter, resume, transcripts, certification and 3 current letters of reference. Position is open until filled.

Full time, 18 months. Pay as per scale. Contact: Dorothy Ennis, Moultonborough Academy P.O. Box 1163, Moultonborough, NH 03254 Phone: 603-476-1507 Fax: 603-476-1513 or email: access@saunh.org Equal Opportunity Employer

TWO Administrative Positions
Northern Valley School District has a rapid growth with offices throughout Northern New Hampshire. We are seeking a Staff Accountant and Accounts Receivable Associate to work in our Administrative Office in Conway, NH.

STAFF ACCOUNTANT – FULL TIME SALARIED
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 timelines. 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: Bachelors Degree in Accounting with 1-3 years experience on an Accounting Degree in Accounting with 3-5 years of experience. Excellent computer skills are a must, including proficiency with Microsoft Word and Excel.

ACCOUNTS RECEIVABLE ASSOCIATE II – FULL TIME/35 HOURS
The ideal candidate will possess strong experience with Microsoft Office including Word, Outlook and Excel. Excellent attention to detail and ability to work in a team environment while maintaining a high level of accuracy. Good knowledge of computerized accounting procedures, and account reconciliations. This position requires the ability to work under pressure with frequent interruptions and changing priorities.

We offer competitive wages and an excellent benefits package including Health, Dental, Vision and Life Insurance, 401K, generous vacation time and more.

If either of these positions appeal to you please send cover letter, resume AND salary requirements to: Rhonda Vappi, Office Manager, Northern Human Services, 235 Washington St., Conway, NH 03818. By fax to (603) 447-8893 or email to rvappi@northernhs.org.

This position requires a valid driver’s license, proof of adequate auto insurance and acceptable driving record. This position requires 10-100

Northern Human Services is an Equal Opportunity 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 WMRSBO 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 certificate from the NHDCE (00326) 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/Payroll worker collaboratively in the 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 open until filled.

FULL TIME OFFICE MANAGER

NHS seeks a dynamic candidate to assume responsibility for administrative operations at the Laconia Health Centers in Carroll, Gilford, Woodsville, Laconia, Madison, Laconia, and Gilford offices. This position is responsible for day to day operations of the Health Centers with a focus on ensuring that all operations are running smoothly, that patient visits are completed on time, and that all regulations and standards of care are met. This position takes direction from the Executive Director, and works closely with the Program Coordinator, Site Directors, and a team of staff to ensure a high level of customer service. This position reports to the Executive Director.

Requirements: A minimum of 3 years of related experience in a healthcare setting. Excellent oral and written communication skills, critical thinking, problem solving, and negotiation skills are required. This position requires the ability to work independently, work in a fast-paced environment, and meet deadlines and reporting requirements.

Working conditions: This position is 40 hour per week, with the potential for overtime. The work schedule is Monday through Friday, 8:00 am to 4:30 pm. This position requires the ability to work in a fast-paced environment, and meet deadlines and reporting requirements.

Closing date: Friday, June 11, 2021

Position is open until filled.

Please apply on SchoolSpring: paper applications are not accepted. Positions open until filled.

WODDVILLE Guaranty Savings Bank encourages diversity in the workplace, we are an Equal Opportunity Employer.

www.theguarantybank.com

• 189 Cottage St. • Lincoln, NH 03251 • Telephone (603) 444-5271 • Fax (603) 444-5273

POSITION: Part Time Residential Mortgage Coordinator

LOCATION: Plymouth

RANGE: $13.82 - $19.30

FUNCTION: Proactively processes retail loans from applicants to commitment and handle all aspects of the mortgage loan process.

Application Manager with multiple processes associated with brokered loans.

Actively communicates with customer, appropriate settlement agent, underwriters, and Realtors as needed throughout the loan process.

Applies lendee with correspondence, research and the preparation of miscellaneous documents as needed.

Interested applicants can view more details and apply for this position online through the Career Center on our website: www.theguarantybank.com

Woodsville Guaranty Savings Bank encourages diversity in the workplace, we are an Equal Opportunity Employer.

FIND A CAREER IN THE CLASSIFIEDS!
Principal Opening Starting July 1, 2020

Newfound Area School District
We are looking for an Educational Leader for Bridgewater/Hebron Village School. The next leader should have a strong background in an elementary educational setting, experience in the use of data to drive instructional decisions, and knowledge of the role of Principal in building leadership. This Pre-K through 6 school is located in Bridgewater, NH and right next to the beautiful Newfound Lake.

Salary: $90,000 with an AS/BS degree and $95,000 with a Master’s degree

Deadline: May 31, 2020

Please Apply online at: www.newfound30.com

Job Type: School Principal - 1180310

Are you looking for an exciting full-time, year-round career opportunity with benefits and skiing at the door? Apply now:

www.iorintns.com

Master Plumber/Gas Fitter/ HVAC

A great opportunity to work with a local company that has been in the plumbing and heating business for more than 30 years.

Must have a combination of high school education and 5 years of experience in the trade. Must be licensed and have a working knowledge of gas systems. Must be able to lift and move heavy items.

Job Type: Plumber - 1180067

Property Maintenance Supervisor

L19 Operations Manager

Food and Beverage Manager

Steel Erectors, Metal Roof & Siding Installers

Foreman, Leadmen

and Labor Positions

- Will Train - Valid Driver’s License required

- Application available at:

2701 Route 302, Lisbon, NH 03585

TOWN OF MOULTONBOROUGH

Please apply in person at

Walter P. Johnson, Town Administrator
PO Box 337, Moultonborough, NH 03254

Salary: $39,000 with an AS/BS degree and $44,000 with a Master’s degree

Deadline: May 31, 2020

Tri-County CAP, Head Start, 610 Sullivan St., Berlin, NH 03570.

Interested candidates please apply with a letter of introduction, transcripts and resume post marked by January 24, 2020, to: Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570.

Tri-County CAP, Head Start

163 Daniel Webster Hwy, Meredith NH

Monday, May 18, 2020

Salary: $30,000 with an AS/BS degree and $35,000 with a Master’s degree

Deadline: May 31, 2020

Front Desk Associate

Common Man Inn is looking for a Front Desk position. Must be able to work in a team environment, demonstrate excellent interpersonal skills, have good knowledge of hotel/restaurant industry and have an attention to detail.

Job Type: Restaurant & Hotel Management - 1180311

Common Man Inn

JOIN US!

Outstanding Compensation • Advancement Opportunities
Health & Dental Benefits • 401K Program
Paid Holiday, Sick Leave, and Vacation Days
Employee Discounts

APPLY TODAY!

at theCman.com, Click on “Work Here”

We are a drug and tobacco-free workforce.

Associate Teacher

Tri-County CAP, Head Start

Conway Area Programs

Applicant must currently have an Associates or Bachelor’s degree in ECE (which includes 3 credits in Child Growth and Development) or be enrolled in a program leading to one of these credentials. Applicant must be in Child Growth & Development.

This is a full-time 36hrs/week for a 40-wk/yr position. Starting pay is $14.33 per hour. Medical benefits available after 60 days & paid school vacations and sick leave as accrued.

Interested candidates please apply with a letter of introduction, transcripts and resume post marked by January 24, 2020, to: Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570 or email to bgilcris@tccap.org

Common Man Inn is looking for a FULL TIME, EXPERIENCED, ENERGETIC and HONEST...

Front Desk Associate • Night Auditor

APPLY TODAY!

at theCman.com, Click on “Work Here”

We are a drug and tobacco-free workforce.

Job Type: School Principal - 1180067

Property Maintenance Supervisor

L19 Operations Manager

Food and Beverage Manager
Classifieds

WINNISQUAM ECHO January 23, 2020

CLASSIFIEDS

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

Place your Classified Line Ads ONLINE!

24-Hours A Day • 7-Days A Week
www.SalmonPress.com
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 52.96 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.”