

Towns battle it out at the library

Bow's Baker Free Library challenges Hall Memorial to Book Battle

NORTHFIELD — Who can read the most books in February? Bow's Baker Free Library and Tilton/Northfield's Hall Memorial Library will go head-to-head during the month of February to see whose patrons read the most in one month.

The Book Battle between Bow and Tilton/Northfield will start on Monday, Jan. 31, and will continue through February. Hall Memorial patrons - and interested community members - are encouraged to log how many minutes they read per week via an online form, (rebrand.ly/HMLBookBattle), or on paper bookmarks which can be picked up at Hall Memorial Library or from Book Battle boxes posted around town. Completed logs can also be deposited in these boxes.

There will be weekly prize drawings from all entries submitted each week during the competition. A

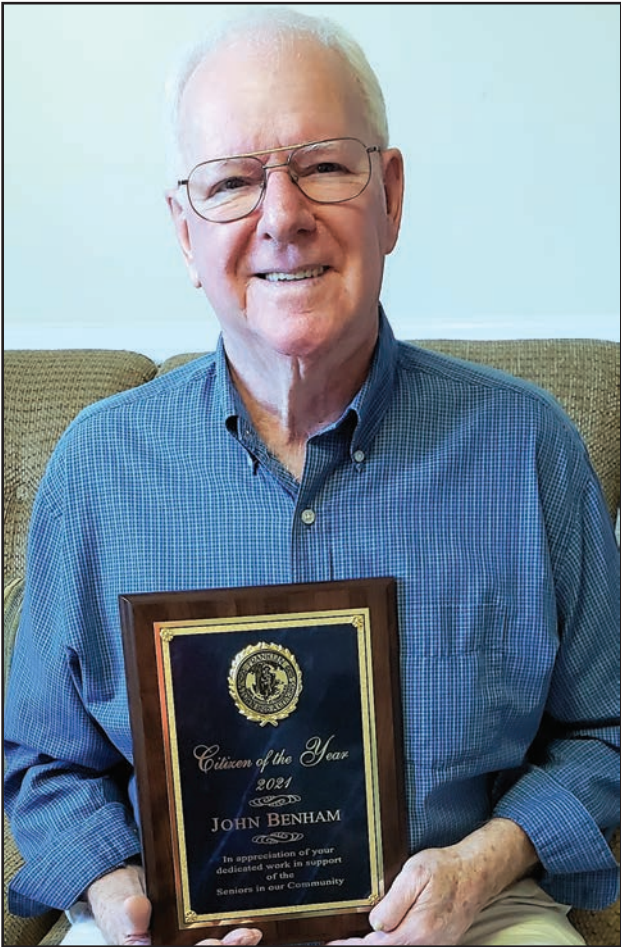
SEE **BATTLE**, PAGE A7

John Benham named Franklin's Citizen of the Year

FRANKLIN — Long-time resident and retired local businessman, John R. Benham was awarded the Citizen of the Year accolade by the three rivers city of Franklin recently. The award was given in recognition of his limitless dedication in support of seniors in the community.

John Benham is a beloved and well-respected figure. His family ties run deep, having enjoyed boyhood summers on the shores of Webster Lake. After high school graduation, he established permanent roots, meeting his wife Dorothy, and raising their family, while running a successful business now spearheaded by his son.

Benham's living, breathing philosophy of service to others, giving



John Benham

back, and volunteerism demonstrates his core values of good citizenship: Honesty, Integrity, Responsibility, and Respectfulness, every day. Those that know him wonder at his ability to 'fit it all in', such are his myriad affiliations and activities.

Benham has served as a member of the Franklin City Council, the Franklin Zoning Board, and a director on the board of Franklin Business & Industrial Development Corporation FBIDC. He is a corporator of the Franklin Savings Bank, active in his church and the Meridian Lodge of Masons, and a local group known as the Kearsage Mountain Boys.

SEE **BENHAM**, PAGE A7

Raider boys give champs a battle



Jalen Reese of Gilford goes up to try and block a shot from Belmont's Jacobb Bivens in action last week.



Juan Montoya drives toward the basket during action against Gilford last week.

Betty White Challenge raises thousands for local animal shelters

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — On Jan. 17, animal charities across the world saw an outpouring of support and donations in honor of the legendary actress Betty White on what would have been her 100th birthday, including many local animal shelters and humane societies.

Betty White passed away on Dec. 31, at the age of 99. As White was a strong advocate and support-

SEE **CHALLENGE**, PAGE A7



COURTESY

New Director takes reins at Sanbornton Public Library

The Board of Trustees for Sanbornton Public Library met Tuesday, Jan. 11, and are pleased to announce the new Director of the SPL will begin on Jan. 18. We welcome Rebekka Mateyk, and look forward to the patrons meeting and greeting her. Among her early duties will be recruiting an assistant and bringing to the board a proposal to update/upgrade the network. Ms. Mateyk earned a Masters in Library and Information Services from Rutgers University. She has directed libraries in New Hampshire and Vermont, and her experience will be helpful leading Sanbornton Public Library forward as our community reemerges. The Trustees will announce a meet and greet for February. Please welcome Rebekka, and give her some time to get to know the library, the readers, and the Sanbornton community. Pictured here, Trustee Chair David Adams welcomes Director Rebekka Mateyk to Sanbornton Public Library.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford hoop boys were coming off a break and hadn't been together in a week. The Belmont hoop boys remained shorthanded with some kids out of the lineup.

So, when the two teams met up in Gilford on Tuesday, Jan. 18, there was bound to be some things that had to be worked out.

In the end, the Golden Eagles held on for the 52-33 over their local rivals win to remain undefeated on the season.

"When you deal with being off, you have to work to get back to where you before (being off), then you have to get better from there," said Gilford coach Rick

Acquilano. "This is the first time I've seen the guys in 10 days, as much as it didn't look smooth, we'll continue to chase playing better and I know this group well enough to know they'll get there."

"I thought the defensive effort in the first was exactly what we wanted," said Belmont coach Jim Cilley. "We handled the pressure well, but they (Gilford) adjusted well."

Isaiah Reese got Gilford on the board first, but Jacobb Bivens and Keegan Martinez responded with hoops for the Raiders. Jalen Reese tied the game at four, but Bivens hit another hoop to put the Raiders back in front.

Gilford got a hoop

from Mitch Pratt, two from Jalen Reese and one from Riley Marsh to open the lead up to 12-6 before Martinez finished off a Juan Montoya feed to cut the lead to 12-8 after one quarter of play.

Gilford opened up the lead by scoring the first 10 points of the second quarter. Jalen Reese put back a rebound to start things and then his brother Isaiah hit consecutive hoops and drained two free throws. Isaiah Reese closed out the Gilford run with a hoop for a 22-8 lead.

Hunter Stephens got Belmont on the board, but Sam Cheek answered for the Golden Eagles. Stephens drilled another hoop

before Isaiah Reese drained a three-pointer for the 27-12 lead. Bivens was able to put back a rebound to make it a 27-14 game at the halftime break.

Austin Normandin started the second half for Gilford with a hoop before Jamiison Gaudette finished off a great hustle play from Montoya at the other end. Normandin drained another hoop and Gaudette again responded for Belmont.

Cheek hit a hoop for Gilford and Jalen Reese added a free throw before Martinez finished off a Montoya feed at the other end of the court. Isaiah Reese then drained another three-pointer to push

SEE **BOYS**, PAGE A7



DONNA RHODES

Safe skating

Winter cold has set in throughout the Lakes Region, but that doesn't mean ice conditions on ponds and lakes are always safe or even cleared for ice-skating. Fortunately, there are safer alternatives however in the Winnisquam Region. For the past several years, Tilton's Recreation Commission has set up a public ice skating rink, located on Sanborn Road beside the Tilton Police Station and maintained by both the commission and a crew of volunteers. Tilton-Northfield Fire Department plays a major role each year as well by providing water to fill the rink and provide safe ice for skating. This year, the Sanbornton Recreation Department also got approval from their town to erect another local ice-skating rink at the Sanbornton Town Park. Purchased with town approval, volunteers participated in setting up the new rink and the Sanbornton Fire Department also helped flood the area with water that has frozen to a smooth surface. The rink is available from sunrise to sundown.

Raider girls return to action after 10-day break

BY JOSHUA SPAULDING
Sports Editor

BELMONT — After a 10-day layoff, the Belmont hoop girls returned to action with a pair of games last week. The return to action started with a game against Gilford on Jan. 18, dropping a 44-32 decision to the Golden Eagles. Belmont jumped out to a 10-0 lead but they were outscored by a 32-5 margin over the next 12 minutes, putting them in a hole they couldn't dig out of. "To the girls' credit, they never stopped working hard," said coach Mike Andriski. "We got it down to 10 in the fourth, only to run out of steam." Andriski said the girls continue to work hard no matter how

things are going and he couldn't be happier with the effort. Kaitlyn Bryant had 11 points and Courtney Burke added eight while Savannah Perkins added seven points. Another tough shooting night saw the Raiders drop a 53-24 decision to Laconia on Thursday. "We had good looks, but can't seem to get the ball to drop for us," Andriski said after the Raiders shot just 10 for 42 from the field. Darci Stone led the way with nine points, Perkins added seven and Burke had six points and eight rebounds. "We need someone else to step up with seven games in 10 days," the Raider coach continued. "We need to find a way for all the hard work the team has done to show

up in the win column." Andriski noted that the team was poised to start this week with the entire roster in place for the first time all season

long. Belmont will be hosting Mascenic on Friday, Jan. 28, at 5 p.m., then hosts Mascoma on Saturday, Jan. 29, at 12:30

p.m. and Prospect Mountain on Monday, Jan. 31, at 5 p.m. and will be at Inter-Lakes on Wednesday, Feb. 2, at 6 p.m.

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

Bears top Cougars on the road

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam hoop girls hit the road to Litchfield to start last week and returned home with the win by a 47-32 score. "When we played team defense the way we played tonight in the first half, holding them to 12 points, that was the key," said coach Mark Dawalga. Winnisquam led 8-5 after one quarter and 19-12 at the halftime break

before opening the lead up to 33-18 after three. Lauren MacDonald had a good game, scoring 18 points, grabbing four rebounds and recording four steals. Mackenzie Philippy added nine points, three rebounds and five steals, Victoria Kelly had nine points, Alicia Paquet had five and Isabella Sargent added four. Dawalga praised the defense of Sargent, Emma Griffin, Sophia Day, Vanessa Power and

Sophia Braun. "We were able to get our offense going in the third, stretching our lead from seven points to 15 points going into the fourth," Dawalga said. "A good team win on the road, still lots to work on." The Bears kept their game with Monadnock on Friday close, but the Huskies used their depth to pull away for a 61-25 win. "Give them credit, they are a very good

team," Dawalga said. "We worked hard in the second half but just could not finish tonight." Day led the way with eight points and Sargent added six. The Bears will be back in action on Friday, Jan. 28, at Prospect Mountain at 6 p.m. and will be hosting Gilford on Monday, Jan. 31, at 7 p.m. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

HIGH SCHOOL SLATE

Friday, Jan. 28

BELMONT
Boys' Hoops at Mascenic; 6:30
Girls' Hoops vs. Mascenic; 6
GILFORD
Alpine Skiing at Gunstock; 10
Boys' Hoops vs. Berlin; 6
Girls' Hoops at Berlin; 6:30
WINNISQUAM
Boys' Hoops vs. Prospect Mountain; 7
Girls' Hoops at Prospect Mountain; 6

Saturday, Jan. 29

BELMONT
Girls' Hoops vs. Mascoma; 12:30
BELMONT-GILFORD
Hockey at Kearsarge-Plymouth; 2
WINNISQUAM

Boys' Hoops vs. Prospect Mountain; 2:30
Wrestling at Concord; 8

Monday, Jan. 31

BELMONT
Boys' Hoops at Prospect Mountain; 6
Girls' Hoops vs. Prospect Mountain; 6
GILFORD
Boys' Hoops vs. Winnisquam; 6
Girls' Hoops at Winnisquam; 7
WINNISQUAM
Boys' Hoops at Gilford; 6
Girls' Hoops vs. Gilford; 7
Tuesday, Feb. 1
GILFORD
Boys' Soccer vs. Berlin; 3
Girls' Soccer at Mascoma; 4

Wednesday, Feb. 2

BELMONT
Boys' Hoops vs. Inter-Lakes; 6
Girls' Hoops at Inter-Lakes; 6
Nordic Skiing at Whitaker Woods; 3
BELMONT-GILFORD
Hockey vs. Kennett; 5
GILFORD
Boys' Hoops vs. St. Thomas; 6
Girls' Hoops at St. Thomas; 6:30
Nordic Skiing at Whitaker Woods; 3
WINNISQUAM
Wrestling at Con-Val; 6

All schedules are subject to change.

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 10-17.

Seth A. Quimby, age 46, of Manchester was arrested on Jan. 11 in connection with multiple bench warrants.

Randy W.J. Nadeau II, age 39, of Belmont was arrested on Jan. 12 for Driving After Revocation or Suspension, Suspension of Vehicle Registration, violating driver's license prohibitions, Transportation of Drugs in a Motor Vehicle, Possession of a Controlled Drug, and Control of a Premises Where Drugs Were Kept.

Megan O'Connell, age 43, of Belmont was arrested on Jan. 13 for Operating After Certification as a Habitual Offender, Disobeying an Officer, Driving Under the Influence-Impairment, and in connection with multiple bench warrants.

Bradford R. Hilliker, age 58, of N. Billerica, Mass. was arrested on Jan. 14 for Driving Under the Influence-Impairment and an Open Container violation.

Zachary Stone, age 28, of Laconia was arrested on Jan. 15 for Operating After Certification as a Habitual Offender.

Frank Musa Seba, age 23, of Concord was arrested on Jan. 16 for Driving After Revocation or Suspension.

Shannon Caron achieves Fall 2021 Dean's List at Belmont University

NASHVILLE, Tenn. — Shannon Caron of Lochmere qualified for the Fall 2021 Dean's List at Belmont University. Eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

Approximately 50 percent of Belmont's 7,076 undergraduate students qualified for the Fall 2021 Dean's List. Belmont Provost Dr. Thomas Burns said, "Students achieving the Dean's List recognition at Belmont University are highly committed to success in their educational endeavors. They have clearly demonstrated a deep investment in their studies and in their future. We are thrilled to celebrate their hard work and know their continued, consistent and comprehensive dedication to their academic work will equip them to become what we call 'future shapers' at Belmont as they impact the world around them."

About Belmont University

Located two miles from downtown Nashville, Tennessee, Belmont University consists of nearly 8,800 students who come from every state and 33 countries. Consistently recognized by U.S. News & World Report for innovation and commitment to undergraduate teaching, Belmont brings together the best of liberal arts and professional education in a Christ-centered and student-focused community of learning and service. As a campus that aims to Let Hope Abound, the University is committed to producing graduates who are Hope Inspiring, Character Forming, Future Shaping, Community Engaging and Bridge Building people. With more than 115 areas of undergraduate study, 41 master's programs and five doctoral degrees, there is no limit to the ways Belmont University can expand an individual's horizon. For more information, visit www.belmont.edu.

Olivia L Robillard of Sanbornton named to Clarkson University's Dean's List

POTSDAM, N.Y. — Olivia L Robillard of Sanbornton, a senior majoring in mechanical engineering, was named to the Dean's List for the fall 2021 semester at Clarkson University.

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

WinnAero Education Director and ACE Academy Coordinator, Dan Caron, points out the hangar floor plan for the upcoming ACE Academies in July. Looking on are fellow WinnAero Board members Duke Kline, President Karen Mitchell, Dave McDonald and John Seeler. Local manufacturing business owner Seeler donates the use of his hangar for the ACE Academy schedule.

GILFORD — WinnAero, the STEM education for youth non-profit group, has finalized plans for this coming summer's popular ACE Academies. The one-week day camps will operate in July with multiple sessions based on grade levels of the attendees. All camps will take place at the Laconia Airport.

The scheduled ACE Academies will run the weeks of July 11-15 and July 18-22. The breakout is as follows: Grades 3-5 have a choice of three different dates/times. 11-15 July Morning Session 8:30 a.m. - noon or Afternoon Session 12:30-4 p.m. Grades 3-5 third session is July 18-22 Morning 8:30 a.m.-Noon. Grades 6-8 sessions run July 11-15, 8:30 a.m.-

Aerospace summer camps scheduled



4 p.m. Middle School students may choose which theme or "track" within the session they wish to pursue. Tracks offered include Pilot/Air Traffic Control, Pilot/Search and Rescue & Emergency Services, and Pilot/Aerospace Engineering/Manufacturing. The week of July 18-22, grades 6-9 students can opt for Space Academy which will run from 8:30 a.m.-4 p.m. This session will focus on model rocketry, astronomy, the space environment, spacecraft and space station design. Grades 9-12 students have one

session scheduled July 18-22; 8:30 a.m.-4 p.m., but with two separate tracks offered: Pilot/Aerospace Engineering & Manufacturing and Drone/UAS Academy operations. All sessions are taught by, and/or under the supervision of, NH-certified current or retired STEM Educators with licensed pilots and other aerospace professionals augmenting the teachers in select subject areas. Each ACE session is limited to ten students on a first come-first served basis. Tuition for the Middle and High School-aged full day sessions is

\$450 for the week. Elementary-aged half day sessions are \$250 with the Drone Academy tuition at \$550. Some financial assistance is available. Applications for ACE 2022 sessions are now being accepted. See a.winnAero.org for details, applications, financial assistance information, sponsor information and staff directory. Additional specific questions may be addressed to Education Director Caron at dan.caron@winnAero.org or (603) 556-9762.

Bank of New Hampshire promotes Mark Mastenbrook



Mark Mastenbrook

LACONIA — Bank of New Hampshire is pleased to announce the promotion of Mark Mastenbrook to Assistant Vice President – Director of Facilities. He effectively manages and oversees the facilities functions for Bank of New Hampshire. He is responsible for the safe operation and maintenance of all mechanical and electrical building and equipment systems. He also oversees the maintenance of all bank buildings, grounds and maintenance equipment and coordinates and works with outside contractors for large jobs.

Mastenbrook joined Bank of New Hampshire in December 2020 as Director of Facilities with more than 20 years of project management experience. Mark holds

a Bachelor's degree in Business Administration. He also holds an electrician license in the state of New Hampshire and has served on the Zoning Board of Adjustments for over twelve years in his hometown of Belmont.

"Mark brings a tremendous amount of experience and knowledge to his role as Director of Facilities," said Cydney Shapleigh, Executive Vice President, Chief Wealth Management & Retail Banking Officer for Bank of New Hampshire. "We feel fortunate to have such a dedicated and resourceful person on our team."


Bank of New Hampshire is proud to have Mark as a member of our team as we aspire to

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

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's custom-

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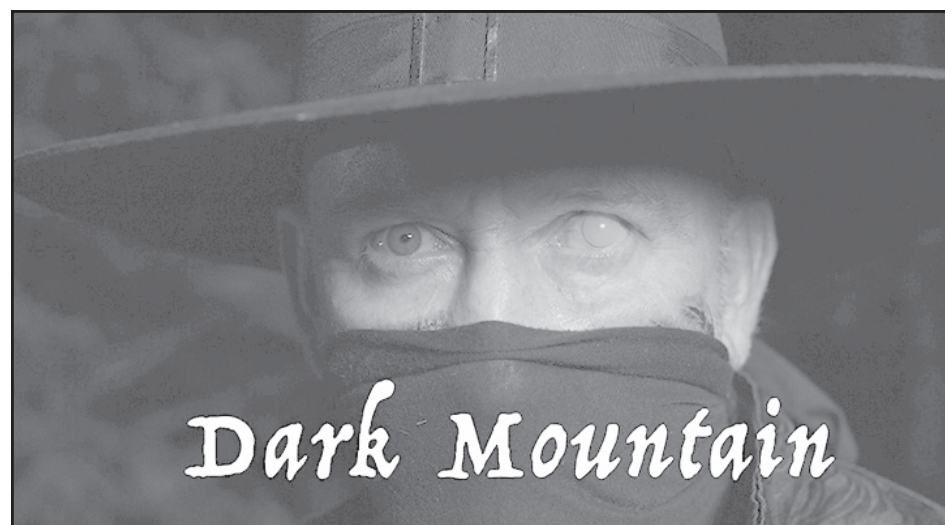


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Vitamin D is more important than ever now

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, winter brings a challenge, with shorter days reducing the ability to absorb the much needed vitamin.

During a hike last weekend, we encountered a doctor who went on to explain how during winter months the vitamin D, the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of vitamin D.

It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays have come and gone in a flash. We are just one week away from what many call the longest month of the winter, the dreaded February. Usually, temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer, or maybe not.

We can't let this week's Editorial slide without mentioning Superbowl LVI. This year's game will take place at the SoFi Stadium in Inglewood, California. This year's logo seems to have received a lot of attention, as some say the red palm trees look like something out of a commercial for CSI. Championship Sunday will take place on Jan. 30. The big game is slated for Feb. 13. Teams that are in the running to win, according to football fans, include the Green Bay Packers, Kansas City Chiefs, Buffalo Bills, Tampa Bay, LA Rams and the Tennessee Titans. Halftime guests are a throwback to the '90's with legends such as Mary J. Blige, Dr. Dre, Snoop Dogg and Eminem performing.

Whatever team you end up rooting for, it's sure to be one for the ages.



RC GREENWOOD

Bulldogs over Lakers

Belmont-Gilford's Zoltan Stefan moves in on net during his team's game with rinkmates Laconia-Winnisquam-Inter-Lakes. The Bulldogs came out with the 5-0 win over the Lakers. Belmont-Gilford is slated to compete at Kearsarge-Plymouth on Saturday, Jan. 29, at 2 p.m. and will host Kennett on Wednesday, Feb. 2, at 5 p.m.

STRATEGIES FOR LIVING

When the Devil came to visit

BY LARRY SCOTT

"You are my beloved Son; in You I am well pleased." Those were the first words, so far as we know, Jesus heard from His Father.

For 30 years, with nothing to go on but His prior history and the words of the Old Testament prophets, Jesus had lived a normal life, waiting for a change of status over which He had no control. His family had been of little help; they didn't believe in Him and no doubt thought Him a bit of a lunatic. But now He had heard from heaven. The voice of the Father verified his calling; Jesus was ready to proceed!

Before he could launch His ministry, however, before He could pursue the burden of His heart, there would be 40 days of fasting and prayer in the Judean

wilderness. As anxious as He was to get on with the mission for which He had come into the world, there would first be endless days of solitude, hours upon hours, alone with His thoughts. And 40 days is a long time, especially without food or water!

Jesus, however, was not alone. Hovering in the background, there stood the evil one, determined to destroy God's plan for His only Son. Toward the end of His forty-day fast, a visitor, actually the devil in disguise, stopped by to offer Jesus a life of ease and popular acclaim. Most significantly, however, the "gentleman" proposed life without a cross.

But Jesus, well aware of His impending death, would have none of it. There were to be life-changing days to follow, days to discover

the role His Father had planned for Him, but this wilderness experience was to mark a turning point in His life. He had battled the forces of hell and come through unscathed. His subsequent three years of ministry would reflect the impact of the forty days He has spent alone with God.

And so it is with each of us. We may have neither the time nor the strength to go on a forty-day fast, but we can look to God for His leadership and strength. Almost twelve months, 338 days to be exact, lay before us, days we can waste, or days that can make us something we could never have been ... except for God's blessing on our journey through 2022.

And that's the kicker here. We squander the days we are given, or we can use them to our good. In short, we can emerge

from 2022 a better, wiser, more effective person ... or we can waste the year on non-essentials and remain little changed from the person we are today.

Perhaps we could learn something from the Apostle Paul. Despite a tough life as a Christian in the first-century Roman world, he had discovered the secret to a successful and satisfying life. "Forgetting the things that are behind," he wrote, "I press on toward the mark of the high calling of God in Christ Jesus."

There is no other way to discover God's best. I will grant that level of commitment takes courage, but if you will welcome Jesus as your Lord, I guarantee 2022 will be the finest year of your life.

For further thoughts like this, follow me at in-defense-of-truth.net.

PETS OF THE WEEK



Sweet Pea

Little Sweet Pea is an adorable pug/ beagle mix. This older girl still loves to go for long walks, but would also love hanging out on a comfy couch and relaxing. She can be a little shy at first but warms up quickly. Since she is part beagle, Sweet Pea can be vocal when excited, so she may not be the best fit for apartment living. We think Sweet pea may do well with an easygoing dog friend or two, may be ok with cats if managed and introduced appropriately, and could do well with gentle kids aged 12 and up. Sweet pea will need some continued medical care for her skin, and we will require that adopters have an appointment scheduled with their chosen vet before sending Sweet Pea home.



Cuke Roll

If this picture doesn't tell you how adorable I am then I don't know what will. Me and my adorable face came to NH Humane from living as a stray, so there is not much in the way of background. I am FIV+, meaning I would need to be the only pet in the household or living with other FIV+ cats.



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North Country Notebook

Making history come alive: Just turn around, and point



By JOHN HARRIGAN
COLUMNIST

How to make history mean something to today’s students—make a connection with something visible today—is one of teaching’s great challenges. The “head-wall” on the 7th fairway at the Colebrook Country Club is a clear example of the last glacier’s work, and is a great lesson right there for all to see, golfers or not.

Audubon magazine is published quarterly and is one of the best publications in the country. The Winter edition now being circulated contains a fine feature on the Big Bend region along the Rio Grande River; a wild and barely accessible region that just happens to harbor millions of birds, numbering hundreds upon hundreds of species.

How to bring a story like that home? You might know that Neil Tillotson, who was born in Hereford, Quebec, just across the line from Beecher Falls, Vermont, and who bought and saved the Balsams Grand Resort Hotel from rack and ruin and ran it for several generations of ordinary mortals and was a friend to many people still around today, was a pretty active guy back around the turn of the last century and served in the U.S. Cavalry along the Rio Grande. An outlaw named Poncho Villa gave U.S. troops

in the region a tough time for several years, and Mr. T’s cavalry unit finally chased him back across the border.

Mr. and Mrs. Tillotson were regular guests in many local homes during young people’s growing-up years, and we learned to call them, as instructed, “Neil and Louise.” While Jeanette Shatney and I entertained ourselves after wolfing down supper one night by digging deep snow-holes in the front lawn of their bungalow at the Balsams, we watched the newly launched Sputnik etching its atmosphere-induced zig-zag course against the sub-zero January night sky.

Despite the fact that evidence of the last glacier to scrape the area was all around us, and for all to see every single day of our lives, I cannot recall a single solitary line on the subject during school. All that I know came from reading every book I could get my hands on, and conversations with kindred spirits all over the country.

I can tell you that there is not much in print for the layman, although that body of work is slowly growing. A simple Google search will now turn up several extremely informative books on what went on in North America some 15,000 years ago, when the mile-deep Wisconsin ice sheet covered the lion’s share of the continent, and so much of Earth’s water was locked up in ice that the Bering Strait land bridge linking today’s Siberian coast with northwestern Alaska was high and dry.

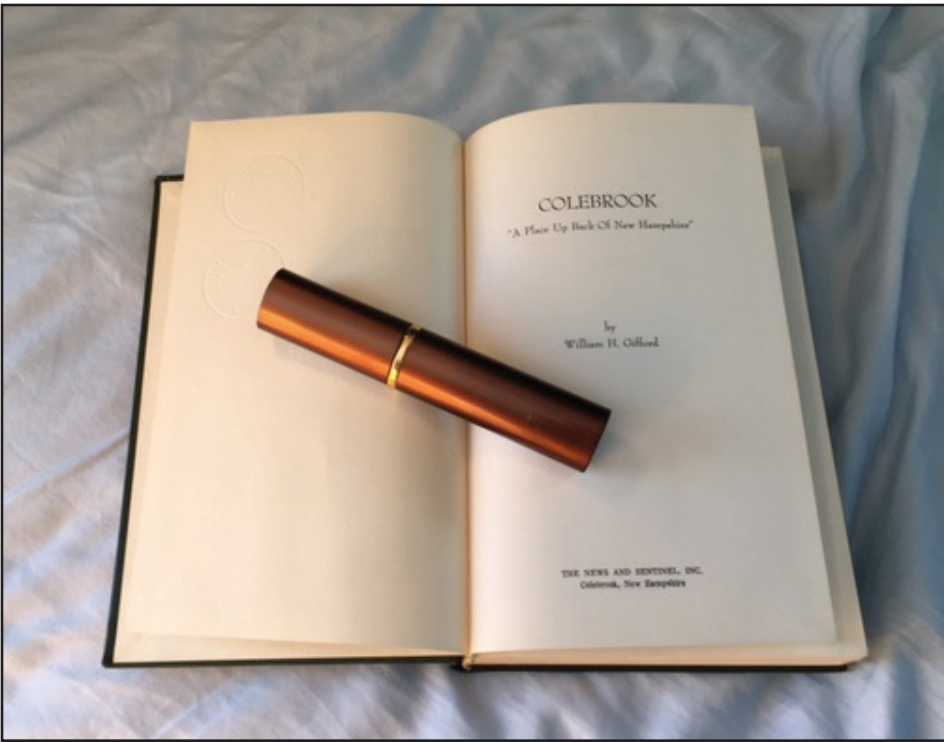
William Herbert Gifford married into the family of one of Colebrook’s pioneer clans, and exhibited great curiosity about what shaped the land during the all too brief time he was on it. His history of the region, “Colebrook: A Place Up Back of New Hampshire,” is an odd book that is organized alphabetically and is often improperly catalogued, hence its shaky perch among the region’s records.

During my growing-up years, I was fortunate to be exposed to people who were curious as to what shaped the land, and knew something about it. There was not much in the way of scientific papers and such—a pretty thin paper-trail—but these were people who knew enough to get a kid started.

A genial Marine we all called “Sarge”—when we were old enough—was Tom Carlson, a career Fish and Game officer who also happened to be one of the best birders in the territory. He was also a Lewis & Clark buff who’d read everything written on the topic and with wife Joanne traced many of the explorers’ routes west of the Mississippi.

Sarge had heard about the incredible prehistoric tool Dr. Gifford had. “You oughtta see if Doc will show it to you,” he said.

I went straight up to Rocky Knoll, Doc and Parsie’s home on an ancient bedrock outcrop just north of town, and buttonholed Herb, who as usual jumped at any chance to discuss any-



Herb Gifford’s book on the history of one of the state’s northernmost towns contains a wealth of information on everything from language left by early Portuguese fishermen to examples of Paleo-Indian tools

thing having utterly nothing to do with medicine. “Here,” he said, sliding a heavy cabinet door open and handing me a heavy object wrapped in gauze. It was a mastodon flensing tool, a round, extremely sharp-edged, palm-sized, purplish piece of quartz-jasper, actually—quarried from the ancient Paleo-Indian vein near the top of Mount Jasper in Berlin, three-quarters of the way up the sinuous Androscoggin River.

The flensing tool’s story was pretty straightforward. When it was completed in 1911, the Azischohos Dam on the Androscoggin’s headwaters flooded the valley of the Little Magalloway, rich in prehistoric artifacts. In the 1970s, workers drained Azischohos for dam repairs, and paleontologists jumped at the opportunity to investigate. They found a trove of implements at ancient campsites throughout the valley, and the flensing tool that Dr. Gifford wound up

with was among them.

Doc’s eyeballs danced as he watched me turn the stone tool over and over in my hands. I could see giant beasts stomping around in my head. “Jee-zus,” I said as reverently as possible under my breath.

Every digging season, somewhere in this vast region a few thousand hardy souls call home, archaeological teams from universities or institutions are quietly at work, uncovering the past bit by bit. They are slowly layering a thread here, some scrapings there, ancient hulls of grass or grain, microscopic bits of sinew and skin.

Woodland caribou were here then, a species that survived up to the turn of the last century and still roam the Pacific Northwest.

When I lived in Jefferson toward the end

of my stewardship of a regional institution (the Coös County Democrat), near the end of the last century, State Archaeologist Dick Boisvert and his crew were working on a major Paleo-Indian dig not far from my home. I’d grouse-hunted the area for years, and wanted to visit the dig and experience the site with a hunter’s ears, eyes, nose, and all other senses in play.

With the usual precautions, Dick and his diggers and sifters put up with my wanderings, and after a while in the alder swamps, along the tributaries of Israel’s River, I could see the woodland caribou, shoveling up the succulents with their hooves, moving along slowly, their noses into the wind.

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

New Hampshire Snowmobile Association introduces trail preservation initiative

TILTON — Sometimes the path well-traveled is the best path to follow. With an influx of new riders, the New Hampshire Snowmobile Association (NHSA) wants to remind everyone to stay on the trail. The goal of the Trail Preservation Initiative is to keep snowmobilers on the trails and discourage illegal off-trail excursions, protecting the land, habitats, and respecting the landowners. With more than 70 percent of New Hampshire’s snowmobile trails on private property, the key to maintaining our trail access is to

respect landowners and their property. “The local clubs have cultivated a trail network of over 7,000 miles,” said NHSA President, Chris Runnals. “It’s taken 50 years to get to this point, we ask riders to protect, respect and preserve our snowmobile trails.” Off-trail riding damages property. A small ride through a clear-cut can destroy new tree growth for years to come. Damaging the tops of saplings will negatively affect future timber values of those trees. A short foray through a freshly planted hayfield can set a farmer into a

financial tailspin. Designated trails are the safest places to ride. According to NH Fish and Game, “Off-trail riding can be dangerous. When you venture off-trail, you don’t know what is under that powder. You are likely to encounter anything from blowdowns to large protruding rocks and tree stumps, even stone walls.” Trespassing is the number one complaint

from landowners and is the leading cause of lost snowmobile access. Land adjacent to snowmobile trails is off limits. Just because there are tracks off the trail does not mean that an area is open or legal. The trail map, at nhsa.com, steers riders in the right direction. Through a grant from the TC Energy Foundation, NH snowmobile clubs will be posting new “Don’t Take NH for

Granite” signs across the state. “Stay on Trail” decals will be in circulation soon. We encourage snowmobilers to affix them to their snowmobiles and trucks in support of preserving the trail network. “Riding these incredible trails is a privilege afforded to all snowmobilers by generous private landowners. Our hope is that riders will pay heed to the signs, stay on the marked trail,

and continue on their best behavior to preserve the permission to use the land,” said Roger Wright, chairman of the NHSA campaign. The NHSA recognizes the Bureau of Trails, Fish and Game, and the Division of Travel and Tourism for their continued efforts to promote safe and responsible trail use in New Hampshire.

Dean College announces Fall 2021 Semester Dean’s List

FRANKLIN, Mass. — Dean College is pleased to announce the students that have earned a place on the Dean’s List for the Fall 2021 semester. These students have demonstrated a serious commitment to their studies while at Dean College. Madison Gilbert of Sanbornton Noah Pearson of Tilton Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

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Edward Jones: Financial Focus

Does your business have an exit strategy?

If you’re a business owner, you’ve got so much to think about, and you work so hard, that it might be difficult to envision the day when you’re in a different place in life. However, that day will likely arrive, so you’ll want to be prepared for it, which means you’ll need an exit strategy. But how do you create one? Here are some steps that can prove helpful:

- Start planning early. Making a quick exit is probably not a viable strategy for most business owners. Instead, you’ll want to plan far ahead for when you want to leave your business behind. This will require some thinking about the big picture: What will the company look like when you’re gone? Are you essential to its survival? If not, do you want to sell it to a key employee or an outsider? Or would you prefer to keep it in the family? After you’ve answered these types

of questions, you can then move on to consider specific solutions, such as creating a buy-sell agreement with an employee or gradually transferring the business to family members.

- Determine how to fill a retirement income gap. You could spend two, or even three, decades in retirement – so you’ll want to be sure you’ll have an adequate income stream to cover all those years. You may be able to draw on Social Security and whatever retirement plan you might have established, such as an SEP-IRA or an owner-only 401(k), but these sources may still leave you short of what you’ll need to live on during your retirement. However, your business will probably be your biggest asset, especially if you own some real estate connected with your operations. So, if you’re planning to sell your business, how much will you need to get for it

to fill any retirement income gap you may face? Of course, it can be somewhat tricky to place a valuation on a business that may not be sold for several years, but with some research and the right forecasting tools, you should be able to develop a pretty good estimate.

- Get professional help. Creating and executing a business exit strategy takes time – and expertise. So, as you think about your own situation, you might want to assemble a team that includes your financial, tax and legal advisors and an expert in business valuation. This last position – business valuation professional – will obviously be particularly beneficial in estimating the value of your business for a future sale.
- Include the next generation in

your plans. If you’re planning on transferring your business to the next generation of your family, you’ll certainly need to involve them in every step of the process. But even if you’re going to sell the business to an outsider, or liquidate it entirely, you should keep your grown children informed of what you’re doing, since they may be affected by the outcome. You also may want to include them in any meetings you have with your financial, tax and legal advisors. Selling or transferring your business will be one of the most important financial moves you’ll make – so plan ahead, get the help you need and find the exit strategy that’s right for you.

Jacqueline Taylor
Financial Advisor
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PO Box 176
Meredith NH 03253
603-279-3161
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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Public invited to take part in NH Audubon Backyard Bird Survey

BY DONNA RHODES
Contributing Writer

REGION – On the weekend of Feb. 13 & 14, bird lovers are being encouraged to take part in the 2022 Backyard Winter Bird Survey, conducted annually by N.H. Audubon since 1987. Their original studies began as the “Cardinal-Tufted Titmouse Survey” in 1967 before it expanded to include all species found in people’s back yards. Today it not only includes the birds and waterfowl that can be seen from a person’s backyard, but squirrels, too, since they are well-known to make an impact on winter bird feeding stations. To take part in this year’s survey is easy. People can go online to www.nhbirdrecords.org/backyard-winter-bird-survey where they will find downloadable survey forms and information on how they can participate in this fun and educational research project.

Basically, participants over that weekend in mid-February will be asked to spend as much time as they choose watching their yard and counting species of birds that they can correctly identify, be it five minutes or 20 minutes at a time throughout the weekend. The amount of that time should be documented, however. The goal for the survey is not to count how many of each species they see over the two-day period, but to count the most of any one species they see together at one time. For example, if there are ten blue jays in their yard when they look out Saturday and/or Sunday morning, then five in the afternoon and only three blue jays before sunset, the number they would write on the Audubon survey form would be ten, the most seen gathered together in their yard when they looked outside. Should someone’s house overlook open water and they can correct-

ly identify the species of waterfowl there, that should also be counted, as well as birds flying overhead. Squirrels (specified on the survey as either a gray or red squirrel) should be counted in the same manner, with the greatest number spotted at any one given noted. The key is that if someone is not sure what species they saw, they should not guess. Simply leave it off the survey. The survey includes a count list of the more common species that frequent New Hampshire in the winter, but there can be many more birds that observers might see. Blank spaces are available to write-in a particular bird that is spotted and N.H. Audubon also has a special section for unusual sightings of species seldom seen in the state. Should anyone be fortunate enough to encounter such a sight, NHA asks that you try to provide a photo of the

bird so it can be verified for their count. Details on how to present such information for the survey is available on their website along with a brief guide on bird identification and a few other helpful tips about some common, look-a-like species that will help designate observers distinguish which one was seen. All submissions assist bird experts at NHA in their assessment of the status of the state’s bird populations. Songbirds, woodpeckers, hawks, owls, ducks and eagles are all on their radar for the survey. Anyone who would like to take part in the 2022 Backyard Winter Bird Survey is asked to go to www.nhbirdrecords.org/backyard-winter-bird-survey for survey forms and further details. In addition to participation, bird lovers can also contribute to New Hampshire Audubon by making a donation to them when mailing in



COURTESY

People with birds like this brilliant cardinal visiting their backyard feeders are invited to take part in New Hampshire Audubon’s 2022 Backyard Winter Bird Survey, which will take place statewide the weekend of Feb. 13 & 14.

their survey or by calling their membership department at 603-224-9909, ext. 310 to use a credit card. Donations are also accepted through their website. Results of this year’s survey will be available online when the final

tally is completed or will be mailed next January to those who are members of New Hampshire Audubon or have participated in this year’s survey.

Comfort Keepers

Starting the conversation

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

For many families, starting a discussion with a senior loved one about care needs can be difficult. But, according to the Home Care Association of America (HCAOA), nearly 70 percent of Americans that reach age 65 will need care at some point

in their life. And, nine out of 10 seniors want to remain in their home as they age. It is comforting to know that talking to the older adult in one’s life about their care needs doesn’t have to be a negative experience. Family and friends should remember to share the ways that in-home care


can help seniors live the life they want, maintain their physical and emotional wellbeing, and bring more hope, purpose and joy to their days. Timing is everything. Deciding when to start the conversation about care needs is important. It is never too early to discuss what care might be needed and the desires of the person that will be receiving care. And, when it is time for care to start, everyone will be on the same page about the plan. Ideally, there will be multiple discussions on the topic of care. Making plans before there is an emergency or sudden

problem in the senior’s home helps alleviate stress for everyone. Families and friends should talk to the senior in their life early and often. Gather information. Remember that everyone will have the best experience possible if this is a true conversation with the care recipient, not about them. Those involved should have the opportunity to speak their mind and talk about the future. There are many options for in-home care, from the type of care services to the number of hours a week. It is a good idea for participants to do research online or by calling a care provider to get questions answered before the family meets to talk about options. Support is imperative. Ultimately, everyone wants to ensure that the care recipient is supported, cared for, and safe in their home. It can reduce stress if those speaking to their senior loved one understand that there may be resistant to the idea of having a caregiver provide assistance, and the care recipient may feel that they are losing independence. While family and friends should be honest about their observations and feelings, the senior that will be receiving care should also have a voice. This not only helps everyone feel comfortable with the plan moving forward, but opens up the conversation about all the ways home care can improve quality of

life – physically, mentally and emotionally. Think beyond the basics. Care doesn’t have to only be about basic physical care needs. At Comfort Keepers, we believe that in-home care improves lives and helps seniors do the things they most love. We develop custom care plans that include physical safety and wellbeing, emotional health, and socialization. Our goal is to help our clients have the best quality of life while maintaining their independence at home. This can include tasks like transportation to appointments, meal preparation, light housekeeping and personal care. But all of our custom care plans also include wellbeing tasks like: Assisting with outings, social events, shopping trips, and other activities of interest to maintain engagement. Activities that bring joy, provide mental stimulation and encourage physical and emotional wellbeing. Education for families and loved ones. Referrals to medical professionals, support groups and resources. Change in condition monitoring. Fall risk assessment and assistance with fall prevention. Facilitating connection with loved ones through phone calls, video chats and other technology.

Comfort Keepers® can help. Comfort Keepers caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity. To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers. Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.




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TOWN OF TILTON
THE 2022 FILING PERIOD FOR THE ELECTION OF TOWN OFFICIALS
OPENS WEDNESDAY, JANUARY 19th and CLOSSES FRIDAY, 5 p.m., JANUARY 28th, 2022
TOWN CLERK'S OFFICE
257 Main St, Tilton
Kim Sowles, Town Clerk
Monday, Tuesday, Wednesday, Friday 8:30 a.m. - 4:15 p.m.
Thursday 8:30 a.m. - 5:30 p.m.




TOWN ELECTED POSITION FILINGS
SELECTMAN - ONE POSITION
(1) THREE YEAR TERM
MODERATOR - ONE POSITION
(1) TWO YEAR TERM
TOWN CLERK TAX COLLECTOR
(1) ONE YEAR TERM
BUDGET COMMITTEE
(1) ONE YEAR TERM
TRUSTEE OF THE TRUST FUNDS
(1) 3 YEAR TERM
SUPERVISOR OF THE CHECKLIST
(1) 6 YEAR TERM
SEWER COMMISSION
(1) 3 YEAR TERM

Applications for filing can be obtained in person at the Town Clerk's office.
The Town Election will be held on Tuesday 3/8/2022 at the Winnisquam Regional High School 433 W Main St, Tilton 8 a.m.- 7 p.m.
Town Meeting will be held on Saturday March 12, 8 a.m.
At the Winnisquam Regional High School



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BATTLE

CONTINUED FROM PAGE A1
large mural at Hall Memorial will keep track of our progress against Baker Free, so patrons are encouraged to stop by often to check how we're doing.

Any type of reading counts: fiction, non-fiction, graphic novels, audiobooks, newspapers (in print and online), reading aloud to others. Teachers, if you read aloud to your class for 20 minutes and you have 20 students in your class, that's 400 minutes you can log for the contest!

Hall Memorial is excited to start this challenge and certain of our victory. The grand prize is bragging rights for a

BOYS

CONTINUED FROM PAGE A1
the lead to 37-22.

Martinez hit a hoop and Hutch Haskins drained a three-pointer for Belmont, but Jalen Reese hit two free throws and Gilford took the 39-25 lead to the final eight minutes of the game.

Stephens opened the fourth quarter with a hoop, but Marsh responded with a three-pointer for the Golden Eagles and Pratt added a bucket. Martinez finished off a good steal from Bivens but Cheek came up with a steal and finished at the other end.

Martinez hit back-to-back buckets for the Raiders but Jalen Reese responded with a pair of hoops for the Golden Eagles, the second on a thunderous dunk and Cheek answered with a hoop to finish out the scoring with the 52-33 final score.

"We were gassed and you could tell, we knew that coming in," Acquilano said. "Give them (Belmont) credit for playing with energy and doing a good job.

"After the game, the kids said to me that we need to practice," the Golden Eagle mentor continued. "We'll get back to work.

"We have work to do and challenges in front of us," Acquilano continued.

"They know what they are supposed to do, but we're just not experienced enough to make those adjustments," Cilley stated. "We wanted to make them play, nobody attacks them and we had the men-

year, as well as the joy that comes from building community among our readers. Please consider supporting the Bow-Tilton/Northfield Book Battle this February.

For more information on any of our programs including the reading competition, please contact Hall Memorial Library at 603-286-8971 or hallmemoriallibrary@gmail.org. Follow us on Facebook and Instagram @HallMemorial for news and updates about library programs and sign up for our monthly newsletter at www.hallmemoriallibrary.org.

tality that we wanted to attack, we wanted to make them feel like they played.

"When we were able to get the ball in to Jami-son, he attacked and we got open looks, we just didn't make them," the Raider coach continued. "We did a lot of things we wanted to do, we just have to get more polished."

Jalen Reese led the way with 17 points for Gilford while Isaiah Reese finished with 14 points. Belmont was led by Martinez with 14 points.

Belmont is back on the court on Friday, Jan. 28, at Mascenic at 6:30 p.m., on Monday, Jan. 31, they will be at Prospect Mountain at 6 p.m. and will host Inter-Lakes at 6 p.m. on Wednesday, Feb. 2.

Gilford will be back at it on Friday, Jan. 28, hosting Berlin at 6 p.m., will be hosting Winnisquam on Monday, Jan. 31, at 6 p.m. and hosting St. Thomas on Wednesday, Feb. 2, at 6 p.m.

GHS 12-15-12-13-52
BHS 8-6-11-8-33

Gilford 52
Pratt 2-0-4, I. Reese 5-2-14, Normandin 2-0-4, Marsh 2-0-5, Cheek 4-0-8, J. Reese, 7-3-17, Totals 22-5-52

Belmont 33
Haskins 1-0-3, Bivens 3-0-6, Gaudette 2-0-4, Martinez 7-0-14, Stephens 3-0-6, Totals 16-0-33

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

BENHAM

CONTINUED FROM PAGE A1
2021 volunteerism during the pandemic meant Benham had to balance his own and resident safety with the desire to bring cheer to those that call Peabody Place home. His dulcet tones could be heard every Thursday afternoon reading historical nonfiction to interested family members. Social time with residents meant he has been able to facilitate trips down Memory Lane engaging in meaningful conversation that sparks fond recollections of times past. He has gracefully shared the calmness imparted by his therapy dog, Siri, herself a rescue from less than compassionate living circumstances—she accompanies him always when he visits Peabody Place.

Not only has he given his time selflessly for Peabody Place residents — there is an interesting

CHALLENGE

CONTINUED FROM PAGE A1
er of animals, a viral campaign swept across social media called "The Betty White Challenge" or #BettyWhiteChallenge asking people to donate at least \$5 to their local animal shelter on what would have been her 100th birthday. Published reports have estimated the campaign raised more than \$12 million for animal charities.

Local animal shelters and rescue organizations saw several thousand dollars in donations in White's memory.

The New Hampshire Humane Society in Laco-nia received over \$22,000 in donations through the challenge.

NH Humane Society Executive Director Charles Stanton said by the end of the day on Jan. 20 they had received \$19,100.

"When we posted that result on social media, three people reached out to donate the \$900 remaining to get us to \$20,000!" Stanton said. "Each person still donated knowing we would exceed the \$20,000 mark."

As of Friday afternoon, the NH Humane Society had received \$22,400 in Betty's memory, with more donations coming in.

"A lifelong fan of Betty's, I realize her amazing career was so much more than Rose Nylund on 'The Golden Girls,' but that is how so many of us came to love her so much," Stanton said. "I offer my sincere gratitude to each person who generously donated to us and to other animal welfare groups. We all owe Betty White a sincere 'thank you for being a friend' to animals."

The Lakes Region Humane Society in Os-sipee raised more than \$8,000 as of Friday after-

noon. Executive Director Megan Williams said as soon as they heard about the Betty White Challenge, they spread the word about the campaign.

"Alongside thousands of non-profit animal organizations, we marketed the #BettyWhiteChallenge campaign on our Facebook and Instagram Pages," Williams said. "We had no idea what sort of response this challenge would receive."

As of Jan. 21, the Lakes Region Humane Society had raised \$8,309.

"The outpouring of support for animals in Betty's honor has been nothing short of incredible!" Williams said, adding, "We are thrilled to be a part of this PAWsome tribute and hope it becomes an annual tradition. To those of you who participated, 'thank you for being a friend,' we are honored to have your support."

Donors gave over \$7,000 to the Franklin Animal Shelter: President Tom Seymour said they also jumped on the social media campaign for the Betty White Challenge for the week of Jan. 17.

"We thought there was a chance we might pull in a few dollars to help our efforts and the donations trickled in," Seymour said. "However, when the 17th arrived, we were in awe! That day set a record for Franklin Animal Shelter single day donations! We accepted

overlap with his volunteer service as a trained Hospice volunteer for Franklin Visiting Nurse & Hospice Association Assigned to a designated family his visits provide individualized one on one interaction that is both social and pastoral in nature – allowing the caregiver time out of the home to manage tasks and personal errands. A godsend to those laboring under the heavy mantle of the 'thirty-six' hour day, a well-documented phenomenon in the world of in-home caregiving, Benham is a respite beacon for those that truly need him.

Lastly —and this aspect of his contribution to senior life in and around Franklin cannot be overstated — he has dedicated time, energy and limitless hours to the Peabody Place Building Project as Committee Chair.

His influence is everywhere: feasibility, concept, design, form and function, procurement, construction, technical aspects of operating systems, services offered, permitting, liaison between our municipal partners and property neighbors. He has hosted every weekly committee meeting since inception, driving every aspect of the technical minutia towards the completion of a wonderful, state of the art, 62,000 square feet senior living community that will be a resource for so many in the City of Franklin, Merrimack County and greater Lakes Region of New Hampshire well into the future; truly a resource for generations to come.

Benham has shared his enthusiasm, dedication and love of our community with generosity and self-deprecation. When asked what com-

pels him to do so much in the way of service for so many, he will say to you "You've got to simply get up out of your seat."

Peabody Place has operated as a senior living community continuously since 1942, when the mansion on Central Street was completed just prior to the end of WW2. A registered 501 3 (c) charitable organization, the original Peabody Home housed eleven local residents, a Matron and Housekeeper. Over the ensuing eighty years various additions were included ultimately offering quality, homelike living for 39 seniors. The Peabody Place expansion will be completed in December 2022 with 16 Independent Living, 45 Assisted Living and 13 Memory Support apartments.

80 donations specifically designated for this one cause on the 17th. Never have we ever experienced such a massive single day response to an event...of any kind. To date we have received \$7,000...and the donations continue to roll in."

Seymour expressed his appreciation for White's devotion to animals and the campaign that did a lot of good.

"Betty White was a tremendous advocate for animals of every kind," Seymour said. "To have

an event of this scale, this magnitude, stretching across the nation speaks to the impact she had on the humane treatment of animals. We are truly honored to be one of thousands of beneficiaries of this effort. We could not be more happy or more proud to carry Betty White's message forward into our supporting community. We are hoping to turn this into an annual event so that Betty White's message does not gentlest over time."

Lasell University
student Nicole Reusch
of Sanbornton
presents at
Career Readiness
Symposium

NEWTON, Mass. — Nicole Reusch, a Lasell University student from Sanbornton, participated in the institution's annual Career Readiness Symposium.

Reusch presented the latest edition of Polished, Lasell's student-run fashion magazine. The presentation incorporated the NACE competencies of professionalism, leadership, equity & inclusion, and career & self-development.

Reusch is a member of the magazine's social media team.

Lasell's Career Readiness Symposium takes place every fall and asks students to present original research, projects, or field skills that align with core career competencies shared by the National Association of Colleges and Employers (NACE). Part of the Symposium's goal is to collectively assist students in identifying and pursuing opportunities that allow them to become proficient in those areas as preparation for successful transitions into the workplace.



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Cathleen Sleeper promoted to Assistant Vice President, Branch and Business Development Manager at MVSB



Cathleen Sleeper

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to announce the promotion of Cathleen “Cathy” Sleeper to Assistant

Vice President, Branch and Business Development Manager. In this position, Sleeper will continue to oversee the MVSB’s Main Office at 24 State Route 25 in Meredith.

“We are so proud to acknowledge Cathy’s dedication and talent with this well-deserved promotion and I know she will continue to be an excellent leader as MVSB continues to grow,” said Cynthia Oxtton, Regional Vice President, Branch Manager. “She has exceptional

customer service skills, more than a decade of experience at the Bank, and is passionate about helping our customers and serving the community.”

Sleeper has held several roles in MVSB branches since joining the Bank in 2009 as a part time teller. Prior to this promotion, she has served as the Branch and Business Development Manager for the Bank’s Main Office in Meredith since 2017. She also serves as the Program Coordinator

for the Bank’s in-school savings program, Save for America School Savings. In the community, Sleeper volunteers her time as a Board Member for the Greater Meredith Program and she is a member of the Meredith Rotary.

Sleeper attended Jamestown Business College, Northern New England School of Banking and the Dale Carnegie Effective Speaking & Human Relations course and she is a 2020 graduate of Leadership Lakes Region. She has three

grown children and enjoys spending time biking with her husband of 36 years.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, busi-

nesses, non-profits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Bank of New Hampshire promotes Gayle Price to Executive Vice President

LACONIA — Bank of New Hampshire is pleased to announce the promotion of Gayle Price to Executive Vice President – Chief Human Resources Officer. Price is responsible for overseeing all aspects of the Human Resources strategies and functions of the Bank including recruitment, compensation and benefits, employee relations, leadership development & training, policy development and legal compliance.



Gayle Price

Price joined Bank of New Hampshire in May 1984 as a Bank Services Representative, and began her human resources career in Sep-

tember 1986. She holds a Bachelor of Science degree in Business and a minor in Education, and she has graduated from both the Northern New England School of Banking and the New England School of Banking at Williams College, the Disney Approach to People Management and has received her Human Resources Management Certificate.

Price serves on the Board of Directors of the Lakes Region Scholarship Foundation and the Advisory Board for

Lakes Region Community College.

“Gayle’s depth of knowledge and experience in Human Resources is essential to our operations at Bank of New Hampshire,” said Chris Logan, President & CEO for Bank of New Hampshire. “Gayle is an invaluable member of our Executive Management Team and we look forward to her continued efforts to reimagine our Human Resource efforts in the future.”

Bank of New Hampshire is proud to have

Price as a member of our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21

banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Nugent selected for APCO Registered Public Safety Leader Program



Kevin Nugent

REGION — The Lakes Region Mutual Fire Aid Association is proud to announce that Lt. Kevin Nugent has been selected for the Association of Public Safety Communications Officials (APCO), Registered Public Safety Leader program (RPL).

Nugent’s selection in this intensive year long

program is significant, as it is a highly competitive program requiring a successful application process, and approval of an industry service project.

During the year-long RPL program students will learn to: manage organizations and change, communicate with confidence and clarity, develop their talent pool, learn to build consensus,

enhance team performance, and make a difference in the 9-1-1 and emergency communications industry.

The first five of the six online RPL courses focus on aspects of managing and supervising that are vital to leading successful teams. The sixth course provides the opportunity for RPL candidates to put their knowledge and skills to

use in a service project that benefits our industry.

Upon Nugent’s successful completion of the program, he will join the other four Registered Public Safety Leaders in New Hampshire. Lt. Erin Hannafin has recently completed the program, and is awaiting her official designation.

Nugent has worked for LRMFA for almost

eighteen years, and previously was a Telecommunications Specialist at NH9-1-1. Lt. Nugent has also served on the Gilmanton Fire Department and was the Chief of the Winnisquam Fire Department.

LRMFA wants to congratulate Nugent, and wish him well as he begins this program!

Kevin Shaw of Roche Realty Group named Top Producer for 2021

LACONIA — Frank Roche, president of Roche Realty Group with offices in Meredith and Laconia, recently announced that Kevin Shaw of the Laconia office produced a closed sales volume in excess of \$29.4 million involving 71 transaction sides for the year 2021. His average selling price was \$409,948. Kevin is the top producer for the firm in 2021.

“Kevin had another amazing year in sales. His sales accomplish-



Kevin Shaw

ment of \$29,401,300 placed him 13th in sales in the Lakes Region Board of Realtors out of

664 members producing sales. In the entire State of New Hampshire, Kevin ranked 52nd out of 6,288 active agents in the New Hampshire Association of Realtors. During just the last three years, Kevin has produced a record of \$101,536,250 in sales volume...a huge accomplishment that he achieved individually, not as part of a team as reported by a number of other top producers.”

Shaw has been practicing real estate with Roche Realty Group for

21 years and has sold all types of real estate, including waterfront, water access, residential, condominiums, second homes, land, and commercial sales. He was born and raised in the Lakes Region. He has been active in sports programs throughout

the years as a player, coach, and referee. Shaw also oversees a number of yearly and weekly rentals. Kevin Shaw can be reached on his cell-phone at 603-387-4778 or the Laconia office at 603-528-0088.

Since 1997, Roche Realty Group has sold

more than \$2.63 billion of New Hampshire properties involving 8,634 transaction sides and has ranked in the top 10 real estate firms during this 24-year period when NEREN started reporting sales.

Burton Swanson of Sanbornton named to Springfield College Dean’s List

SPRINGFIELD, Mass. — Springfield College has named Burton Swanson from Sanbornton to the dean’s list for academic excellence for the 2021 fall semester.

Swanson has a primary major of Marketing.

The criteria for selection to the Dean’s List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of “P” grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.



COURTESY

Artists of the Month

The Lakes Region Art Association has named its Artists of the Month for January: Front (L-R): Gail Brunt, Lynn Casey, Barbara McClintock, and Martha AuCoin. Standing, (L-R): Sally Hibberd and Sherwood Frazier. Artists’ winning entries will be on public display in locations around the Lakes Region during the upcoming month. Membership in the Lakes Region Art Association is open to artists and patrons of the arts. LRAA is a non-profit organization supported entirely by membership dues and club activities. The Association is most appreciative of local support. Lakes Region Art Association/Gallery is open Thursday, Friday, Saturday, Sunday from 10 a.m. to 6 p.m., and is located at 120 Laconia Rd., Tanger Outlets, Suite #300, Tilton.



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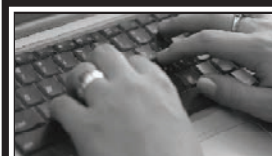


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Berry earns pair of third place finishes at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Belmont alpine ski team took to the slopes of Gunstock again for a race on Friday, Jan. 21.

In the morning giant slalom, the boys finished in third place, led by

Mitchell Berry's third place finish in 53.85 seconds.

Tanner McKim finished in sixth place in a time of 1:00.53 and Mathias Krauchunas finished in 13th place in a time of 1:06.1.

Landon Bormes

rounded out the field of Belmont boys with a time of 1:08.86 for 17th place overall.

The Raiders finished in second place in the afternoon slalom, with Berry leading the way in third place in a time of 1:15.25.

McKim finished in seventh place with a time of 1:36.86 and Bormes finished with a 12th place time of 1:55.72.

Krauchunas finished in 14th place with a combined time of 2:01.75.

Cate McDonald was the lone Raider girl to

finish two runs of the giant slalom, finishing in 16th place in a time of 1:16.63.

Trinity Yale skied to fifth place in the afternoon slalom with a time of 1:51.38 and McDonald was 13th overall in 2:14.57.

The Raiders will be back at Gunstock on Friday, Jan. 28.

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

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Learn more about us on our website: [Welcome | New Hampshire Veterans Home \(nh.gov\)](http://Welcome|NewHampshireVeteransHome.nh.gov) and view our Facebook page to see the NHVH team working together.

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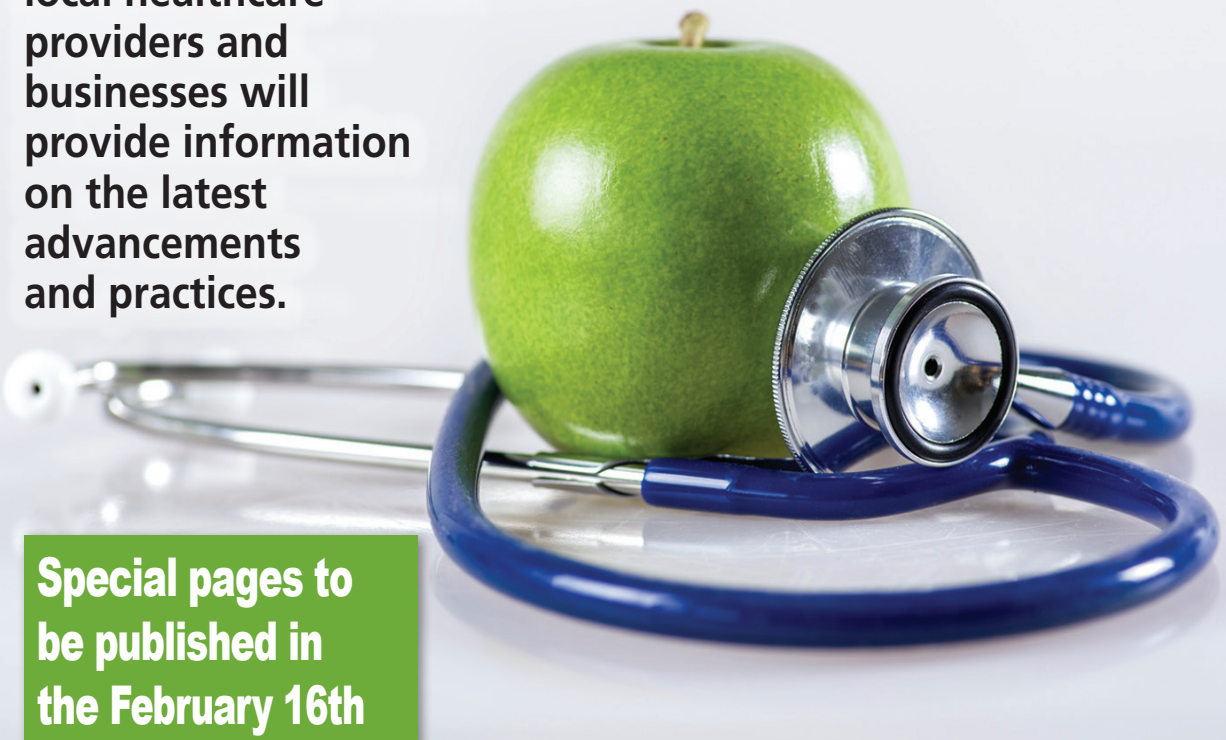
Lakers battle Bulldogs

Laconia-Winnisquam-Inter-Lakes skater Brendan Goodwin (right) brings the puck up the ice as teammate Ethan Bickford supports during action against Belmont-Gilford last week. The Lakers dropped a 5-0 decision to the Bulldogs. Next up for the Lakers is a trip to Hollis-Brookline-Derryfield on Saturday, Jan. 29, at 4:20 p.m.

2022 To Your Health

In this special section, local healthcare providers and businesses will provide information on the latest advancements and practices.

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Kaitlin Bardellini named to Castleton University Dean's List

CASTLETON, Vt. — Kaitlin Bardellini of Northfield was recently named to the Castleton University Dean's List for the fall semester of the 2021-22 academic year.


To qualify for this academic honor, students must maintain full-time status and a semester grade point average of 3.5.

About Castleton University

Castleton University is small enough to be a community where every student matters, yet large enough to offer more than 75 programs of study for undergraduate and graduate students, 28 varsity sports, and over 50 clubs and organizations. The university stresses experiential learning through internships, community service, and research opportunities provided by more than 400 community partnerships. For more information, visit castleton.edu.

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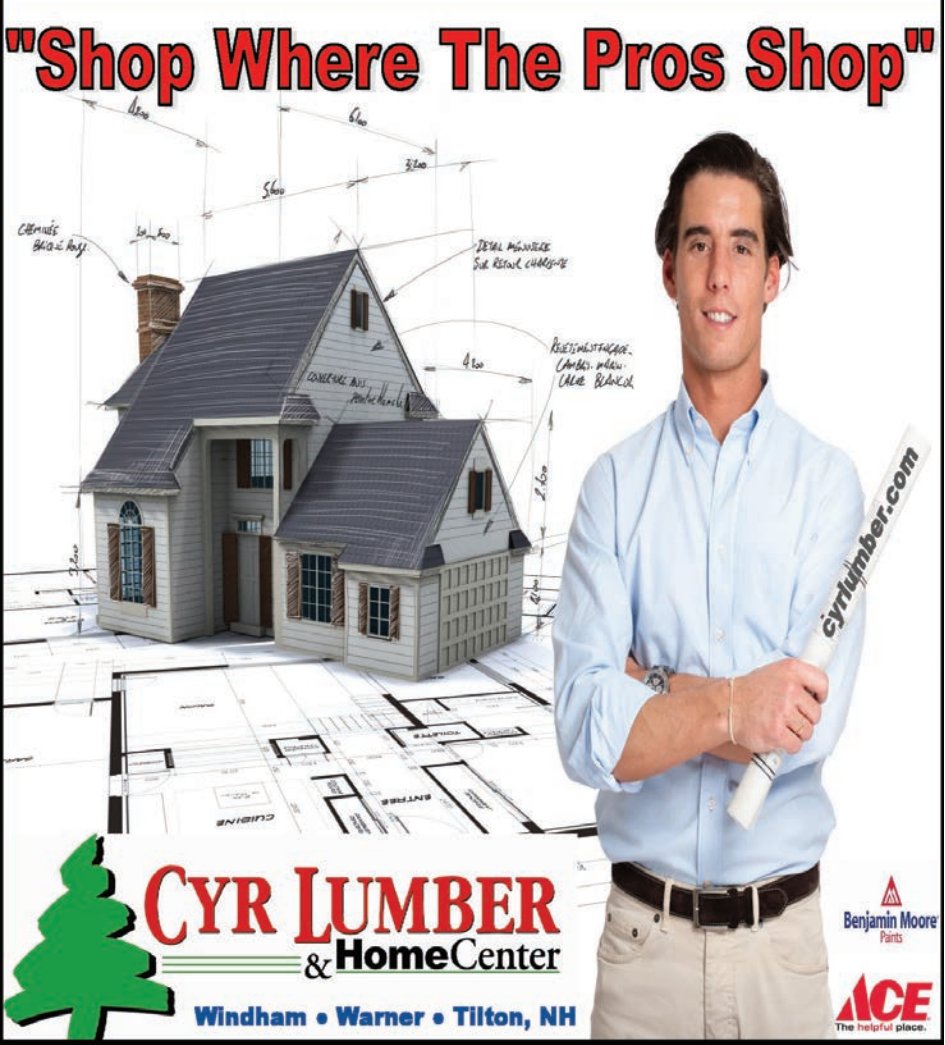
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