

Winnisquam Echo

THURSDAY, FEBRUARY 7, 2019

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE

New Vintage & Thrift Shop offers unique learning opportunity for Compass Classical students

BY DONNA RHODES
dhrhodes@salmonpress.news

TILTON – Students of Compass Classical Academy were proud to cut the ribbon for their newest learning envi-

ronment last Wednesday, the Compass Classical Vintage and Thrift Shop, and a large group of local dignitaries and community leaders were SEE **THRIFT SHOP**, PAGE A10



DONNA RHODES

Compass Classical Academy students Tev and Nathan were assisted by Education Commissioner Frank Edelblut in cutting the ribbon on the charter school's new thrift and vintage shop in Tilton.

Local election races shape up

BY DONNA RHODES
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REGION – The period for candidacy filing for 2019 openings in local government came to a close last Friday, and

reports from town clerks in the Winnisquam Region revealed just a few contested races for selectmen while most other positions drew mini- SEE **ELECTIONS**, PAGE A10



COURTESY

Principal by day, officer by night

Tilton Police Chief Robert Cormier (right) congratulated Dr. Eric Keck (left) after he was sworn in as Tilton's newest part-time police officer last week. During the day, Keck is better known as the principal of Southwick School in Northfield, but will now also work in law enforcement in the off-hours of that position.

Tilton officer stops burglary in progress at Shop Express

BY DONNA RHODES
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TILTON – On Monday, Jan. 28, Tilton Police Officer Nedim Opijac was able to stop a burglary in progress at the Tilton Shop Express on Laconia Road when alarms at 1:45 a.m. indicated glass being broken at the convenience store.

Chief Robert Cormier said that when Opijac arrived at the location he saw that the glass front door of the business had been smashed and tools were left lying beside it. A large sign had also been placed in front of the door in an apparent

attempt to keep passersby from noticing the broken glass.

Upon entering the store Opijac found a man walking toward him whom he knew

was not an employee of the store, instead recognizing him as someone who has been arrested numerous times in the past.

As he placed the

man under arrest, Belmont Police officers arrived on the scene and conducted a search to make sure there were no other SEE **BURGLARY**, PAGE A11

Sanbornton selectmen to hold public hearing on bond for town buildings

SANBORNTON — The Sanbornton Board of Selectmen will hold a public hearing at their meeting on Feb. 13, at the Town Office

Building, 573 Sanborn Rd., Sanbornton, at 5:30 p.m. for a bond in the approximate amount of \$4,998,120 for the construction of a new town office building connected to the old Town Hall, renovations to the old Town Hall and site, the conversion of the current Town Office building to a Police Station and the conversion of the current Life Safety Building to a Fire Station. In case of inclement weather, a snow date has been set for Feb. 20, 2019 at the same location and time.

The 20-year level principal bond, which will be going before the voters as Article 1 at Town Meeting on March 13, is the culmination of an effort to comprehensively address the town's space and safety needs which have been identified and evaluated for decades. The proposed plan is the product of the Town Building Concept & Design approved by the voters at last year's Town

Meeting and conducted by Bonnette, Page & Stone Corp., which seeks to address all of the town's space and safety deficiencies now and for years to come.

Space and safety deficiencies with the town's current buildings and their use have been documented dating back to at least 1997, where a Building Space Needs Committee issued a report identifying these issues and provided recommendations for the facilities. Since that SEE **SANBORNTON**, PAGE A10

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COURTESY

Kingston Veterans visit NHVH

Members and supporters of the Kingston Veterans Club, an independent veterans organization in Kingston, picked a wet, dreary day Jan. 23 to bring some sunshine to the New Hampshire Veterans Home. They arrived with a very generous donation to the Home's Resident Benefit fund, which supports resident recreational activities and trips. The money was from the proceeds of the club's annual Shovel Fest motorcycle fundraiser. From left are club member Harold Corbett, auxiliary member Virginia Mansfield, club supporter Brian Ashley and NHVH Commandant Margaret "Peggy" LaBrecque, receiving the check. Not present for the picture were three members whose work was key in the event, Josh Bisson, Jim Howrihan and Ridgely Fanara. The Home is very grateful for the generosity toward our residents

Sheriff's Department spearheads multi-agency drug bust

REGION — On Feb. 2, the Belknap County Sheriff's Department, in partnership with the Belknap County Drug Task Force, Belmont, New Hampton, and Tilton Police Departments

and the Belknap County Attorney's Office, conducted a drug interdiction operation in the towns of Belmont, New Hampton and Tilton. This was a combined resources operation tar-

geting drug trafficking and possession of illegal narcotics in and around the communities.

As a result of the day-time event, Investigators conducted 109 traffic stops, made six on-site

narcotic violation arrests, six outstanding warrant arrests, one DWI arrest and one arrest for disobeying an officer. Additional arrests may be forthcoming as the investigations continue.

Belknap County Law Enforcement will con-

tinue ramping up efforts to identify, arrest and convict those who traffic and possess illicit drug in our community. Funds provided by the 2019 Opioid Reduction Grant, which were awarded to the Belknap County Sheriff's Department and partners in

late 2018, have proven to be beneficial to the efforts of drug interdiction. Our mission is to continue to conduct interdiction operations and illicit drug trafficking, drug distribution and drug possession investigations through-

SEE DRUG BUST, PAGE A11



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HALL MEMORIAL LIBRARY

Tilton/Northfield Monday, Feb. 11
Chess Club, 3-5 p.m.
Trustees Meeting, 5 p.m.

The Bookers, 6 p.m.
Grandma Gatewood's Walk by Ben Montgomery - Grandma Gatewood, the first woman to walk the Appalachian Trail as a through hiker, brought national attention to the trail and is credited as the woman who saved the Appalachian Trail.

Tuesday, Feb. 12
Spanish Club, 10 a.m.
Tech Tuesday, 2-4 p.m.

Wednesday, Feb. 13
Story Time, 10:30 a.m.
Scrabble, noon
Adults Only

Thursday, Feb. 14
Happy Valentine's Day and National Give-Away-A-Book Day, 10 a.m.-2 p.m.

Pop In! - Enjoy a coffee or hot chocolate with a munchkin or two and leave with a free book from our sale. Adults Only.

Life Size CandyLand, 4 p.m.

Candy Land is always fun... but better when it's big! Come Play!

Friday, Feb. 15
Sit and Knit, 2-5 p.m.

Saturday, Feb. 16
Let's Go Lego, 10 a.m.
Babytime: Movement & Music, 11 a.m.

Come join us for fun and giggles as we move, sing, and explore through music and movement! This group class for children age two and younger, focuses on the bond between children and caregivers as they experience the world through sounds, music, instruments, and dancing. We also work

SEE HAPPENINGS, PAGE A11

BELMONT POLICE LOG

BELMONT — The Belmont Police Department responded to 105 calls for service and made the following arrests during the week of Jan. 18-25. Please note that the names of juveniles, and those of indi-

viduals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Eric M. Jackson,

age 39, of Belmont was arrested on Jan. 18 for Driving After Revocation or Suspension.

Erick M. Roberts, SEE BALMONT, PAGE A11

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 428 calls for service and made the following arrests during the week of Jan. 21-27. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Arrested during this time period were Jason MacLeod (for Disobeying an Officer and driving a vehicle with a False Inspection or Registration sticker), Paul O'Connor (for Willful Concealment), Christopher Leveault (for Driving After Suspension), Jonathon Couturier (for Driving Under the Influence), Kathryn Mitchell (for Driving After Suspension), Travis Vincent (for Driving After Suspension and a Suspended Registration), Sheila Heiker (for Criminal Trespassing), Stephen Cote (for Willful Concealment), Jeffrey Wyatt (for Willful Concealment and Criminal Trespassing), and Gregory Brock (in connection with an outstanding warrant).

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Week of 2/8 - 2/12

<p>LEGO MOVIE 2: THE SECOND PART PG</p> <p>Fri.-Sat.: 12:15, 2:35 4:55, 7:15, 9:30 PM Sun.-Tues.: 12:15, 2:35 4:55, 7:15 PM</p>	<p>GLASS PG-13</p> <p>Fri.-Sat.: 1:00, 4:00, 7:00, 9:45 PM Sun.-Tues.: 1:00, 4:00, 7:00 PM</p>
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Winnisquam FFA members get a glimpse at careers in agriculture

TILTON — Winnisquam middle school students are learning about careers in agriculture through an after-school FFA program.

Every Monday, students meet at the high school Agricultural Center to learn about the dynamic field of agriculture and some of the over 300 careers available in the industry. On Jan. 28, Dr. Christina Murdock visited with the students to explain what it's like to work as a veterinarian. Dr. Mur-



Winnisquam Regional Middle School FFA members listen as veterinarian Dr. Christina Murdock discusses canine health.

COURTESY

dock, herself a former FFA member, encouraged the middle schoolers to stay involved in FFA and take advantage of its many opportunities.

In preparation for Dr. Murdock's visit, students learned about dog behavior and breeds. They also made cat beds and dog toys to donate to the Pope Memorial SPCA at an upcoming tour of the facility.

To date, students have participated in various hands-on projects to deepen their understanding of opportunities in agriculture such as floral design, greenhouse production, food processing, and fruit production. In the coming months they'll try their hands at maple syrup production, tree identification, vegetable production and various leadership development activities such as public speaking.

The middle school FFA Chapter is open to all Winnisquam students in grades 6 – 8 at no cost. More information is available from the school counseling office or the high school ag program. The FFA (formerly Future Farmers of America) is a national organization of more than 669,000 members preparing for leadership and careers in the science, business and technology of agriculture. The organization has 8,630 chapters located throughout the United States, Puerto Rico and the Virgin Islands. FFA's mission is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education. Local, state and national activities and award programs provide opportunities for students to apply knowledge and skills learned in the classroom. Visit www.ffa.org for more information.

Belmont school alumni invited to an evening of music and merriment

BELMONT — Alumni of Belmont schools are invited to get together for music and merriment on the evening of Saturday, June 1 near the Belmont Mill.

As part of the town's 150th celebration, a free intergenerational event is being organized to celebrate all of the wonderful memories and childhood friends growing up in Belmont has brought to families through the decades. Residents are the soul of any community, and this event will



COURTESY

hopefully draw current and past residents of all ages to attend. Live bands will be play-

ing a variety of music throughout the evening, including Radio Roulette. The evening

will culminate with a special fire spinning performance by Cirque de Light (<http://www.cirquedelight.com/>).

A great way to spend an evening in the Lakes Region this summer!

Save the date, and reach out to old classmates that you haven't seen in years and commit to rekindling those close relationships. You are all part of Belmont's history. Help celebrate the town's 150 years by attending this special event. For more information, contact Gretta Olson-Wilder, Special Events Coordinator, at 998-3525 or by email at events@belmonthn.org.

Spaulding Youth Center recognizes community award recipients

NORTHFIELD — Spaulding Youth Center is pleased to announce the recipients of this year's community awards: Taco Bell of Tilton and Just Flow Events & Marketing. Each year, Spaulding publicly recognizes community partners for their extensive, ongoing support with the official presentation of these historical awards.

The 13th Annual You've Got a Friend Award was presented to Taco Bell of Tilton. This strategic partnership provided support for Spaulding Youth Center



students in two significant ways. Collaborating with our dedicated Residential Living Specialist, Taco Bell successfully co-developed vocation-

al internships and employment for Spaulding students. Through these opportunities, participating students develop valuable skills which



COURTESY

Spaulding Youth Center is pleased to announce the recipients of this year's community awards: Taco Bell of Tilton and Just Flow Events & Marketing.

can transferred to future employment as well as build self-confidence and self-worth. In addition, Taco Bell generously donated a complete and delicious dinner for stu-

dents and staff to enjoy on campus several times throughout 2018. The restaurant's generosity and friendship improved our campus and our students. SEE AWARDS, PAGE A11

Local student graduates from the University of New Haven

WEST HAVEN, Conn. — Kevin Nugent of Belmont has received a Master of Science degree in Emergency Management from the University of New Haven at Commencement ceremonies in December.

About the University of New Haven

The University of New Haven, founded on the Yale campus in 1920, is a private, coeducational university situated on the coast of southern New England. It's a diverse and vibrant community of more than 6,800 students, with campuses around the country and around the

world.

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Opinion

A4 Thursday, February 7, 2019

WINNISQUAM ECHO

Whining about whining

We all know them – the whiners and chronic complainers of the world. No matter how silly or temporary a problem, they have to comment and complain to anyone who will listen.

Traffic... the weather... the price of gas... the long line at the store... the price of lettuce... too much rain... not enough rain... they never seem to run out of material.

Why so much whining? What is the benefit of having such a negative outlook? And why do these constant complainers always need to share their views with others? Do they want to assure themselves that the rest of us understand just how inconvenienced they are? Do they need someone to sympathize with them and validate their concerns? Or do they just like to hear themselves talk?

The worst whiners are the ones who complain about small things they can actually change, if they really want to. But they seem to cling as hard to the thing they complain about as much as they want to be rid of it.

Obviously, it's not easy to find a new job, or a new place to live, or a better car. Those things don't happen simply because one wishes they would. And many people do not have the means or support or privilege to achieve them. All of this is understood. Those problems are tough to deal with and not easily solved.

But what about the person who chronically complains about the drive-thru service at a fast food place, yet never parks and goes inside? Or tries another restaurant? What about that co-worker who talks incessantly about how bad the office coffee is, but never brings her own? And the guy who likes to make sure everyone in line knows that his time is precious and he just can't be late to his meeting – couldn't he have left earlier? Couldn't he come back later? Those are small solutions to small issues, yet the whiners seem to relish the pain without fixing the problem.

So, we let them whine, and maybe as a kindness, acknowledge their problem and sympathize. If all they need or want is a listening ear, even for five minutes in line at the grocery store, let's give it to them.

If someone listens, at least that's one less thing for them to whine about.

STRATEGIES FOR LIVING

Abortion by lethal injection

BY LARRY SCOTT

Abortion by lethal injection—until the day of birth—is now legal in New York State. Gov. Andrew Cuomo, to the sounds of a cheering crowd, signed the “most aggressive women’s equality platform in the United States” on Jan. 23.

A moratorium on execution in the state of New York has been in place since June 2004. Certain crimes that fall under the jurisdiction of the federal government are still subject to the death penalty, but death sentences are no longer sought at the state level. It is telling that the state does not allow you to administer a lethal injection to rapists, murderers and pedophiles, but now permits ending the life of his baby — even until the day of his birth.

The barbarism of the practice is beyond belief. In one procedure, as explained by a former abortionist, “the baby is injected with a poison directly into his skull or torso. He then suffers a hideously painful death, which he will certainly feel because of his developed nervous system. The mother carries the corpse around in her womb for a day. The next day, there is an ultrasound to check if the baby is dead.... If he isn't, he will be injected again” (LifeNews.com).

Gov. Mike Huckabee, in an opening monologue on his Jan. 19 program, Huckabee, made this comment.

“At its heart, the culture war over abortion is about what truth you choose to believe: Do our choices, convenience and personal happiness matter more than a human life?”

“Planned Parenthood is as vigilant as ever in its quest to promote a warped version of the truth and make abortion cheap, frequent, and accessible everywhere. Last year, the organization reported the highest number of abortions (332,757) since 2011.

“We cannot allow the lie to continue that some lives just aren't as valuable as others because of arbitrary standards or personal preferences. That is the logic of slavery. It is profane to suggest that one person could actually own another person and decide whether that person lives or dies.”

God has blessed us as a nation. I consider it a privilege to live in America. I am honored to have reared a family of whom any father would be justifi-

SEE STRATEGIES, PAGE A11

PET OF THE WEEK

MONTEY

ROAM with MONTEY!

While Montey may not be the best at first impressions here at the shelter, he is a sight to behold bouncing around his kennel and talking up a storm. But, take him out of that kennel and he's a calm gentleman who is happy to go for walks or cuddle up next to you throughout the day. As a 10-year-old he likes to take his time meeting new people, but has a giant heart and has been waiting for a long time for his human to find him. That person would find that Montey makes the ideal running/hiking buddy! He has bonded wonderfully with staff and volunteers and blossomed into a warm, happy, silly dog who adores food and trips to get chicken mc nuggets! He would love an active home with a big couch to curl up on with you and a patient owner that can give him all the time he needs to build his confidence back up. He'll need an adult only home with no other animals, but at this point he deserves to have his people all to himself! Montey can't wait to spend his golden with his people. For more information visit NHHumane.org or call 524-3252.



FRANKLIN VNA & HOSPICE'S HEALTH CORNER W

Give yourself a Valentine by keeping your heart healthy

FRANKLIN — February is American Heart Month, and you have probably seen and heard plenty of information to remind you of easy choices you can make to help improve your heart health, like quitting smoking, exercising and eating better.

There are 16.3 million Americans who have coronary heart disease, and we need to lower that number. But while most articles focus on heart health as a key to living longer, new research published this January from the Canadian Medical Association Journal (CMAJ Vol. 191, Issue 17) shows that even if you survive a serious heart attack you're more likely to have lasting reductions in what you can do, your quality of life and reduced ability to work and earn income. And they aren't just talking a small hit to your paycheck. The study found a mean earning decline of above \$3,800 after a heart attack, more than \$11,000 after a cardiac arrest, and more than \$13,000 after a stroke! The income effects were the worse for those with lower earnings, had other health conditions in addition to their heart disease, needed mechanical ventilation or had longer hospital stays and the effects persisted for at least three years after the cardiac event!

Krystin Albert, Clinical Manager at Franklin VNA & Hospice, notes, “We focus on chronic disease management with our clients, includ-

ing all forms of heart disease. People need to understand that it's not only to prevent sudden death, but also to keep them able to enjoy their life. This study supports what we educate our own patients about.”

This February, take some steps to improve your heart health. Get seven servings of veg-

etables a day, talk to your doctor about the best level of exercise you can begin, and yes, quit smoking. Heart disease is a killer, but it can also affect your life and the lives of those who depend on you in highly negative ways even if you survive a major heart event. For good tips on leading a heart-

healthy lifestyle Albert recommends www.cdc.gov/tobacco/quit_smoking, www.nhlbi.gov/health/educational/hearttruth; and www.heart.org.

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

MARK ON THE MARKETS



BY MARK PATTERSON

I suppose we have all heard the phrase “black swan event,” which is a metaphor to describe an event that comes as a surprise and has a major effect. Black Swan is derived from the Latin expression coined in the 16th-century when the thinking was that there were no black swans, only white. But in 1697, Dutch explorers first saw a black swan in western Australia. The sighting opened the door to the theories of statistical outliers happening when it was thought they could not. We tend to remember black Swan events as surprises that are typically negative such as

Black swans

the attacks on the World Trade Center's twin towers in 2001. While this is certainly a black swan event, so is the discovery of the Internet which I think, most people would perceive as very positive.

So how does all this relate to the management of your assets and investments? You cannot manage, or should not manage for black Swan events, but your portfolio of investments should be managed per modern portfolio theory.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook, and I'm sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and extremely relevant. In the event of a black swan event, you will likely see world debt and equity markets react in an extreme manner. In 1987, Black Monday saw the Dow Jones industrials lose significant amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average, they will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets,

you would enhance the yield of your portfolio and reduce the risk. This is very true today if you can obtain real asset diversification.

Unfortunately, what I see all too often are mutual funds with different names which would lead you to believe that they are diversified, but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can provide true asset diversification.

In a truly diversified asset mix, not all your investments will be doing great at the same time, and conversely, they will not all do poorly at the same. Bull markets in equities often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary; otherwise, you no longer have properly diversified asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high value investments.

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

Send your letters!

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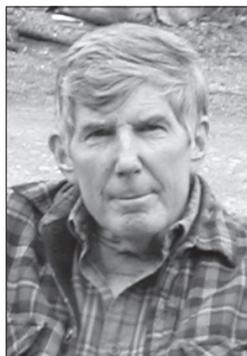
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NORTH COUNTRY NOTEBOOK

Of things that take to the wing, and the utter efficiency of rail



By JOHN HARRIGAN
COLUMNIST

I'm in the middle of moving my temporary downstairs office back upstairs—essentially, combining two offices into one. In the process, I've been finding some pretty good stuff, most of it in the form of clippings and Notes to Self.

+++++

Every member of the state Legislature is assigned to at least one subcommittee. Often, the subcommittee work takes more out of the Representative than the main job itself.

At committee hearings on the good and evil of this bill or that, people from the general public can put their names on a "Want to Speak" sheet and indicate whether they support or oppose the bill. The chairman calls forth speakers from alternating piles in an effort to be fair.

Legislators make great efforts toward politeness and decorum. In the New Hampshire House, after all, you're dealing with people of all ages and from all walks of life. You can be talking with a small-town merchant one minute and a PhD the next.

The other thing you're bound to deal with is a general ignorance of geography. This can manifest itself in, say, a debate on how long it takes to drive from the outer reaches of Pittsburg (our Pittsburg, the one without the "h") to downtown

Concord (three hours, and that's on a very good day).

Many's the time when a particularly critical committee hearing was scheduled for a day when, in Colebrook, we had half a foot of fresh snow on the ground and another foot coming. This was in the '70s, and (try to remain calm here) there were no cell phones.

So I'd make the long trip down, sometimes in four wheel drive, often stopping to clear the windshield, and at last gain the environs of the Legislative Office Building, and find a parking spot, and in my heavy wolf coat huff and puff my way to the second-floor hearing room only to find a note on the closed door: "Hearing cancelled due to snow."

So I would try to rationalize this, having just come down from Colebrook, and spend the day looking up friends and relatives and feeling glad that I'd never run for office.

+++++

Speaking of politeness and decorum, what's with the Fish and Game Commission's rotten attitude toward the public? Not the Department—no, that's doing its job fine, although it's perennially out of money. It's the Commission—the 11 people (one from each county and one from the coastal area).

A couple of times citizens (in other words, taxpayers and voters) tried to ask questions or at least broach the subject of how we treat coyotes (abysmally, as a matter of fact, worse than rats at the dump). At one meeting, a Commissioner vowed, quite audibly and proudly, that there'd be no discussion on coyotes as long as he held the chair. And people who had taken great pains to plan around kids and

jobs to be there were denied the opportunity to speak.

New Hampshire Fish and Game has always been known for its politeness, fairness, and even (can you believe?) sense of humor. The commissioners of late, however, have inexplicably left more than a few members of the public and media with a foul taste in their mouths, something the hundreds of hard-working, good-humored people who make the Department go can ill afford.

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In my search through desktop rubble, I came upon some notes I'd written a while back for a column on woodpeckers. New Hampshire is home to five: the downy, hairy, three-toed, and pileated woodpeckers, and the yellow-bellied sapsucker.

I can easily understand how a budding ornithologist, bent on making all birds her field of expertise, gets hung up on the woodpeckers and never leaves.

Their behavior ranges from nice to nuisance to nefarious. They are, for example, the second-worse creators of messes around bird-feeders, first honors going to squirrels. (This is according to my own personal single-site survey.)

The flicker is technically a woodpecker. I guess we can all just go figure on that one. But the best-known, or perhaps the most romanticized woodpecker calling New Hampshire home is the pileated woodpecker, far bigger than the others and known for its strange cry and dippy-do flight. It looks very much like its slightly larger and mysterious cousin, the ivory billed woodpecker, which has long been considered extinct but which dedicated birders insist has been



JOHN HARRIGAN

A Business Car seat beckons: Plenty of room to change sitting positions, a table for laptop or snack, and a food service car—featuring booths with tables and plenty of views—just a stretch of the legs away.

seen in the swamps of Mississippi and adjoining states.

+++++

A column I wrote about a ride on the Downeaster, Maine's Amtrak train from Freeport to Boston, didn't have enough room for everything, meaning, as they say in the movies, that some of it wound up on the cutting-room floor. It is information I'm loathe to let go:

--The train has free wi-fi throughout.

--"Spacious seating" is an understatement. You can actually relax in these seats, stretch out, turn one way and sit on your leg, and then turn the other way and do the same. In sum, you can read a book very comfortably, just like at home, which you certainly can't do shoe-horned into an airplane seat.

--If you want to take a cribbage board or just a deck of cards along (we're back on the train now), each booth at the Downeaster Cafe has a table. The food is fro-

zen fare, nuked and/or put on the griddle, but it's good. When Amtrak stocks up on hotdogs, for example, it buys the best (big, flavorful and juicy).

--Back at your seat, you can use the fold-down table from the seat in front of you for reading, snacks and lunch. And you have a huge picture window right next to your seat.

--Unlike many of Amtrak's other trains, where the "scenery" features worse than awful trash and littering until you get out in the countryside, there's no trash along Maine's tracks—until you get closer to Boston. You'd think that neighborhood residents, instead of adopting a highway, would adopt a railroad.

--Speed is determined by how heavy the rails are and how well the curves are banked. Longer, higher, and heavier steel rails allow higher speeds. Amtrak says it's keeping its Downeaster moving along at 79 miles an hour, but I always

write it "80" because I know it's true. And faster.

--Weekday fare is \$16.50 (adults); kids and seniors ride for half-fare.

--The train is clean, quiet and comfortable, and seats around 300. It's about two and a half hours to Boston. There are five trains a day.

--Two railroad tracks can carry as many people as 16 lanes of highway. Nobody has yet found a more fuel-efficient way to move goods and people than a steel wheel rolling on a steel rail.

+++++

--Perhaps it's because my grandfather Harrigan was a 44-year track hand and section foreman for the Boston & Maine, or perhaps it's because when I was spending summers with the Harrigan grandparents, Lisbon had seven passenger trains a day. Whatever the way, I've got an undying soft spot for passenger rail to this day.

--Most of all, I like the way Amtrak lays it right on the line on the alleged evil word "subsidy": "As with all modes of public transportation, the Downeaster requires ongoing public financing."

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

Acacia Rogers to teach Basics of Building Realism in Oils at LRAA Gallery

TILTON—Artist Acacia Rogers will be teaching a fun and thorough six-week beginner's oil painting course. It will be held in the LRAA Gallery, 120 Laconia Rd. (Tanger Outlets), Suite 132, Tilton. Beginning Saturday, March 2 from 1-4 p.m., dates are as follows: March 9, 16, 23, and 30, and April 6. Students will bring their own supplies. Contact Rogers at AcaciaRogers@gmail.com for list of supplies needed.

Rogers' six-week painting workshops promise to be both fun and informative for anyone interested. Her in-depth classes will teach everything from learning about pigments and the differences between paint brands to the varieties of bushes and why certain types work for certain mediums, to

color mixing, choosing and transferring a reference image to canvas, what makes a good reference image, building up an image in layers from start to finish and creating a complete and beautiful painting to be proud of. All experience levels welcome.

Acacia Rogers is a passionate self-taught artist who, for more than 10 years, worked using various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with a particular affinity for animals and wildlife. Her first memories of artistic inspiration as a child are of older Disney movies and their whimsical, fluid and creative animation style. Particularly the work of Aaron Blaise, who worked on moves such as "The Lion

King," "Mulan," "Brother Bear," and "Aladdin," stood out to her. She later included in her repertoire portraiture, still life, and landscape, slowly and painstakingly building up her skill through practice and research to learn the ins and outs of painting. She absolutely loves everything about the process of learning to paint. She now paints full time, and works alongside many accomplished artists from a colorful array of different backgrounds. She currently shows her work in the Ceres Gallery in Portsmouth, and is the Vice President of the Lakes Region Art Association.

To learn more about Acacia Rogers or to sign up, e-mail AcaciaRogersArt@gmail.com or visit AcaciaRogers.wix.com/Artist.



Dana S. Beane
& Company, PLLC

CERTIFIED PUBLIC ACCOUNTANTS
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Most Businesses Now Qualified To Adopt the Cash Basis Method of Accounting

Summary With the enactment of the Tax Cuts and Jobs Act (TCJA), taxpayers were provided with an abundance of tax saving opportunities for their businesses. This one comes with the bonus of simplification too, a rarity in taxation.

Contrary to historical tax law, the TCJA allows businesses to write-off their inventory and receivables (net of payables) by electing the cash basis method of accounting.

Background The TCJA sharply increased the number of taxpayers qualifying for favorable small business accounting method reform and did so with simplification which should drive down tax accounting fees.

The small business changes grant significant tax relief, and will save time and money for both taxpayers and tax preparers.

This advice comes from a New Hampshire CPA firm with over 70 years of advising businesses about important tax matters; it is meant to be informative as we have discovered many were not aware and have been grateful for the advice.

It's a big deal; Businesses could receive a tax deduction for the amount of their Inventory and Accounts Receivable (net of payables). As a result of these changes, most businesses no longer must report inventory (including long-term contracts) or receivables (net of accounts payable) on their tax returns.

Dana S. Beane & Company, PLLC CPAs can affordably assist businesses in determining the benefits of this election as well as address the economic needs of businesses and their owners. Our professional staff complement includes a licensed attorney. © 2019

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PO Box 695, Laconia, NH
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www.dsbcpas.com

Ronald G. "Ron" Etchell, 71

BELMONT — Ronald "Ron" G. Etchell, 71, of Scenic Drive died Sunday, Jan. 27, 2019 at Lakes Region General Hospital.

Ron was born on June 15, 1947 in Providence, R.I., the son of the late Patrick and Claire (Celerno) Etchell. Ron worked as a supervisor for Hinkley, Allen, and Snyder LLP for many years. Ron was also a veteran, having served in the US Army.

Ron was an avid New England Sports fan. He loved to watch the Red Sox, Patriots, Bruins, and Celtics from the comfort of his home.

Ron is survived by his brother, Raymond Etchell, and his wife, Deborah; two foster brothers, Kenneth Patterson of Warren, R.I. and Robert Patterson and his wife, Martha of Warren, R.I.; a sister-in-law, Jean Patterson; and many nieces and nephews, including Steven Etchell and



Michael Etchell.

Services will be at a later date.

For those who wish the family suggest memorial donations in Ron's name be made to the New Hampshire Humane Society, PO Box 572, Laconia, NH 03247

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

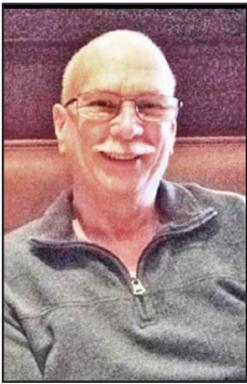
Michael S. Parent, Sr., 64

BELMONT — Michael S. Parent, Sr., 64, of Belmont passed away on Friday, Feb. 1, 2019 at home with his family by his side after a long illness.

He was born in Nashua on July 17, 1954, the son of Sylvio N. & Ora (Parizo) Parent. Michael was a graduate of Hanover High School, and was employed as a mechanic for over 27 years with Osrsm Sylva of Hillsborough. He and his family lived in Antrim for 18 years before moving to Belmont 13 years ago. He was a member and deacon of the First Baptist Church of Sanbornton, and also a member of the Hillsborough Harmony Masonic Lodge #38. He was a member of the Eastern Star, Grand Lodge of New Hampshire and the Scottish Rite.

His family includes his wife of 45 years, Carol A. (Ladue) Parent of Belmont; daughter Angela B. Parent of Germantown, Md.; and sister Barbara Jarrett of Laconia.

He was predeceased by a son, Michael S. Parent, Jr., in 2008, and also by three brothers, Rex, Sr., Norman and Amos.



Calling hours will be held from 5 to 7 p.m. Feb. 8, 2019, with a

Masonic service being held at 6:30 p.m. at the William F. Smart Sr. Memorial Home, 584 West Main St., Franklin - Tilton Road, Tilton.

A funeral service will be held on Saturday, Feb. 9, at 11 a.m. at the

First Baptist Church in Sanbornton, with the Reverend Scott Manning and Reverend Toni Manning officiating.

Donations in Michael memory can be to the First Baptist Church of Sanbornton, P.O. Box 80, Sanbornton, NH 03269.

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

LINCOLN — After spending many serene years with daughter and son-in-law, Karen and Brian Gallagher, in Sanbornton, and then at St. Francis Nursing Home in Laconia, Mary "Fran" passed away peacefully with family by her side.

Better known as Fran and "Peanut" to her close friends, Mary was born in Long Pond, Maine. She was one of three children born to the late Eugenia and Fred T. Charron. As a family, they moved to Lincoln, where Fran lived most of her life. Fran was the valedictorian of her graduating class at Lincoln High School (Class of '41). As a young woman, Fran served as a personal secretary in Washington, D.C. to NH Congressman Sherman Adams shortly before he became President Eisenhower's Chief of Staff. She met and married Herman "Dick" Schlaefer, a career Navy man, in 1946.

Mary Frances Schlaefer, 95



After traveling with him to assignments in Florida, Rhode Island, Virginia and Japan, they returned to Lincoln with their four young children. Fran and Dick went on to have four more children, of whom were raised in Lincoln.

While raising her eight children, Fran was an active member of Saint Joseph's Catholic Church and served as a bookkeeper for the Lin-Wood Cooperative School District. After most of her children had graduated from high school and left home, she worked for 12 years at the First NH Bank in

Lincoln.

In the 1990s, after the child rearing task was reduced, she and her husband began spending more and more time in sunny Albuquerque, N.M. They eventually moved there full-time and stayed for several years. However, in 2012, upon the death of her loving husband of 65 years, Fran returned to New Hampshire.

Fran will forever be remembered by her loving children, Kurt Schlaefer, Kent Schlaefer, Karen Gallagher, Mary Kay James, Genie Smith, Mark Schlaefer, John Schlaefer and Tracey Brumlik; 18 treasured grandchildren, nine loving great grandchildren and countless other family members and friends.

Fran was known for her outgoing, friendly personality, as well as her wonderful sense of humor. She was a skilled seamstress and never tried a craft that she didn't love and

master, which she enjoyed and shared with others through her final days.

She was a woman of deep faith, and was a positive and loving influence on her family, friends, and community. We kept her with us for as long as we could, but she is now where she has wanted to be for some time; re-united with her husband and her family and seeing firsthand the splendors of her faith. We are left with many wonderful memories of Fran. She will be deeply missed.

Memorial services will be held in July at St. Joseph's Catholic Church in Lincoln, NH, immediately followed by a celebration of her life.

In lieu of flowers, those who wish my send donations to Saint Francis Rehab and Nursing Center, Laconia, NH 03246 (for the employees)

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

Richard Bert Swain, 86



GILFORD — Richard "Dick" Bert Swain passed away peacefully surrounded by his loving family on Thursday, Jan. 24, 2019 at Lakes Region General Hospital at the age of 86.

He was born on Feb. 21, 1932 in Laconia.

He was predeceased by his mother, Evelyn Walker Swain; father Rex Bert Swain; and brothers, Jack Swain and Rex Swain, Jr.

He graduated from Laconia High School in 1951. Soon after, he served four years in the US Navy, during the Korean War. He loved serving his time on the U.S.S. Gearing and U.S.S. Ross as a

US Navy, he worked alongside his father in the plumbing business, where he learned his trade. He then worked 25 years for Bergen and Paterson as a first class welder, while mastering the trade of plumbing. After retiring from Bergen and Paterson, he

age of 62. He retired just a few years ago.

His passions included fishing, fly tying and racing. He loved spending days on the ice with his son and his grandchildren ice fishing. Time with his family was very dear to him. He is remembered for all the stories he would talk about during his time in the U.S. Navy, the fishing trips he took through the summers and the time spent with family during the holidays. He enjoyed having coffee with friends and visiting his family every day. His biggest pride was the accomplishments of his children and grandchildren.

Survived by his loving wife of 62 years, Gloria Arlene Swain; two daughters, Nancy Jorgensen and her husband, Steve, Helen Healey and her husband Chuck; a son, Gary Swain, and his significant other, Barbie Doe; grandchildren Angie Jorgensen, Kallie Hadley and her husband, Mike, Amy Jorgensen, Andy Swain and his wife Tami, Brianna Healey,

granddaughter, Mabel Hadley; sister Sally O'Connell; and brother Howard Swain and his wife, Charlotte.

Calling Hours were held on Monday, Feb. 4, 2019 from 3-6 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Memorial Service followed the calling hours at 6 p.m., also at the Funeral Home.

Burial was held on Tuesday, Feb. 5, 2019 at 1 p.m. at the New Hampshire State Veterans Cemetery, Boscawen.

For those who wish, the family suggests that memorial donations may be made to Belknap County Sportsman's Association, PO Box 214, Laconia, NH 03247.

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

LEGAL NOTICE TOWN OF TILTON Public Hearing

The Tilton Board of Selectmen will conduct a Public Hearing on **Thursday, February 14, 2019 at 6:00 p.m.** The hearing will be held at Town Hall, second floor meeting room, 257 Main Street, Tilton, NH 03276 to receive public comment on the following 2019 warrant articles for the 2019 Tilton Town Meeting:

To see if the Town will vote to approve the purchase of approximately 4.586 acres for the purpose of building a new Tilton Police Station and/or other municipal purposes. Located off Sanborn Road, the acreage is the northerly portion of land as described in a Boundary Survey dated January 22, 2019 and is presently owned by the Roman Catholic Bishop of Manchester, a corporation sole (Tax Map R-23, Lot 5); and to raise and appropriate the sum of Three Hundred Fifty Thousand dollars (\$350,000.00) for that purchase; and to authorize the issuance of not more than Three Hundred Fifty Thousand dollars (\$350,000.00) of bonds or notes in accordance with the provisions of the Municipal Finance Act (RSA 33); and to authorize the Board of Selectmen to issue and negotiate such bonds or notes and to determine the rate of interest thereon.

To see if the Town will vote to raise and appropriate the sum of Two Hundred Sixty Seven Thousand dollars (\$267,000.00) for the purpose of developing an architectural and engineering design for a new Tilton Police Station; and to authorize the issuance of not more than Two Hundred Sixty Seven Thousand dollars (\$267,000.00) of bonds or notes in accordance with the provisions of the Municipal Finance Act (RSA 33); and to authorize the Board of Selectmen to issue and negotiate such bonds or notes and to determine the rate of interest thereon.

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

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Please contact Executive Editor

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

with any questions regarding the submission process.

CLASSIFIED SELLS IT ALL

Free Discover Girl Scouts event planned in Sanbornton

SANBORNTON — Come discover what makes Girl Scouts the leading expert on girls! Girl Scouts of the Green and White Mountains will host the following free information session for girls and parents on Monday, Feb. 11, from 6 to 7 p.m. at Sanbornton Central School, 18 Hunkins Pond Rd., Sanbornton. Girls and their families can meet local Girl Scouts and volunteers; learn about expanded STEM and outdoor programs; enjoy fun, girl-led activities; explore programs; learn about volunteer opportuni-

ties; and register to become a Girl Scout. Plus, girls will receive a free Discover Girl Scouts embroidered patch.

Girl Scouts of the Green and White Mountains serves more than 10,000 girls throughout New Hampshire and Vermont. Offering hands-on, girl-led, girl-centered activities in STEM, the outdoors, and entrepreneurship, and abundant opportunities to develop invaluable life skills, Girl Scouts helps all girls take the lead early and often.

To learn more about Girl Scouts of the Green

and White Mountains, visit www.girlscouts-gwm.org, or call 1-888-474-9686 if you have any questions.

About Girl Scouts of the Green and White Mountains

Girl Scouts of the Green and White Mountains is recognized throughout New Hampshire and Vermont as a leading expert on girls. Our Girl Scout Leadership Experience is a one-of-a-kind leadership development program for girls, with proven results. It is based on time-tested methods and research-backed

programming that helps girls take the lead—in their own lives and in the world. Through our exciting and challenging programs, Girl Scouts not only participate but also take the lead in a range of activities—from kayaking, archery, and camping, to coding, robotics, financial literacy training, and beyond! Serving more than 10,000 girls throughout New Hampshire and Vermont, girls discover the fun, friendship, and power of girls together. Visit www.girlscouts-gwm.org.

Hospice volunteers truly make a difference

FRANKLIN — Volunteering can be one of the most powerful experiences a person can have. When you volunteer you give your time to help touch the lives of others, when that volunteering is for those who are on home Hospice, you gain the opportunity to change someone's life for the better. Franklin VNA & Hospice is hosting volunteer training starting this Spring, Wednesdays, March 20 to April 24 from 2-4 p.m., and their six-week session is designed to teach volunteers the skills they need to be successful. They cover how to be present for someone just needing company, how their volunteer time allows the caregiver to go take a walk or see to their own medical appointments, and the importance of reminiscing in allowing a Hospice patient to find closure.

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

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

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

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

"We are proud to partner with Peabody home for our volunteer training," says Nyatsambo. "The opportunity for our volunteers to meet with their residents as an introduction to being with the elderly is both instructive for them and very meaningful for the residents at Peabody home."

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

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

Sweet incentive for unplugging at Patrick's Pub & Eatery

GILFORD—Somehow, Albert Einstein saw it coming. Even though the German physicist was born in 1879, he had a view into today's world. He saw what we all see daily, countless times.

You're out with your family or friends, enjoying an outing—in a museum, a restaurant, or even at home at the family table. A simple glance around shows that everyone has their eyes cast downward, their faces often illuminated by a brightly lit screen.

Perhaps because his mind understood scientific possibilities that ordinary people cannot fathom, Einstein knew that, one day, people would be more focused on gaming, reading their emails, or checking the weather than they would be on one another.

He said, "I fear the day that technology will surpass our human interaction. The world will have a generation of idiots."

"We aren't idiots yet, but it is certainly true that the art of conversation is getting lost, pushed aside by scheduling needs, thoughts that can't wait, or fear of missing out," said Allan Beetle, co-owner of Patrick's Pub and Eatery. "We recognize this growing trend here at Patrick's, and we want to help give our customers a cyber break."

Patrick's has created a simple new program called Sundae Unplugged. Customers who visit the restaurant on Sundays will have the option to commit to enjoying their time sans electronics—phones, tablets, laptops, and even the television. (Unplugged is only available in the dining room, which has no TVs.)

Those families who are successful will be rewarded with an ice cream Sundae, on which they can add a variety of toppings themselves.

"Albert really was a genius. Technology has begun to consume the time that people spend together, in person. We see it often consuming the dining experiences."

says Beetle. "With Unplugged, we hope to give people a little incentive to focus on those they are seated next to and across from, instead of those on the Web."

According to a recent report by Common Sense Media, the amount of time children ages 8 and younger spend on mobile screens has tripled in four years, from 15 minutes a day in 2013, to 48 minutes a day in 2018.

And then there's the time adults spend online. According to an ar-

ticle titled "7 Important Reasons to Unplug and Find Space," by Joshua Becker, studies show some mobile device owners check their technology every 6.5 minutes, even when they don't notice their phone ringing or vibrating.

There is value for people of all ages in disconnecting. Researchers have found that one in three people feel more dissatisfied with their lives after spending time on Facebook, as the opportunity for envy pres-

ents itself on social media in a variety of ways, from observations of others' family happiness, to body image, to vacation destinations.

Beetle says, "We say, just tune into your own life and stay there, as often as you are able. Patrick's is about family and friends and building community. We hope people will use a visit to our Sundae Unplugged as a way to focus on human connections—and enjoy a delicious dessert to boot."

Temple B'Nai Israel announces non-profit partners for 2019 "We Care" events

LACONIA — Temple B'nai Israel (TBI) proudly announces the sixth continuous year of community fundraising in which the net profits are donated to local and deserving Lakes Region non-profit agencies. This year, TBI welcomes Lakes Region Visiting Nurse Association and Interlakes Community Caregivers as the beneficiaries of two concerts to be held on May 25 and Oct. 26.

Committee Chair, Stu Needleman said, "We are thrilled to be partnering with these two agencies and help them to continue to provide valuable and important services to our community as the need for these types of services continues to grow."

Lakes Region Visiting Nurse Association has been serving the Lakes Region area since 1923 offering a full range of home care and hospice services as well as rehabilitation services, personal care services and wellness and community programs which are designed to promote the health, safety, and mental well-being for their clients through numerous clinics and support groups. Each year the LRVNA provides approximately 20,000 annual visits to residents in the comfort of their home. Service areas include Alton, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Sandwich, Tuftonboro, Wolfeboro,

For more information visit their website www.lrvna.org.

Interlakes Community Caregivers provides assistance by caring volunteers to individuals and families in times of need, at no charge. Services include: transportation, friendly visits, telephone checks, home chores, service assessments, errands, occasional meals, primary caregiver respites, resource referral, and quality of life experiences. Helping others to live more fulfilled and active lives is a rewarding mission to which Community Caregivers is strongly committed. In the past year, ICCI Volunteers provided over 2,641

services, donated 4,022 hours and drove 50,417 miles providing rides to those in need in Center Harbor, Meredith, Moultonborough, and Sandwich, New Hampshire. For more information visit their website www.interlakescommunity-caregivers.org.

The We Care entertainment events will be held in the Community Auditorium at the Inter-Lakes High School, centrally located right on Route 25 in Meredith. The members of Temple B'nai Israel are excited about the opportunity to help both of these worthwhile organizations in one of the best community venues in the Lakes Region.

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NOTICE OF PUBLIC HEARING

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

ANYONE, ANYTIME CAN ASK FOR HELP.



As the parent of a son with a substance use disorder, I know how important it is to GET EDUCATED about addiction, enabling, codependency and recovery.

More importantly, if your family is impacted by this disease please FIND SUPPORT for yourself and loved ones.

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Shaker Spotlight Lecture Series begins at Canterbury Shaker Village Feb. 6

CANTERBURY — Learn more about the intriguing history of the Shakers in New Hampshire by attending a five-part series of morning lectures at Canterbury Shaker Village this winter. Distinguished guest speakers will share their original research or experiences that highlight a range of Shaker topics.

Programs begin at 10:30 a.m. in the Hubbard Education Center at the Village, and will be preceded by light refreshments from 10-10:30 a.m. The series is free with membership at Canterbury Shaker Village, and membership forms will be available at the door for any non-members interested in attending the series.

Lectures are as follows:

Friday, Feb. 22, Robert Emlen, Brown University

In 1848, Brother Henry Blinn created an immense map of Canterbury, documenting the Shakers' prosperous community of buildings, pastures, orchards, and millponds. Robert Emlen, author of "Shaker Village Views" and a Visiting Scholar in American Studies at Brown University, will explore how Henry Blinn pictured the Canterbury landscape as a mapmaker and the many insights into 19th-century Shaker life that can be gleaned from his work.

Thursday, March 7, Carolyn Smith & Richard Dabrowski, Enfield Shaker Museum

Beginning about 1850, millions of paper stereographs were produced throughout the world from images tak-

en by largely self-taught photographers. The Shakers quickly capitalized on the World's interest in these 3-D views and began working with a variety of non-Shaker photographers to produce and sell stereographs that showed the Shakers in a positive light. Carolyn Smith, President of the Board of Trustees of the Enfield Shaker Museum, and Richard Dabrowski, President of Shaker Workshops, will share their research into Canterbury's stereographs and the photographers who created these popular images.

Wednesday, March 20, Laura Smith, Uni-

versity of New Hampshire

From 1907 until 1912, the girls and young sisters at Canterbury published "The Enterprise," a monthly publication featuring fictionalized narratives of Village life, poetry, and other literary content. Laura Smith, Senior Lecturer in English at the University of New Hampshire, will discuss her research on "The Enterprise," and how the sisters used the medium of print to create a vibrant, rich community even as the future of Shakerism was beginning to look bleak.

Thursday, April 4,

Bradford Cook, Canterbury Shaker Village Board of Trustees

Beginning in the 1950s, Canterbury Shaker Village slowly transitioned from an active religious community into a museum. Bradford Cook, a current member of the Village's Board of Trustees, was first introduced to the Shakers as a young attorney from the firm of Sheehan Phinney when he was dispatched to help with inventorying the Village's collection. He will share his remembrances of these formative museum years and the Shaker sisters who encouraged and supported the Village's

preservation.

Up-to-date information about programs will be posted on www.shakers.org and on Canterbury Shaker Village's Facebook page. Programs will be cancelled when the Shaker Regional School District cancels school. Rescheduling will be at the discretion of the presenter.

Canterbury Shaker Village is a National Historic Landmark and non-profit museum that is dedicated to preserving the 200-year Shaker legacy and providing a place for learning, reflection, and renewal of the hu-

man spirit. The Village was formed in 1792 by a Christian sect that believed in separation from "the World," celibacy, communal living, and hard work and worship to create their own "heaven on earth." The simple architecture and furnishings, stone walkways, exemplary gardens, and ordered yet innovative lifestyle at Canterbury still fascinate visitors today, twenty-five years after the last Shaker sister passed away.

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

LRPA's salute to the Oscars continues with "Panic in the Streets"

LACONIA—Throughout February, Lakes Region Public Access Television will celebrate the Academy Awards with a month of Oscar®-nominated films. This weekend (Feb. 8 & 9), join us for the action-packed and seldom-seen film noir "Panic in the Streets," directed by Elia Kazan and starring Richard Widmark, Jack Palance (in his film debut), Barbara Bel Geddes and Zero Mostel. "Panic in the Streets" is a unique noir, dealing both with criminal activity as well as a potentially lethal city-wide illness – hence the "panic." It was shot entirely on location in gritty New Orleans, giving the movie a gripping sense of realism that other film noirs, often filmed on a set, do not possess. Kazan, having already won the Oscar for "On the Waterfront," made the

most of his colorful location. The film's scenes include abandoned lots, train tracks, back alleys, dive bars, flophouses and the like. The director also favored the use of locals, rather than Hollywood extras, to add authenticity to the film. "Panic in the Streets" won the Academy Award for Best Writing (Motion Picture Story), a category that eventually was renamed Best Original Screenplay. It was also nominated for two Writers Guild of America awards, was chosen by the National Board of Review as one of the Top Ten Films of 1950, and garnered Kazan the International Award at the Venice Film Festival that same year. In its review, The New York Times noted that "... Elia Kazan has directed [it] with a keen sense of appreciation for violence and suspense."

If you're a lover of classic movies and of suspenseful noir, you owe it to yourself to see "Panic in the Streets." Grab your popcorn and meet after dark for this rarely screened thriller from our cinematic past.

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

Feb. 15 & 16: 1939's "Love Affair" (Noms: Best Actress, Picture, Supporting Actress, Art Direction, Song and Screenplay)

Feb. 22 & 23: 1951's "Cyrano de Bergerac" (Won: Best Actor)

March 1 & 2: 1952's "The Snows of Kilimanjaro" (Noms: Art Direction & Cinematography)

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

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government

meetings) to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.



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MVSB & the Merrimack gathers mittens, donates more than \$4,200 to NH Food Bank

MEREDITH — Sister Banks, Meredith Village Savings Bank (MVSB) and Merrimack County Savings Bank (the Merrimack), are grateful for members of the community who donated cold weather items to their annual Mitten Tree drives. More than 2,100

mittens, gloves, hats and scarves were collected and distributed to local schools and non-profits. In keeping with the tradition of contributing \$2 for each item given, over \$4,200 was donated to the NH Food Bank for use at food pantries in the Greater Concord, Nash-

ua, Seacoast and Lakes Region areas.

"The Mitten Tree is a wonderful winter tradition we've been proud to uphold each year," said Rick Wyman, President of MVSB. "We are thankful to the many community members and non-profits that

make or purchase items and drop them off at our branches."

"The NH Food Bank works with food pantries in all of the regions that both banks serve. Contributions aid in decreasing the risk of food insecurity throughout our communities. I'm

Martin Luther King Day celebration rescheduled

LACONIA — The annual Rev. Dr. Martin Luther King Day Celebration, sponsored by the Laconia Human Relations Committee, has been rescheduled for Sunday, Feb. 10 from 3 to 5 p.m., at the Laconia Congregational Church. The rescheduling makes it possible to also recognize February as Black History Month.

Program presenters

are Dr. Dottie Morris, Associate Vice President for Diversity and Inclusion at Keene State University and Seifu Ragassa, Chief, Probation and Parole Officer, Carroll County. They will address the relevance of Dr. King's life and work, and share what it is like to live and work within their African cultural heritage in New Hampshire today.

Dan Carter will present a musical selection.

Quotes from Dr. King will be on display on banners created by the Laconia High School Key Club. The Key Club, counterpart of the Laconia Kiwanis Club, is a high school student run organization. It provides its members with opportunities to provide service, build character, and develop

leadership.

Mayor Ed Engler will introduce the celebration. The Laconia Human Relations Committee is a committee of the Mayor of Laconia.

As Dr. King said, "We are All One Humanity!" All are welcome to attend! Refreshments will be served. There is no charge for this event. Please join us!



COURTESY

Community members supplied plenty of hand-made and store-purchased mittens, hats, gloves and scarves for mitten tree drive at MVSB and Merrimack offices.

proud we were able to help in any way possible," added Linda Lorden, President of the Merrimack.

Meredith Village Savings Bank and Merrimack County Savings Bank are mutual community banks without stockholders. They have remained steadfast in fostering the economic health and well-being of the community for more than 150 years, sharing in the values that guide all of their actions: accountability, mutuality, excellence, respect, integrity, teamwork and stewardship.

The Merrimack has been serving the people, businesses, non-profits and municipalities of

Central and Southern NH since 1867. To learn more, visit any of the local branch offices located in Bow, Concord, Contoocook, Hooksett or Nashua, call 800-541-0006 or visit themerrimack.com.

MVSB celebrates its 150th anniversary this year, serving the people, businesses, non-profits and municipalities of the Lakes Region and Central NH since 1869. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Taylor Community hosting Eric Masterson lecture on The World Famous Hawk Migration

LACONIA — Eric Masterson has been fascinated with Bird Migration since he began birding at age 11. In October 2015, he flew to Kekoldi, Costa Rica to witness the world famous hawk migration that passes south through the Central American isthmus. He quickly realized the story was in the journey, not the destination.

Join us Tuesday, Feb. 19 at 2 p.m. in

Taylor Community's Woodside as Masterson tells the tale of his own journey, following several GPS-tagged birds on their flight south, leaving New Hampshire by bicycle beginning in September 2016 – final destination unknown. This free event is open to the public; however, reservations are required by calling 366-1226, as space is limited.

By day, Masterson works as a Land Specialist for the Harris Center for Conservation Education in Hancock, New Hampshire, where he runs the stewardship program for the organization's approximately 10,000 acres of conservation easements, assists with new conservation projects, and coordinates their field trip program. He is currently working on a book

about bird migration as told through the hawks and his journey.

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

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Edward Jones: Financial Focus

What Can Investors Learn From "Big Game" Teams?

In February, TV stations the world over will broadcast the most-watched U.S. football game of the year. But sports fans aren't the only ones viewing this "big game," held in Atlanta this year. The two teams competing are watched closely by the teams that didn't qualify. That's because these teams can learn a lot from the contenders. In fact, "big game" teams can teach some valuable lessons to many groups and individuals – including investors.

What investment insights can you gain from observing

these teams? Here are a few to consider:

A good "offense" is important. "Big game" teams usually have the ability to score a lot of points. They can run the ball, pass the ball and move up the field quickly. As an investor, you also need to constantly seek gains – in other words, you need an "offense" in the form of an investment portfolio capable of producing long-term growth. Consequently, you will need a reasonable percentage of growth-oriented vehicles, such as stocks and stock-based mutual funds,

in your holdings. Yes, these types of investments carry risk, including the potential loss of principal. But you can help reduce your risk level by holding investments for the long term – giving them time to possibly overcome the short-term drops that will inevitably occur – and by diversifying your overall portfolio with other types of investments, such as bonds and government securities, that will likely not fluctuate in value as much as stocks.

A strong "defense" is essential. In addition to having good offenses, "big game"

teams are also typically strong on defense. They may give up yardage, and going against a strong offense, they will also give up points, but they still often stop their opponents from making the big, game-breaking plays. As someone with financial goals, such as protecting your family's lifestyle and helping send your children to college, you, too, have much to defend – and one of the best defensive moves you can make is to maintain adequate life insurance. Also, to protect your own financial independence – and to defend against the possi-

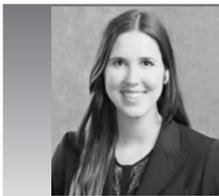
bility of becoming a burden to your adult children – you may want to explore some type of long-term care insurance, which can help pay for the extraordinarily high costs of an extended nursing home stay.

The ability to adjust a strategy is essential. If a "big game" team is trailing, it very well might decide to switch its game strategy – perhaps they tried to keep the ball on the ground but fell behind, requiring them to throw more passes to catch up. You also will need to evaluate your progress toward your goals to determine if you may

need to adjust your strategy. To illustrate: If your current portfolio is not providing you with the returns you need to retire comfortably, you may well need to adjust your investment mix to provide more growth potential, but within the context of your risk tolerance and time horizon.

The "big game" is the culmination of a season of hard work by two teams that have achieved the highest level of success. And by applying the lessons you've learned from these teams, you can help contribute to your own success.

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



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THRIFT SHOP

CONTINUED FROM PAGE A1

on hand to congratulate them all.

New Hampshire Department of Education Commissioner Frank Edelblut assisted in the ribbon cutting and had words of praise for the students in sixth, seventh and eighth grade who will help run the business.

"It's exciting to see all the young faces here today, and I love the work you're doing. Do you know you are all now entrepreneurs and engaged citizens of the community? Congratulations," said Edelblut. "This is quite an accomplishment, and I have to add that it is a first in the State of New Hampshire."

The shop, located at 252 Main St. in Tilton, will be overseen by parents, staff and run by students of Compass Classical Academy. All proceeds will benefit the charter school.

CCCA Director Judy Tilton said she is pleased to offer a hands-on, vocational opportunity for upper class students at the school.

"It took a lot of time and a lot of work, but we're finally here for the ribbon cutting," she

said outside the store entrance last week.

In October of 2009, Tilton and other board members approached the Department of Education with their proposal to open a new charter school in central New Hampshire that would serve students from any town whose needs might not be met in the public school system. The school was approved and the team set out to find the right location, which they finally did when St. Mary's School in Franklin offered their facilities.

From there, teachers and staff members were hired, interested parents sent in applications for their children and the school began to take shape. Working on a limited budget, Tilton said they spent many hours and drove many miles picking up desks, tables and everything else needed to start a new school.

"We opened the doors in September (2010) with just 32 students. Thirty-two little minds that were eager to learn and staff that were eager to teach," said Tilton.

Each year since then, the school has increased their population by one grade level, added new programs, and now have



DONNA RHODES

Among those who helped the Compass Classical Academy charter school celebrate the grand opening of their new shop in Tilton last week were CCA board member Scott Maltzie, New Hampshire Department of Education Commissioner Frank Edelblut, CCA Director Judy Tilton, State Representatives Werner Horne and Howard Pearl, and former New Hampshire District One Executive Councilor Joe Kenney.

students who range from kindergarten to eighth grade.

Along the way, they have worked hard to keep up the finances beyond what they receive from the state and typically hold fundraisers and recruit volunteers to keep the school viable.

"That first year, we borrowed sixty thousand dollars just to keep the school open. Here we are today with 140 students; over 100 new minds to teach, lives to touch and we are fiscally solvent," Tilton said to a round of applause.

Charter schools are tuition-free and partially funded by the state, but it is up to each school to also help raise their own money as well. Over the past eight years, CCA has held many successful fundraisers with the help of the school population, their families and many supporters. Since that time though, Tilton explained that the board also realized a need for

their maturing students to get "real world" experiences. It was then that the concept for Compass Classical Academy Vintage and Thrift Shop was born.

"It's a hands-on classroom that will provide our students authentic vocational training," she said. "Each time you donate to us or make a purchase, you are improving the life of a child. That means you have contributed to 140 smiles of gratitude."

Allan Powell of Tilton Inn and Onions Pub is the building's owner and invited the students and their guests to cross the street for a reception at the inn, following the ribbon cutting. As the students sipped hot chocolate and ate donuts, they expressed their excitement about their new business.

Eighth grader Kate from Franklin said the project sounded interesting and she was excited to see what they would

be doing. Her classmate Teirra agreed.

"It sounds great. I'm willing to do anything," she said.

David was excited to have a school-based opportunity that few kids his age get, while Hennessey said he helps with his father's pizzeria in Meredith and looks forward to doing more.

"I like to work," he said.

Seventh grader Brady of Northfield and eighth grader Alex of Franklin had a practical outlook on running a thrift shop. Brady said the experience will help prepare he and his classmates for the real world of all things financial while Alex is sees another future impact.

"When we're older and looking for a job, if you've already worked at a store, it'll help that you've had experience," he said.

It should be noted that due to New Hamp-

shire labor laws, all students must be at least 14 years of age in order to take part in the business.

Among the experiences they will encounter is shelf stocking, inventory, bookkeeping and running a cash register. The students will also learn customer service skills and discover the world of internet sales on eBay for some of their items.

Compass Classical Academy's Thrift and Vintage Shop has clothing for all ages, kitchen items, home décor pieces, recreational equipment, books, movies and plenty more at very reasonable prices.

Donations to the shop can be made during normal business hours, which are Mondays through Fridays from 10 a.m. until 4:30 p.m., and Saturdays from 10 a.m.-3 p.m.

As the school continues to build its community of students and families from all over the state, they are also planning yet another fundraising event, their annual adult Valentine's Day Dinner Dance and Charity Auction. That event will be held this Saturday, Feb. 9, at their 15 Elkins St. location in Franklin. Appetizers will be served from 6-6:30 p.m. followed by a Prime Rib and Turkey Buffet at 7 p.m., the auction, and dancing to cap off the evening. The cost is \$30 per person and tickets will be available at the door. For more information on this and other events, as well as educational opportunities afforded by the school, please visit them online at www.CompassClassicalAcademy.com or call 729-3370.

ELECTIONS

CONTINUED FROM PAGE A1

mal interest.

In Belmont, a three-year term on the Board of Selectmen will find incumbent Jonathan Pike facing a challenge by Doug Trotter and Robert Veloski. With two seats opening up this year for the Planning Board, incumbents Ward Peterson and Michael LeClair will be up against Richard Pickwick for those positions while the Budget Committee saw only three of their four outgoing members sign-up for re-election. Ronald Mitchell, Tracey LeClair and Albert Akerstrom filed for another three-year term on the board but no one stepped up for a seat being vacated by Eric Shirley this year. Mark Mastenbrook will be seeking another term on the Zoning Board and Cynthia DeRoy filed for another three-year term as Town Clerk/Tax Collector; both are running unopposed. Other lone candidates looking for re-election in March are Diane Marden as a Cemetery Trustee, Gregg MacPherson as a Trustee of the Trust Funds, Diana Johnson for Library Trustee, and Brenda Paquette as Supervisor of the Checklist.

In Northfield, incumbents Tom Fulweiler, Rose-Marie Welch and Christine Raffaelly are running unopposed for another term as Library Trustee, Supervisor of the Checklist and Trustee of the Trust Funds, respectively. For the Board of Selectmen however, Robert Loder and Kevin Waldron will challenge current selectman Scott

Haskins for his position on the board this time around.

Northfield residents are also encouraged to attend a Public Hearing on Thursday, Feb. 7, at 7:30 p.m. At that time, the Board of Selectmen and the Budget Committee will present their proposed 2019 operating budget along with this year's warrant articles that will be voted on at the March Town Meeting.

Tilton residents have three contested races on their ballots next month. Incumbent Selectman Katherine Dawson has opted this time to run for a one-year term to fill a vacated seat on the board rather than for re-election to her three-year position. Challenging her will be Jason Wright. For a three-year term, current board member Joe Jesseman has signed up for that opening, along with Eric Pyra and Richard H. Olson III. Christine Dembitzky will seek another term on the Budget Committee, Sandra Hyslop also filed for the Treasurer's position once again and Stanley Robinson hopes to fill an upcoming vacancy for Trustee of the Trust Funds. For the Sewer Commission, incumbent Jason Wright will be running against Richard H. Olson III for a three-year term.

Sanbornton's Town Clerk's office was closed on Monday therefore a list of this year's candidates was not available by our deadline but that information will be included in next week's publication.

SANBORNTON

CONTINUED FROM PAGE A1

time; numerous risk assessments, inspections, committee reports and professional studies have continued to identify these same and additional deficiencies, especially in regards to the Police Department and Town Offices. The consistent recommended plan throughout the years has been referred to as the "Domino Effect," where the construction of a new town office building would allow the Police Department to relocate to the current Town Offices and the Fire Department

would acquire adequate space within the Life Safety Building. In 2006, the town voted to purchase property to protect the horizon behind the three historic buildings on Meeting House Hill Road and prepare a site for a future town office building. That property serves as the location for the new town office building and parking area presented in the Town Building Concept & Design.

The Town Building Concept & Design provides drawings and a construction cost estimate which would establish a climate controlled basement underneath

the old Town Hall that would help to stabilize it structurally and address storage needs of the town, construct a new town office building connected to the old Town Hall, construct a parking lot behind the new town office building and old Town Hall, convert the current Town Offices to a Police Department with an addition containing a sally port to address safety needs, convert the Life Safety Building to all Fire Department facilities and address some site work issues at that location. The Town Building Concept & Design impacts multiple facilities in town not depicted in

the drawings as well. For example, it provides dedicated office and storage space in the new town office building for the Recreation Department, which has been located in the Highway Garage with storage in multiple facilities such as the Transfer Station since 2014 when the department's former facilities at the Town Park were condemned. This in turn would free up space needed at these other town facilities which were occupied as temporary solutions. In the plan the Welfare office, which also used to be housed in the condemned facilities at



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AWARDS

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 dents in 2018 and their actions exemplify how corporate social responsibility can positively impact the community. The 11th Annual Arthur H. Nighswander Community Partner Award recipient was presented to Just Flow Events & Marketing. Just Flow provides end-to-end marketing, communications and event planning consulting services to Spaulding Youth Center. For nearly four years, Just Flow has provided strategic marketing, social media management, website design and development, graphic design, copywriting, event planning and other related cor-

porate communication services. The Arthur H. Nighswander Community Partner Award serves as a celebration of an individual or organization that has provided significant assistance to Spaulding Youth Center and is named after a former Spaulding board member to honor his longtime support. "As a nonprofit, we recognize how the support we receive from corporate partners in the community help us to achieve our mission of supporting exceptional children and families toward a successful future," said Susan C. Ryan, President & CEO of Spaulding Youth Center. "With the unwavering support of companies like Taco Bell

of Tilton and Just Flow Events & Marketing, we can continue providing extraordinary opportunities for our children and educate others regarding the evolving needs of the children we serve." The You've Got a Friend Award has previously been presented to Jack and Marci Williams Endowment for Wednesday's Child and Tilton School, amongst other community partners. The Arthur H. Nighswander Community Partner Award has previously been presented to supportive organizations such as the Northeast Delta Dental Foundation, Belknap Mill Quilters Guild and Great Northern Clean-

About Spaulding Youth Center
Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

STRATEGIES

CONTINUED FROM PAGE A4
 ably proud. But I fear for their future. Our society has demonstrated it has few limits on how far it will go to satisfy selfish interests. The right to gender reassignment and gay marriage, to cite just two recent developments, are vigorously defended. In a perverted twist of moral responsibility, however, we have denied the right to life to the unborn. I believe heaven itself agonizes over our treatment of these precious lives. The Bible says that we have been created "in the image of God." "Let the little children come to me,"

Jesus said, "for of such is the kingdom of heaven." We may dispense with these innocent ones, but the Bible is clear: they have stature with God. I regret I have few answers in response to the state of our national conscience. When Israel was in deep trouble, God told his people, "When my people, which are called by my name, will humble themselves, and pray, and turn from their wicked ways, then will I will hear from heaven, and then I will heal their land." People of God; it's time to take a stand! For further thoughts like these, follow me on indefenseoftruth.net.

BELMONT

CONTINUED FROM PAGE A2
 age 21, of New Hampton was arrested on Jan. 19 in connection with a warrant issued by the Tilton Police Department. William Anthony Otto, age 59, of Sanbornton was arrested on Jan. 20 for Harassment. Joseph D. Thrasher, age 27, of Chichester was arrested on Jan. 21 for Criminal Mischief

(Vandalism) and Criminal Trespassing. Dakota Plummer, age 19, of Gilford was arrested on Jan. 22 for Driving After Revocation or Suspension. James A. Burns, age 39, of Laconia was arrested on Jan. 22 for Driving After Revocation or Suspension. Kyle Avery, age 27, of Laconia was arrested on Jan. 23 for Possession of Controlled/Narcotic Drugs, Unlawful Dealing in Pre-

scription Drugs, Possession of Drugs, and in connection with a bench warrant issued by Laconia District Court. Patricia White, age 43, identified as a transient, was arrested on Jan. 23 for Receiving Stolen Property. Kendra L. Peters, age 40, of Laconia was arrested on Jan. 23 for Interference with Custody of a Child. Robert Blais, age 20, of Belmont was arrested

on Jan. 23 in connection with a bench warrant issued by Laconia District Court. Nathaniel William Moore, age 30, of Belmont was arrested on Jan. 23 for Burglary. Skye Gorgas, age 34, of Laconia was arrested on Jan. 24 in connection with a warrant issued by Laconia District Court. Nichole R. Brackett, age 30, of Belmont was arrested during the same traffic stop in connection

with a warrant issued by the Laconia Police Department. Seth Thomas DuBois, age 26, of Belmont was arrested on Jan. 25 for Driving After Revocation or Suspension, a Suspended Registration (Operating-Misd.), Snowmobile Operation and License, and in connection with a warrant. He was subsequently charged with Violation of a Protective Order as well.

HAPPENINGS

CONTINUED FROM PAGE A2
 to develop early literacy in children through stories, rhymes, and songs. Space is limited! Please call us or stop by to reserve a spot. 286-8971
 Head's Up... The Library is Closed Monday, Feb. 18 for President's Day.

New Items

- "Before We were Strangers" by Brenda Novak
- "The Current: A Novel" by Tim Johnston
- "The Golden Tresses of the Dead: A Flavia de Luce Novel" by Alan Bradley
- "Unmarriageable: A Novel" by Soniah Kamal
- "Washington Black: A Novel" by Esi Edugyan
- "The Lost Girls of Paris: A Novel" by Pam Jenoff

BURGLARY

CONTINUED FROM PAGE A1
 suspects on the premises. Taken into custody was 43-year-old Wayne Smith, formerly of 21 Chestnut St. in Tilton, who was currently out on bail for previous charges. He was arrested for burglary and possession of burglary tools and again released on personal recognizance bail. Smith is now scheduled to appear at the Belknap County Superior Courthouse at 1:30 p.m. on Feb. 14 to answer to these latest charges. Cormier said Smith's arrest was the result of excellent work by the respond-



COURTESY

Police arrested a man who smashed the front door of the Tilton Shop Express, located at 622 Laconia Rd., last week in an attempt to burglarize the business.

SANBORNTON

CONTINUED FROM PAGE A10
 the park and is currently located in the kitchen of the Town Offices, would have adequate facilities at the new building that meet the confidentiality needs of the department as required by law. The connector proposed in the design between the new town office building and the old Town Hall serves multiple purposes, as it would contain kitchen and restroom facilities that could be accessed after hours for community events and approved private functions. While the timing of

the proposed comprehensive plan unintentionally falls on the heels of a town wide revaluation, it is also occurring at a time where significant long term debt has been eliminated, with more being removed from the town's long term debt schedule in the near future. The final \$142,761 payment for the Y Project was paid in 2015, the final payment on the Transition Bond of \$112,190 was made in 2018 and the last payment for the Highway Garage will be paid in 2021 at \$135,039. The completion of these loans and bonds would

lessen the impact on the tax rate if the proposed bond is approved. The public is invited to attend and participate in the hearing where the Sanbornton Board of Selectmen plans to provide additional information about: the history of the space and safety needs of the town, the proposed concept and design and the impact that this comprehensive project would have in the Town of Sanbornton. Further information including the proposed designs and budget can be found at the Town Offices or online at www.sanborntonnh.org.

ing officers of both towns. Their swift response halted what could have been a large robbery from occurring that night. Since October of 2018 the chief said there have been several burglaries or attempted burglaries during the midnight shift that have kept his officers busy. In one instance they were able to catch suspects while they were attempting to break

into the back of Hair Excitement at Tanger Outlets. He reported that those individuals were indicted on burglary-related charges just last week. Cormier and his department are asking the public to be vigilant as they travel through town, and to report anything suspicious they may see in and around closed businesses during the overnight hours.

DRUG BUST

CONTINUED FROM PAGE A2
 out the remainder of the year. "If you are a drug trafficker or drug dealer in our community, let it be known we are looking for you, in time we will find you and we will put you in prison. We have a compliment of dedicated drug investigators and highly skilled patrol officers who are actively in pursuit of you. Your time is coming," said Sgt. William H. Wright. The Belknap County Drug Task Force along with participating area law enforcement agencies cannot be successful without the assistance and support of the citizens. We welcome information as it relates to illicit drug dealing and criminal offenses and will continue to follow up on leads/tips as they are developed.

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COURTESY

“Learning to paint with acrylics is a lot of fun and very rewarding,” says Acacia Rogers, who is now holding classes on ‘How to paint with Acrylics’ at the Lakes Region Art Association Art Gallery, Tanger Mall, Suite 132, 120 Laconia Rd., Tilton. “I start with teaching the fundamentals such as color mixing, selecting the right brushes, pre-painting preparation, composition, how to transfer your drawing onto canvas or any other surface and then focus on helping each student complete a finished painting they’ll be proud of,” she concluded.

Students in Acacia’s weekly classes are, from left bottom to right: Nancy Rand, Mary-Jo Gesser, Vicki Kelly, David Huckins, Brian LaRoche and Carolyn Wilson. Centered, middle front of the photo is LRAA Vice President and art teacher Acacia Rogers. Anyone, who’d like to learn how to draw, paint watercolors, pastels or acrylics, visit the LRAA Gallery, M-S 10 a.m.- 6 p.m. and sign-up.

Belknap Mill exhibit spotlights Lakes Region Sled Dog Club

LACONIA — Historical photographs and information on the Lakes Region Sled Dog Club will be the featured exhibit in the Belknap Mill’s Riverside Gallery from Feb. 5 – Feb. 28. The exhibit will be open to the public Monday-Friday 9 a.m.-5 p.m. and Saturdays 9 a.m.-4 p.m.

The first sled dog races in Laconia were held in 1929 and were a series of weekend events sponsored by the New England Sled Dog Club. The Laconia Sled

Dog Club was officially formed in 1931, its mission was to produce and promote sled dog racing in the Lake City as an annual, major winter sporting event. By 1936, they had certainly achieved that goal; “World Championship” was added to the title of the race and at that time was the first and only sled dog race to claim that designation. The Lakes Region Sled Dog Club was formed in 1957 and continues to offer an incredible annual sporting event.

Jennifer Hollows

never had the chance to meet her great grandfather, Charles Lyman, the man who established the sport of sled dog racing in Laconia. However, she “assumes he started it (the Laconia Sled Dog Club) because, like many of us involved, he had a passion for sled dogs.” She holds fond memories of dog training with her father, Jim Lyman and family friend, Keith Bryar II close to her heart while she works on preparations for the race each year. “Generations of the Lyman fam-

ily have been involved since day one and my personal goal is to make sure that the accomplishments, we’ve made over 90 years never get forgotten.”

This year, the 90th Annual World Championship Sled Dog Derby will be held Saturday, Feb. 15. For more information, please visit <https://www.lrsdc.org>.

To learn more about the Belknap Mill Society, visit www.belknapmill.org or email operations@belknapmill.org.

Veterans group adds new team member

GILFORD — Camp Resilience, the veterans support non-profit group, is pleased to announce the addition of a new staff member. Jennifer Whalen-Sirois joins the group as Vice President for Advancement.

Camp Resilience is the highly successful support group based in New Hampshire but serving veterans from throughout New England who are suffering the lingering effects of the visible and invisible wounds of war. Using a three-pronged approach, Camp Resilience helps veterans bounce back in mind, body and spirit. The three mainstays of the program are outdoor experiential learning, life skills training and facilitated peer to peer counseling. The sessions are open to all veterans at no cost to the attending veteran. Sessions are held at least monthly and last 3-4 days in the scenic Lakes Region of New Hampshire. All lodging, meals and recreational costs are covered thanks to generous donations and grants from community businesses and supporters.

“On behalf of our Board of Directors, I am delighted to announce the hiring of our new VP for Advancement,” said Camp Resilience founder, Kurt Webber, US Army (retired).

“Jenn Whalen brings to our operation a knowledge of successful business practices and a passion for non-profit fund-raising. She’s excited about this opportunity to help veterans in a very meaningful way and we welcome her as a member of the Camp Resilience team,” added Webber.

Ms. Whalen’s background includes three years as the Director of Advancement for the St. Charles School in Woburn, Mass. She is a former Resident Director of Camp Bernadette in Wolfeboro, Junior High School teacher in Medford, Mass., and for many years worked to develop her family’s electrical contracting business in Burlington, Mass. Her goals in her new position are to expand the donor base for Camp Resilience, develop new sources of grant funding and build partnerships throughout New England.

“I am excited to use my experience to continue to grow this wonderful program that serves America’s heroes” stated Whalen.

She makes her home in Burlington, Mass. with her three children and their beloved family dog, Bridie. Ms. Whalen-Sirois invites businesses, civic groups and individuals interested in helping New England’s veterans attend Camp Resilience to contact her at jwhalen@camp-resilience.org. For more information about the work of Camp Resilience and the positive impact it is making for Veterans, please visit www.camp-resilience.org.



Jennifer Whalen-Sirois

Sara Lauze promoted to Vice President, Digital Banking Officer for New Hampshire Mutual Bancorp

MEREDITH — Sara Lauze has been promoted to Vice President, Digital Banking Officer for New Hampshire Mutual Bancorp (NHMB). In this role, Lauze will be responsible for researching and developing emerging technology for digital services and channels. She will also continue her oversight of digital banking customer support, as well as related systems and services at Meredith Village Savings Bank (MVS) and Merrimack County Savings Bank (the Merrimack).

“Sara’s expertise and extensive background in all areas of bank operations have helped our organization tremendously throughout the years,” said Angela Strozewski, Senior Vice President and Operations Officer of NHMB. “She demonstrates outstanding leadership ability and is exceptional at managing digital services. Sara will excel in this role.”

Lauze joined the Merrimack in 2005 as an ATM Deposit Services Assistant. She has held several positions throughout her career in operations and infor-



Sara Lauze

mation technology, with specializations in deposit accounts and automated clearing house (ACH) services. In 2014, she was promoted to Operations Supervisor for NHMB, overseeing non-digital banking operations. She was promoted again in 2015 to Digital Banking Officer. Her most recent promotion to Assistant Vice President, Digital Banking Officer occurred in 2016.

Lauze is a graduate of New Hampshire Techni-

cal Institute, the Northern New England School of Banking, and the New England School for Financial Studies. She also earned her Certified Associate in Project Management (CAPM) certification in 2012 from the Project Management Institute. Lauze currently serves on the Board for Granite State Independent Living, and resides in Concord, NH with her family.

New Hampshire Mutual Bancorp, a mutual

holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in New Hampshire. This strategic partnership has positioned the Banks to leverage each other’s strengths as they work together to advance a shared vision of maintaining and enhancing their community banking standards and values. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015, combining the financial advisory divisions of MVS and The Merrimack. In July 2018, Savings Bank of Walpole joined as a fourth subsidiary. NHMB combined assets total more than \$2.2 billion. For more information about NHMB, visit nhmutual.com.



SPORTS

THE WINNISQUAM ECHO
SalmonPress.com

Belmont boys claim victory in WAR

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Belmont High School alpine ski team competed at Gunstock last week and the boys' team came away with wins in the giant slalom and slalom.

For the boys' team in giant slalom, Nolan Gagnon was first with a time of 48.56. Lars Major was right behind him in second with a time of 49.13. Mitchell Berry raced through the course in 52.63 seconds, good for eighth place. Aaron LaFlower was 13th with a time of 52.63.

In the slalom, Gagnon and Major were first and second again with times of 51.74 and 53.42. Berry was sixth with a time of 57.45 and LaFlower was 20th with a time of 1:24.43.

For the girls' team in giant slalom, Katie Gagnon was the lone racer and finished third with a time of 54.26.

Gagnon was also the

only slalom skier and placed second with a time of 56.47.

On Jan. 25, the Belmont ski team competed at Gunstock and had a strong showing as well. In the giant slalom, for the boys' team, Major took the win with a time of 54.74. Gagnon was second with a time of 55.87. Berry was fourth with a time of 58.84 and Jake Deware was sixth with a time of 1:00.46.

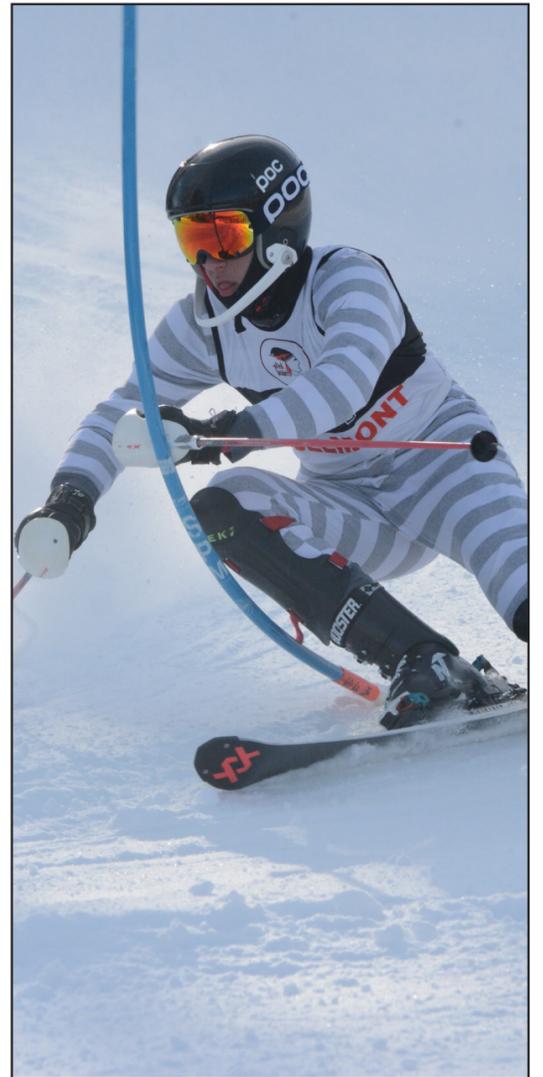
The slalom race was also won by the Belmont boys' team, and Gagnon took first with a time of 59.36. Major was third with a time of 1:05.38; Deware was fourth with a time of 1:06.62 and Berry was sixth with a time of 1:08.42.

For the girls' team in giant slalom, Katie Gagnon may have been the lone skier for the Red Raiders but she was also the top one with a first place finish time of 59.03. She also won the slalom race with a time of 1:05.41.



JOSHUA SPAULDING

Katie Gagnon has been one of the best racers week in and week out for Belmont High School this season.



JOSHUA SPAULDING

Lars Major was second in the slalom and the giant slalom at Gunstock last week. He won the slalom race the week before.

Belmont boys battle past Bears

BY BOB MARTIN
Bob@Salmonpress.news

TILTON – The Winnisquam Bears hosted the Belmont boys' basketball team on Jan. 30 and while the Bears have proven they can hang with some of the top teams, Belmont cruised to a 50-34 victory.

"Belmont is 8-3 for a reason," said Winnisquam coach Kevin Dame. "Griffin Embree had 23 and really hurt us with his penetration."

Embree had six assists in the game as well. Aidan Rupp had 11 points and seven boards. Off the bench, Cam Magerer had 12 boards, with seven coming in the fourth quarter. Belmont coach Jim Cilley was happy with holding the Winnisquam offense to only 34 points by contesting shooters and playing quality defense.

"I really liked the

way my guys competed," said Cilley. "We played nine guys in our rotation and they all contributed. I started the fourth with Griff and four guys from the bench for energy, and was planning on a short break for the starters. The bench was so good we rode them for six minutes. I couldn't be happier for guys like Mikey Sprague and Caleb Burke, who have been working hard in practice to see the fruits of their labor pay off."

Phil Nichols led the Bears with 12 points, and Garret Mango had nine points in the game.

Belmont

The Red Raiders hosted Hillsboro-Deering on Feb. 1 and won 67-50. Belmont had nine players score in the game, as Cilley had the opportunity to go deep into the bench.

The Red Raiders jumped out to a 41-19 lead at the half.

Keith Landry had 11 points to lead the team. Matt Thurber and Sprague both had 10 points. Burke and Nate Sottak had eight points apiece in what Cilley said was a "good team win."

Cilley was also quick to commend coach Carl Doucet of Hillsboro-Deering, saying he has done a great job turning around a program that has struggled in recent years. He commended the team for playing hard even in the face of a blowout.

"I liked that we didn't take H-D for granted and came out and played hard," said Cilley. "Building a nice lead and giving guys a chance to play and contribute was nice as well. I'm proud of the guys that they didn't overlook them and to-

wards the huge battle with Somersworth that we have on Tuesday night."

Somersworth is 10-2 and has a stacked lineup, and Cilley knows this is a major test for the Red Raiders. The game was played on Tuesday after deadline. Next up for the Red Raiders is a road game against Laconia on Feb. 8 at 6 p.m.

Winnisquam

Winnisquam traveled to Franklin on Friday in another rivalry matchup and came away with a big 79-53 win. The Bears jumped out to a 20-10 lead after a quarter and then 35-18 at the half. Nichols led the team with 20 points. Kyle Mann and Gunnar Horman had 14 points in the game. Angelo Glover had nine points while Caleb Bushway had eight points.

SEE HOOPS, PAGE B3



JOSHUA SPAULDING

Nolan Gagnon won both the slalom and giant slalom at Gunstock last week.

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Estremera leads Belmont past Winnisquam

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Belmont and Winnisquam girls' basketball teams went head-to-head and Julianna Estremera shined as she has done so often for the Red Raiders, leading Belmont to a 77-39 victory.

Estremera had 32 points in what was a dominant performance for the Red Raiders. Belmont led 15-4 after one quarter and 36-13 at half, cruising to an easy victory despite being short handed. Coach Mark Dawalga said it was a night the team leaned on seniors.

Mckenzie Donovan had 10 points and 10 assists. Katie Galambos, despite only scoring four points, was great on the boards with 10 rebounds. A big hole in the lineup was Lizzie Fleming, who was out sick. Dawalga said she does so much on defense that players needed to step up and fill the void, and they did just that.

"Freshmen Alexis Donovan and Jaylin Alderman both played great," said Dawalga. "It was nice to see them step up and play well. As coach you are always looking for growth from your younger players and tonight we had many step up."

Dawalga commended the play of sophomore Morgan Hall, who had 14 points with 10 coming in the first half. Donovan just missed a triple double with 10 assists and eight rebounds to go with her 10 points. He said these players helped set the tone of getting out and running the floor.

Other top players for Belmont were Molly Sottak with seven points, Emma Roberts with five points and Kathryn McClure with four boards.

Winnisquam was led by Meghan Cote, who has been the team's top scorer all year, with 11 points. Aubrey St. Onge had nine points while

Jess Holt, Emma Griffin and Hannah Blackburn had six points apiece.

Belmont

The Red Raiders followed up the win over rival Winnisquam with a big victory over Hillsboro-Deering, 56-29 with Estremera scoring 30 points to lead the way.

It was all Belmont from the beginning with the Red Raiders leading 22-2 after one quarter and 35-9 at the

half. Galambos had eight points in the game. Fleming returned to the lineup and had six points and seven steals. Donovan had four points and was outstanding finding open players with eight assists. Hall had six points in the win.

Estremera scored 20 of her 30 points in the first quarter and has been on a roll as the senior nears the 1,000-point mark.

The defense was also very strong, with Dawalga saying Fleming, Galambos, Donovan, Sottak and Hall set the tone and played as hard as ever.

"Tonight they were all connected on a string," said Dawalga. "When we play defense that way we create high energy. Which leads to good offense. A nice Team win as we go into the final four games of the season. We still have a lot to work on

and the kids have been working hard everyday in practice. It really nice to see it starting to show."

Belmont is 7-7 and next up is Laconia t home on Feb. 8 at 6 p.m.

Winnisquam

Winnisquam went on to play Franklin on Friday night and lost a tight battle 45-44. Winnisquam had a commanding 15-8 lead after one quarter, but Franklin woke up in the second quarter and out-

scored the Bears 17-5 to go into halftime with a 25-20 lead. It was close the rest of the way but the Golden Tornadoes hung on for the win.

Cote had a terrific night with 27 points. Holt pitched in with six points while St. Onge and Emma Griffin had five points each.

Winnisquam played Gilford after deadline and next is Somersworth on Feb. 8 at 6 p.m. on the road.

Raiders wrap up indoor track season

BY BOB MARTIN

Bob@Salmonpress.news

HANOVER – Members of the Belmont High School indoor track team traveled to Dartmouth College on Feb. 3 for the Division 2 state track meet, and Red Raider athletes had the chance to compete against some of the best in the state.

The 4X200-meter relay team came in seventh with a time of 1:57.79, a school record. The team consisted of Gabrielle Day, Sana Syed, Skylar Ruelke and Jada Edgren. Ruelke and Edgren set relay personal records with times of 29.8 and 28.7 respectively.



BOB MARTIN

Zack Duclos set a personal record in the shot put in the D-2 state meet.

Alice Riley was seventh in the 3,000 meters with a time of 10:57.44. She also ran the 1,500 meters and was 12th with a time of 5:18.35.

In the 55-meter hurdles, Syed was eighth with a time of 9.78.

In the 300 meters, Edgren was 10th with a time of 46.88.

Zack Duclos set a personal record in the shot put with a distance of 39 feet, 10.5 inches, which was good for seventh place.



BOB MARTIN

Sana Syed leaps over a hurdle at the state meet.



BOB MARTIN

Alice Riley races around the track in the 3,000 meters at the Division 2 state meet.

Wolfpack looking to get back on track

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Laconia/Winnisquam hockey team hasn't been able to find a groove since winning its first game of the season, with the Wolfpack losing three games last week.

On Jan. 28, the Wolfpack traveled to John Stark-Hopkinton and suffered a 9-0 loss.

Two days later, L/W hosted ConVal-Conant and lost 7-4. It was a tight game with a 4-4 tie after two periods, but penalties cost the Wolfpack the game.

"A penalty plagued

third period was our downfall," said coach Marc Joyal.

Cole Reid led the way with two goals. Connor Johnson and Christian Vaughan each scored a goal as well. Evan Rollins had 49 saves.

On Feb. 1, the Wolfpack lost 8-1 to Pembroke-Campbell. Junior Zach Holmes had the only goal for L/W, and Rollins had 47 saves in the game. There were several players out of the lineup and the Wolfpack found themselves having a tough time making plays.

It was only 2-1 after

the first period, but penalties once again hurt L/W in the second period and suddenly the Wolfpack was down 7-1.

"If we play even strength we can skate with most D-3 teams," said Joyal. "We've had to adjust our lines to make up for missing players. Tough game coming up against B/G but hope to be back on track for Hollis Saturday."

The Laconia/Winnisquam hockey team travels to Hollis-Brookline-Derryfield on Saturday for a 7:40 p.m. game.

Belmont swimmers compete in Vermont

BY BOB MARTIN

Bob@Salmonpress.news

WHITE RIVER JUNCTION, Vt. – Belmont High School swimmers competed at the meet hosted by Hanover High School over the weekend.

In the boys' 100-yard freestyle, Logan Wineriter placed first with a time of 52.60.11. Jacob Dumais was 11th with a

time of 1:07.23.

Wineriter also won the 100-yard breaststroke with a time of 1:08.11.

In the boys' 50-yard freestyle, Dumais was 14th with a time of 29.74.

In the girls' 100-yard fly, Anna LaDue was seventh with a time of 1:39.81. LaDue was 21st in the 50-yard freestyle with a time of 33.56.

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Ennis skis and shoots to win at Gunstock

BY BOB MARTIN
Bob@salmonpress.news

GILFORD – Nordic skiers from Belmont and Gilford participated in the annual paintball race involving 400 high school and middle school skiers from 20 schools.

For the boys' race, Zach Ennis of Belmont High School took the top spot in 12:42 while Mitchell Townsend of Gilford High School was second in 13:44.

Caleb Duggan of Gunstock Nordic Association was fifth in 14:57 and Matthew Paluszek was 58th with a time of 20:53.

The high school girls' race was won by Gilford's Vanessa Genakos with a time of 16:24. Third was Catherine Stow in 17:20.

In the middle school boys' race, Patrick Gan-

dini was second with a time of 16:20; Aiden Bondaz was third with a time of 16:42; William Riley of GNA was ninth in 18:59 and Alden Townsend was 10th in 19:03.

Henry Stow was 12th in 20:25; Karson Genakos was 13th in 20:26; Carter Forest was 16th in 21:25; Ian Lofblad was 25th in 22:43; Scott Kulcsar was 26th in 22:45; Haukur Karlsson was 28th in 23:04; Clark Blackwelder was 37th in 24:02 and Ben Williams placed 53rd in 27:48.

In the girls' middle school race, Madeline Burlock was ninth with a time of 23:57; Megan Legro was 13th with a time of 24:58; Emilia Barlock was 27th in 27:02; Maria Tilley was 44th in 28:54 and Kailey Bean was 52nd in 30:17.



Zach Ennis of Belmont High School shoots at a target in the annual paintball nordic race at Gunstock, which he took first place in last week.

BOB MARTIN

Lakes Region Lacrosse registration is now open *Officials and coaches also sought*

REGION — Registration for Lakes Region Lacrosse is open now through March 15 for all interested athletes. The Lakes Region Lacrosse Club is open to girls and boys grades one through eight of all abilities who reside in the Lakes Region of New Hampshire's surrounding towns that do not currently have a youth la-

crosse program. Participants include residents of Alton, Center Harbor, Gilford, Gilmanton, Belmont, Meredith, Moultonborough, Northfield, Sanbornton and Tilton. The club is a member of the New Hampshire Youth Lacrosse Association (www.nhyla.org). The club's home field is the Meadows Complex in Gilford.

Lacrosse is a fast-paced spring sport; new players are welcomed and encouraged to sign up. Last year, more than 165 youth athletes began or continued the development of their skills, sportsmanship and knowledge of the culture and tactics of lacrosse. Registration can be completed at <http://www.lrlacrosse.org>. If you

have questions about the Lakes Region Lacrosse Club, registration, or you are interested in becoming a lacrosse coach, e-mail lrlcraig@gmail.com. Practices begin in mid-March and are held 2-3 times per week. Eight regularly scheduled league games occur on Sundays and an occasional Saturday, beginning April 7 through

mid-June. Approximately one half of the games are held locally, while the other games require travel to host towns in New Hampshire. The Lakes Region Lacrosse Club is helping the NH Youth Lacrosse Association recruit officials/referees for the 2019 season, this is a paid opportunity ranging from \$35-\$65 per

game. All lacrosse officials must be at least 15 years of age by April 1. Training sessions are held around the state with a Lakes Region course scheduled in Wolfeboro on Sunday, March 10, and March 17. For complete details on becoming a referee, go to <http://www.NHYLA.org>.



BOB MARTIN

Nate Sottak waits for a player to make a cut to the basket.



BOB MARTIN

Aidan Rupp lets out a victorious roar to Matt Thurber following a win for Belmont. The Red Raiders have been rolling along this season, and are eyeing a high seed in the playoffs, as the team is currently tied with St. Thomas Aquinas for fifth.



BOB MARTIN

The Red Raiders are 9-3 and have been one of the top teams in Division 3.

HOOPS

CONTINUED FROM PAGE B1

"We did a much better job sharing the

ball, getting points in transition, and playing team basketball," said Dame. "I felt that our



BOB MARTIN

Phil Nichols takes the ball hard to the hoop for the Bears.

pressure at the defensive end fueled our offense." Winnisquam is 6-6

and next up for the Bears is Mascenic at 7 p.m. on Feb. 8 on the road.

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Coldwell Banker: www.cboldmill.com

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www.newenglandmoves.com

Dussault Real Estate: www.dussaultrealestate.com

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www.granitegrouprealtyservices.com

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



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Beautiful lot in Swift River Valley. Bring your vision and come build your vacation retreat in one of the most convenient locations, just a short 10 minute ride to Cranmore, Attitash, and Settler's Green. Located just south of major traffic, residents enjoy peace and tranquility as well as deeded riverfront access. Don't miss this affordable opportunity!
MLS # 4733257 | \$67,500



Laconia, NH -
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BEAUTIFUL Lake Winnepesaukee contemporary in Alton with 3 levels of luxurious living space, 410 ft. of shore frontage, multiple beaches, lovely views in a tranquil and secluded setting. A great value!
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MEREDITH // This wonderful in town 3-4 bedroom New Englander, with 2-story barn, is ready for a new owner! Located right in the quaint village area and at Lake Winnepesaukee.
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ALTON // 4 Bedroom Colonial on 1.23 Acres. Wood floors, crown molding and wainscoting. 3 levels of living, gas and wood fireplaces, eat-in kitchen and formal dining room.
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ALTON // Select 5+ acre lot with approved septic design! Access trails on 2,000 acre abutting conservation land! Electricity extended, driveway in and house site roughed-in.
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MOULTONBOROUGH // Your new home is ready to be built on this 2.2 acre lot w/ 3BR septic design & location for house & well. Set on a quiet road yet close to town amenities.
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Submit application letter, resume and standard Town job application, available at www.moultonboroughnh.gov, Employment Opportunities, or Town Hall, to Walter Johnson, Town Administrator, 6 Holland Street, PO Box 139, Moultonborough, NH 03254. Position open until filled. DOQ/DOE. EEO Employer.

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Located at the corner of Route 11 and Route 28A with an address of 6 EAST SIDE DRIVE is this 80-seat restaurant/pub with views of Alton Bay on Lake Winnepesaukee. The building totals 2,368± sq.ft. which includes a dining room, lounge, commercial kitchen, walk-in cooler, two public lavatories, and manager's quarters with ¾ bath. The property is serviced by public water and private septic. The restaurant equipment will be sold with the real estate. Assessed Real Estate Value: \$288,800. Tax Map 33, Block 80.

INSPECTION: One hour prior to the auction.

Broker participation invited.

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

Dan Uhlman, Manager
Ashland Lumber, 20 West St. Ashland, NH 03217
or email at duhlman@belletetes.com

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Ashland Lumber

A division of Belletetes, Inc.
Lumber Counter

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

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

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or you may email to duhlman@belletetes.com.

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

Rick Ash, Hardware Manager
20 West Street, Ashland, NH 03217
or you may email to rash@belletetes.com.

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Upper Connecticut Valley Hospital

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MT / MLT

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Apply On-line at www.ucvh.org
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Moultonborough Central School Opening

MCS 1:1 Paraeducator anticipated opening. 35 Hr/wk. Behavioral background and Paraeducator II certification preferred.

Please complete the application form found at <http://www.sau45.org/district/> employment and send it with a cover letter, resume, and three current letters of reference and certification to:

Ryan Marsh, Special Education Director
PO Box 419
Moultonborough, NH 03254
or email all documents to rmarsch@sau45.org



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- Email: maria.mcintyre@gcsc.org



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- Call Maria at 603-745-4705
- Email: maria.mcintyre@gcsc.org




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

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

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

PC Construction company is an equal opportunity employer.



North Country Home Health & Hospice Agency

THE EXECUTIVE ASSISTANT

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

REQUIREMENTS:

The qualifications for the Executive Administrative Assistant are:

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

For more information, please contact **Jennifer Everleth, Human Resources** (603) 444-5317 or jeverleth@nchha.org • Apply online at www.nchha.org
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603-520-1578

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Ellen Mulligan
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Ellen Mulligan
603-387-0369

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Bill Richards
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Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

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**Town of Belmont, NH
Job Posting
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The Belmont Planning Board is seeking an experienced, self-motivated, detail-oriented, communicative and respectful individual to fill the existing position of Town Planner in a fast-paced land use suite. The successful candidate will be hands-on, leading the Land Use staff to a continued goal of service-first, technical and professional, to residents, applicants, professionals and Land Use Board members. Full Notice and Job Description available at <http://www.belmontnh.org/departments/jobs.asp> or by contacting the Town Planner's Office.

This is a full-time, salaried position, with a competitive benefits package. E-mail resume and letter of interest to Candace Daigle, Town Planner, at Planner@BelmontNH.org or mail to Town Planner's Office, Town of Belmont, PO Box 310, Belmont, New Hampshire 03220. Resume and letter of interest to be received no later than Wednesday, February 20, 2019; however, position shall remain open until filled.

The Town of Belmont is an Equal Opportunity Employer. Date of Notice: February 1, 2019

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Bulldogs' win streak snapped by undefeated General Hawks

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Belmont/Gilford hockey team had an eight-game winning streak snapped last week, but it took a top notch performance in overtime by undefeated John Stark-Hopkinton to do it, and coach Jason Parent saw positives in the game despite the 3-2 loss.

“It was a great effort by the B/G players to battle for three plus periods, and it was a win for us and we are moving forward believing that,” said Parent of the game that took place on Jan. 30.

The Bulldogs struck first on an unassisted goal by Ben Muthersbaugh with 11:21 remaining in the first period. John Stark-Hopkinton responded with just over four minutes left in the period to tie the game at 1-1.

The game stayed tied until the third period when John Stark-Hopkinton's Nolan Sauer scored with an assist by Paul Molner. With 2:55 left in the third period, Muthersbaugh scored again to tie the game 2-2. The goal was assisted by Hayden



BOB MARTIN
Ben Muthersbaugh scores for Belmont/Gilford in a 3-2 overtime loss against John Stark last week.

Parent and Liam Lacey.

The overtime period was hard fought on both sides and the visitors took the win with a game winning goal by Brett Patnode with 3:15 left. It was assisted by Sauer and Ethan Molner.

The win kept John Stark-Hopkinton undefeated and put Belmont/Gilford at 8-5 on the season.

The Bulldogs bounced back nicely with a 3-1 win over ConVal-Conant on Feb. 2. Griffin Tondreau scored in the first period to take the lead

1-0, with assists credited to Muthersbaugh and Parent. Cam Jarvi scored with 13:20 left in the second to take a 2-0 lead, with assists by Troy Gallagher and Joey Blake. With 9:30 left Blake scored with assists by Jarvi and Trevor Chassie. ConVal-Conant's lone goal came in the third period but it was too little too late.

The win gave B/G a 9-5 record and the Bulldogs are looking at the final four games of the season and eyeing the playoff picture.

“B/G is hoping to finish strong and go



BOB MARTIN
Troy Gallagher has been a main source of production all season for the Bulldogs.



BOB MARTIN
Hayden Parent shoots the puck for Belmont/Gilford against John Stark. Next up for the Bulldogs is Sanborn at Merrill Fay Arena in Laconia for a 5:15 p.m. matchup on Feb. 9.

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Registration open for Bicycle Hillclimb

PINKHAM NOTCH — Registration for this year's Mt. Washington Auto Road Bicycle Hillclimb opened Feb. 1. Beginning on that date, cyclists who wish to compete in this historic

bike race to the summit of the highest peak in the northeastern United States can sign up at <https://www.mwarbh.org>. This event is the only opportunity to cycle the Auto Road, which is otherwise closed to bicycles. Registration starts at \$150 plus fundraising. Entrants may also participate in the practice ride, held on July 14. (The practice ride is limited to 300 participants.) Questions about registration may be sent to joliver@tinmountain.org.

This year's Mt. Washington Hillclimb will be part of the United States Hillclimb Series organized by past Mt. Washington Hillclimb winner Phil Gaimon. Consisting of 5-6 races nationwide, Mt. Washington is poised to be the only East Coast race in the series.

The Mt. Washington Auto Road Bicycle Hillclimb is the main annual fundraising event for the Tin Mountain Conservation Center in Albany. Tin Mountain Conservation Center provides environmental and recreational education for children, schools and families in communities in the White Mountains and the Mt. Washington Valley.

First held in 1972, the Hillclimb begins at the base of the 7.6-mile Mt. Washington Auto Road and finishes at the mountain's peak, 6,288 feet above sea level. Ranked amateur cyclists, aspiring professional riders, mountain

bikers, triathletes, extreme sports enthusiasts and other cyclists with strong legs and determination annually challenge the Auto Road's steep grade – an average of 12 percent, rising to 22 percent at the finish – and Mt. Washington's unpredictable weather, in what is widely known as one of the toughest bicycle climbs anywhere in the world.

The race starts in six waves, beginning with the elite riders at 8:30 a.m. and followed by five more waves at five-minute intervals. In the case of extremely adverse weather on Aug. 17, the race will be postponed until Sunday, Aug. 18.

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