

TNFD officials detail proposal for new facility

BY DONNA RHODES
drrhodes@salmonpress.news

TILTON – For several years, the Tilton-Northfield Fire District has been grappling with the dilemma of what to do about the condition of the Center Street Station in Tilton, a lack of necessary space at the Park Street Station in Northfield, as well as response times and other issues throughout the district.

Proposals have been brought to voters in the past, only to be rejected, but this time a committee investigating a more equitable solution believes the district has finally come up with a plan that people in both towns can agree upon.

The Center Street Station was built in 1867, with an addition tacked on in 1895. While it has been renovated a number of times since then, it still is in need of much more improvement. Unfortunately, there is no

room for either expansion nor the necessary improvements that will meet the needs of firefighters in the 21st century.

Among the many issues with the historic building is that the very foundation is failing and, with two equipment bays on the street level and offices and staff quarters high above, it is non-ADA compliant. Chief Sitar said the structure also does not meet the current Life Safety Code.

“It’s a fact that if we were to acquire this building today, we would not get a certificate of occupancy for it,” Sitar said.

At an added cost to the district, purchases of equipment to be housed in the station must be specially engineered to fit the space available and even then, egress onto Main Street in downtown Tilton is narrow and dangerous.

“Getting onto Main Street from here for emergencies is ridiculous,” the chief said.

Over at Park Street in Northfield, the station there was constructed in 1986 as a garage with hopes to later expand the facility. That expansion has since never been approved by district voters, leaving it more than 30 years later as only a storage site for most of the equipment and apparatus due to a lack of space at the Center Street station.

“When we get a call, a lot of times the crews have to run over to Park St. to get what they need and that impacts our response to an emergency,” Sitar explained.

There is also no living space for on duty crew members and neither of the two buildings have decontamination facilities, nor proper storage for medical equipment and supplies.

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DONNA RHODES
While teachers attended workshops and moms and dads were working last Friday, boys and girls enrolled in the Pines Community Center’s Day Camp had a blast sledding at Tilton School, although one youngster had to take a break after an especially thrilling run down the hill.

Spaulding Youth Center announces investment in employees’ educational advancement

NORTHFIELD — Spaulding Youth Center is proud to announce a generous educational advancement investment so that its staff could pursue professional development. The nonprofit is proud to offer employees the opportunity to apply for financial support from the Lou and Lutz Smith Educational

Fund, which provides grants restricted specifically to Spaulding employees’ professional development. Approved funds can be used for tuition reimbursement for a wide variety of educational courses, including College for America. Offered by select employers, the College for America program

offers industry-leading competency-based programs built specifically to serve working adults and contributes toward an advanced degree from Southern New Hampshire University (SNHU).

Through the Lou and Lutz Smith Educational Fund, Spaulding

SEE **INVESTMENT**, PAGE A8

Big plans underway for Belmont’s 150th



DONNA RHODES

Belmont residents Ken Knowlton, Woody Fogg and Ron Mitchell are among the many who have been “framed” so far in the town’s 150th Anniversary Photo Booth, which has been traveling to many community and school events this year.

BY DONNA RHODES
drrhodes@salmonpress.news

BELMONT – The Year 2019 marks the 150th Anniversary of the Town of Belmont, and many celebration plans are in the works to mark this historic day in the community known as Upper Gilmanton until it was renamed in 1869.

Excitement for the anniversary was evident last fall, when kick-off events first got underway. In October an un-

veiling of the new flags adorning the village took place as everyone enjoyed live music by the Stolen Thunder Band, an inflatable play area for children, walking tours of the two covered bridges, a scavenger hunt and more. Then, in December, the big band sounds of the Windham Swing Band filled Belmont High School where a Holiday Gathering included a delicious Trifle Dessert Bar.

Moving into the New

Year, a special photo booth has been traveling the town to “frame” as many residents as possible for the celebration. Those photos are and will continue to be posted on the town’s Web site, said Belmont’s Special Events Coordinator Gretta Olson-Wilder.

Upcoming dates for people to note on their calendars so far are an appearance by the 12th Regiment Serenade Band, performing music from Belmont’s past on Sunday, March 24, at 2 p.m., as well as a Family Grilled Cheese Night on Friday, April 12. That event begins at 5:30 p.m. and, besides featuring everyone’s favorite grilled sandwich, it will include a Comedy/Juggling performance by Bryson Lang. Lang’s talent, humor and antics are something people of all ages are sure to enjoy.

One way in which residents can help with the celebration is to send in suggestions of things that could be placed in a 25-year Time Capsule. The capsule will be buried in 2019 then reopened during the town’s 175th Anniversary in the year 2044.

Among the suggestions received so far are: a list of babies born in 2018; a local newspaper; the Town Report; a photo of the Gale School; a photo of the town’s K-9 team, Vito and his

SEE **150TH**, PAGE A8

Belmont Library gets a new look in time for town’s anniversary



DONNA RHODES

Readers enjoy the fresh new look inside the Belmont Public Library with the installation of new carpet on the upper level of the building.

BY DONNA RHODES
drrhodes@salmonpress.news

BELMONT – As the Town of Belmont heads into its 150th anniversary year, staff at the historic Belmont Library are celebrating too with a new carpet and repairs to the brick exterior that are nearly complete.

Library Director Eileen Gilbert said it had been many years since the carpet on the upper

level of the library had been replaced. Trustees agreed it was a greatly needed upgrade and Belmont Selectmen approved the expenditure from their Capital Reserve Funds.

The carpet was purchased through Home Beautiful, who agreed to do the installation as well, but there was complication to that process,

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Winnisquam FFA chapter sharpens skills at Winter Leadership Camp



Winnisquam FFA members pause for a group picture during a busy weekend of leadership development and social activities

TILTON — Twelve members of the Winnisquam FFA Chapter spent the weekend of Jan. 11 at the annual New Hampshire FFA Winter Leadership Camp, where they improved their skills as young leaders, met other FFA members from around the state and participated in social activities. In all, students of

agricultural education from eight New Hampshire schools attended the event. Campers participated in workshops on subjects such as identifying biases, overcoming fears and making rational and mature decisions. The seminar was led by Corey Flournoy and DeShawn Blanding, both

former National FFA Officers. Assisting Flournoy and Blanding were the seven NH FFA State Officers, teens from across the state elected to leadership positions by their peers. NH FFA Leadership Camp has been held annually for 22 years, and remains one of the organization's most popular activities. It is funded



Snow tubing is a favorite activity for students at the annual FFA Winter Leadership Camp.

in part by the NH FFA Foundation and the NH Department of Education, with participants paying only a portion of the cost to attend. The event is held at the Brookwoods Conference Center in Alton, on the shores of Lake Winnepesaukee. While at the event, the students meet and interact with other teens from some of New Hampshire's 12 agricultural education programs, staying in heated cabins and sharing meals, leadership workshops and recreational activities. High School students from seven area schools attend the Winnisquam

Agricultural Education Center, where they take courses in animal science, natural resources and horticulture (<https://sites.google.com/wrdsau59.org/winnisquam-regional-ag/home>). Students enrolled in ag education are eligible to join the FFA (formerly Future Farmers of America), a national organization of over 669,000 members preparing for leadership and careers in the science, business and technology of agriculture. The organization has 8,630 chapters locat-

ed 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.

Tower of Toys donates holiday gifts to Spaulding Youth Center



Spaulding Youth Center is thrilled to announce it was chosen as a gift recipient by the Seventh Annual Tower of Toys hosted in Manchester. For the second consecutive year, the organization received a generous donation of toys and gifts for its students and children.

NORTHFIELD — Spaulding Youth Center is thrilled to announce it was chosen as a gift recipient by the Seventh Annual Tower of Toys hosted in Manchester. For the second consecutive year, the organization received a generous donation of toys and gifts for its students and children. Coordinated and promoted by Manchester-based businesses, the Tower of Toys is a charity organization that collects toys for families and children in need during the holiday season. The goal each year is to build a "tower of toys" in the atrium of the Beacon Building on 814 Elm Street in Manchester, New Hampshire. Over the past seven years, the number of participating businesses has increased as has the tower's impact.

"Witnessing the so many local companies from a wide variety of industries come together in the spirit of generosity and charity for those in need is truly inspiring," said Carol Lawrence-Erickson, Tower of Toys Founding Sponsor and Red Arrow Diner Owner & President. "The Tower of Toys is a passionate collection of people who truly want to improve the lives of underserved children and families by offering brighter holidays. Spaulding Youth Center is an organization that strives to accomplish that and so much more, each and every day through programs and services on their campus." Spaulding Youth Center serves many students and families from the greater Manchester area and is honored to accept

the donations on behalf of these local children and their families. The gifts were distributed to those children who live on its campus in Northfield, New Hampshire as well as to day student families who were in need during the holiday season. "We are thrilled that Tower of Toys selected our children for this extremely generous donation of toys and gifts this past holiday season," said Susan C. Ryan, President & CEO of Spaulding Youth Center. "Because of their support, our children found delightful gifts wrapped for them under the tree on Christmas morning. Every child deserves to have long-lasting and positive holiday memories and the Tower of Toys certainly helped us fulfill this need for our children this year." To learn more about Tower of Toys, visit <https://www.facebook.com/toweroftoysnh/>.

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.

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

POTSDAM, N.Y. — Olivia L. Robillard of Sanbornton, a mechanical engineering major, was named to the Dean's List for the fall 2018 semester at Clarkson University. Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours. Clarkson University educates the leaders of the global economy. One in five alumni already leads as an owner, CEO, VP or equivalent senior executive of a company. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the Capital

Region and Beacon, New York, Clarkson is a nationally recognized research university with signature areas of academic excellence and research directed toward the world's pressing issues. Through more than 50 rigorous programs of study in engineering, business, arts,

education, sciences and the health professions, the entire learning-living community spans boundaries across disciplines, nations, and cultures to build powers of observation, challenge the status quo, and connect discovery and innovation with enterprise.

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Small gestures, big results

Never doubt how much a simple, kind word or gesture means.

Imagine a typical Monday morning scenario - some traffic, a few minor annoyances, misplaced files and other “Monday things.” Maybe it’s also raining. A very “Monday” kind of day, for sure. You stop for coffee.

As you wait in line, you mentally began running down the list of bad things already piling up in your morning. When it is time to pay, the woman at the counter makes eye contact, smiles and tells you she hopes you’ll have a good day. She really seems to mean it.

You leave the shop with your coffee, a smile on your face and a feeling of appreciation for that cashier and her expression of kindness. The day already starts to look up. Small gestures really do matter.

Our world loves to celebrate and reward big gestures – remember the Walmart stories from December, when athletes and other celebrities secretly paid off the balances for customers with items in layaway? The big gesture gets recognition and celebration and lots of media coverage. Sometimes the big gesture deserves that kind of attention – people helping one another in a big way IS big news, and very good news. We need more of that.

But what about the small things? Don’t they deserve recognition somehow? The cashier’s smile and wish for your day would only take a fraction of a minute, but it could turn around another person’s mood and possibly his or her day.

Holding the door – anyone for anybody – is another small gesture that reminds us that more than anything else, we need to treat each other well. How about letting the person with fewer items get in line in front of you at the grocery store? That small act of kindness just might allow that person to arrive somewhere on time, instead of a few minutes late. Leaving a few extra quarters in the parking meter might help someone who’s caught short of change. And a smile and nod to anyone you pass just might lift someone’s mood, as that hypothetical cashier’s would do.

Do these gestures get media coverage? No. And most aren’t done for that purpose anyway. Do we know that our small gestures make an impact? Not always. But knowing the outcome isn’t the point.

A small, kind gesture bridges the space between people. It costs nothing. It never hurts. It almost always helps. It just might cause the recipient to offer their own small gesture to another person. And that’s a big result.

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 gentlemen 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 mcnuggets! 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.



LETTERS TO THE EDITOR

Thanks to everyone who donated to Sanbornton Library’s Christmas stocking

To the Editor:

The staff and trustees of the Sanbornton Public Library wish to thank all of the wonderful “Santa’s elves” who donated treasured gifts to the library’s Christmas stocking.

Each year, the library hangs a stocking with a list of wishes. This year, donations from the generous elves included many items such as materials for

craft projects, office supplies, coffee supplies, puzzles, gift cards and cash, a Bluetooth speaker, cleaning materials, cases of water, and an iPad. The total value of these donated gifts was almost \$600.

Many thanks to Sanbornton Library’s elf-like patrons for responding to our list of Christmas wishes!

SANBORNTON PUBLIC LIBRARY

Let’s make 2019 the year we solve climate change

To the Editor:

Is solving climate change on your to-do list for 2019? Want to make a difference, but not sure where to start? You are not alone. Saving the planet can be overwhelming. That’s why I am starting a new Citizens’ Climate Lobby chapter here in the Lakes Region. I want to invite you to join me! To kickoff this new chapter, I’m hosting a free Climate Advocate Training workshop in the Laconia Public Library on Saturday, Jan. 26 (9:30 a.m. - 1 p.m.). The workshop will cover simple and effective actions everyday people can take to build political will to solve climate change. A light breakfast will be served. 2019 is the year to get involved! Late last year, the Energy Innovation and Carbon Dividend Act was introduced in both the US House and Senate. This policy is effective (reducing America’s emissions

by 40 percent within 12 years), good for people (improving health and saving lives), good for the economy (creating 2.1 million jobs within 10 years), bipartisan (the first cosponsored climate bill in a decade), and revenue neutral (fees collected on carbon emissions will be returned to American households). Let’s get this policy passed in 2019! Why am I doing this? As a civil-environmental engineer, I am lucky to spend my work days helping clean up the environment. But climate change represents a far bigger environmental threat. I am also the mom of two elementary school kids. I’m terrified of the future they’ll have if climate change continues on its current trajectory. That’s why I’m making 2019 the year I helped solve climate change. Will you join me? Hope to see you on Saturday!

AIMEE RUITER
GILMANTON

STRATEGIES FOR LIVING

The mistake of my Life

BY LARRY SCOTT

It was on a Sunday morning in early spring 1978 that I made the mistake of my life. Ignorant of the consequences, it took but ten minutes to announce a decision that changed the course of my life.

I had been the pastor of Trinity Temple since its beginning in 1968. As the founding pastor, I had suffered through the early days when I never knew for sure whether this venture of faith would survive. Staff turnover, friends who came and went financial

stress, and the challenge of speaking three times a week had all left their toll. I was tired beyond belief, and ready to run.

On a chilly Sunday morning in March 1978, I submitted my letter of resignation. After ten years of ministry to Central Pennsylvania, I was leaving. It is now difficult to understand the thinking that went into that decision, but it seemed right at the time. And I am haunted by “what if?”

I devastated my family. My wife was becoming more involved in our church’s ministry and our daughter was ap-

proaching her last year of high school. Despite fierce opposition, I decided to return to Seminary and complete my education. There was nothing in the move, however, that made any sense to either my family or my congregation. And they were right.

I share my story for I am not alone in making a decision that turned out to have had catastrophic consequences. None of us is free from doing things we will always regret. The question isn’t whether we have erred; the question is, “What have we done about it?” The temptation, of

course, is to blame others and play the martyr. It is only when we are honest enough to accept responsibility for our actions, however, that we will be able to reconstruct.

W. E. Maxwell, in his book, “Failing Forward,” writes that “no matter how difficult your problems were, the key to overcoming them doesn’t lie in changing your circumstances. It’s in changing yourself. That in itself is a process, and it begins with a desire to be teachable. If you’re willing to do that, then you’ll be able to handle failure. From this moment on, make a com-

mitment to do whatever it takes to fail forward.” (p. 7).

Leaving Trinity Temple was truly the mistake of my life, the one decision over which I have often agonized. But when I look at where and who I am today, I am encouraged. I am a different man, and my relationship with my family and with God is now stronger and more fulfilling than it has ever been. And I’m writing about it --- to people just like you!

It is so easy to give advice after the fact. Don’t give up on yourself ... mistakes are not irreversible ... keep every-

thing in perspective ... you are a better person for the experience. But that was little help and no comfort when I was in the throes of guilt and despair. In time, however, I got back on track, renewed my commitment to Christ, and found that life was not over.

Give God an opportunity to reorder your life. He comes only by invitation, but with that given, what he will do for you will be truly amazing. It is the one decision you will never regret.

For further thought like these, subscribe to indefenseoftruth.net.

MARK ON THE MARKETS

Assets or income



By Mark Patterson

Lately, it seems as though many new clients that I meet with have the same worries. That worry is that they do not have enough money to retire when they want, and that their lifestyle will entail quite a bit less than what they have now. Eating cat food and living in a tar-paper shack are some of the more colorful descriptions of their feared retirement lifestyle.

Most people believe

that they need millions of dollars in retirement, and that could be true if you were a high earner that lived above their means, but for the average person, getting by on a bit less is obtainable. I have heard clients say that they had always heard they need \$1.2 million or some other arbitrary number, and this is in part a scare tactic brought on by the financial media and investment or mutual fund companies.

There is so much more to determining what kind of assets we need to gather during our working years or the accumulation phase of our lives. The distribution of those assets begins when we determine that we can retire in part or completely.

The first step is to calculate a reasonable budget that includes things that we enjoy but often “forget” to include. For instance, a new client added \$200 per month

for wine. She likes nice wines and that what they cost. She was being realistic with an item that carries a real expense but many of us would not list that as a budgeted item because we may think it is frivolous.

During our working years, or accumulation years, we save or invest. But during these distribution years we no longer need to add this deferred or invested money to our budget, now we will start to dis-

tribute this money as income in retirement.

Sustainability of these assets for our lifetime must be considered, so let us mitigate market risk and maximize income with a quality fixed income portfolio or even consider a fixed indexed annuity, with guaranteed income for a portion of this income.

We must look at Social Security and determine a strategy of when to take this entitlement.

SEE **MARK**, PAGE A8

North Country Notebook

You never know what you’ll find on your desk



By JOHN HARRIGAN
COLUMNIST

Well, judging from the appearance of my desk, which looks like a sanitary landfill before the gravel goes on, it’s time for one of those “clear out the notes and clippings” columns. Readers say they like this now and then. I think they’re just trying to be nice.

This time around, we really should hold some sort of contest, in order to make the column more “relevant.” Yes, that’s it, a contest—in this case, to see who can figure out just when a note was noted or a clipping was clipped.

As in other highly suspicious contests associated with this column, there are no restrictions, no rules, no finalists, no judges, and (whew) no prizes. And, I hope, no entries.

+++++
Readers sometimes accuse me of salting columns with offbeat words now and then just to send them scurrying for their Funk & Wagnel’s, but no—it’s because sometimes, only the precise word will fit. I must have picked this mental dictionary up from a lot of reading, because secondary education and I certainly didn’t fit.

Once in a while, I bump into a word in a newspaper story or magazine article written as though it’s in common use, even though to me, at least, it isn’t. “Judder” (which stopped me dead in the Atlantic) turns out to mean just what its sound implies, to shake or vibrate rapidly. “Coffles” (the New Yorker) means a line of slaves or livestock fastened and driven along together.

+++++
Self-driving vehicles are all the rage. But there are hundreds of thousands of miles of country roads. Is anyone seriously considering putting bounce-back sensors along those?

However, one positive comes to mind. If a self-driving program prevented morons from tailgating, I’d be all for it.

+++++
Once in a while, I get my news and weather from Portland (Maine), just to hear a slightly different accent. Channel 13 did a nice little segment on a cribbage player, age 108, who played a game (and lost) with his frequent partner, who’s just 105. “The best man won,” said the 108-year-old, “but I’ll get ‘im next time.”

+++++
I told a friend, whose hair was all askew from sleep, that her hair looked “like the wreck of the Hesperus.”

She gave me a blank look, but who wouldn’t? I’d heard it in my youth, from my grandmother, and the use and meaning of the phrase is gone to the heavens. But in general, it means that your hair looks like a hoorah’s



The latest Navy vessel to bear the name Kearsarge, an amphibious assault ship, was built in 1990 in Pascagoula, Mississippi. (Courtesy U.S. Navy)

Henry Wadsworth Longfellow’s poem “The Wreck of the Hesperus” was first published in 1842. It was probably based on the wreck of the Favorite, out of Wiscasset, Maine, which struck the reef known as Norman’s Woe near Gloucester, Mass., during the infamous Winter of 1839 and was lost with all hands, including the captain’s daughter, whom he’d lashed to the mast to prevent her being swept away.

+++++
International note: Canadians have voted for the Canada Jay (also called camp robber, gorbie, whiskey Jack, and more) to replace the Canada goose as the National Bird. The story noted that few countries bother to have a national bird (we do—the bald eagle, which is often demoted to an emblem).

+++++
Brief mention here a few weeks ago of the USS Kearsarge brought a couple of requests for more information.

I can tell you that work on the third ship named

for New Hampshire’s mountain began in 1896, she was launched in 1898, and she was considered a “pre-Dreadnaught” battleship, although she sailed with the fabled Great White Fleet. She served in both World Wars, and ultimately was sold for scrap in 1955.

+++++
Some things I guess I’ll never understand, two of them being why people tailgate, and why drivers don’t use their turn signals until the very moment they turn.

But another very real and widespread question is why utility companies and banks and other businesses don’t time their billing better, so their bills arrive just before the Social Security checks do, thus avoiding



Jay Leno, at the wheel (and lots of levers) of his 1906 Advance Steam Traction Engine. The behemoth weighed in at 15 tons. (Courtesy Leno Collection)

+++++
a good deal of nervousness, and allowing seniors to take advantage of early payment discounts.

+++++
Readers also wanted more on comedian Jay Leno and his amazing collection of amazing machines.

I love using Google as a verb. In this case, you can just Google “Jay Leno steam engines,” and you’ll get a bonanza of both.

+++++
The word of the week goes to National Public Radio, whose show host said she was concerned about something’s “functionality” (what happened to “function”?)

+++++
Whenever I write about squirrels, I’m certain to get lots of feedback from readers.

Bob and Julie of Center Sandwich sent me a photo of the Woodstock Home & Hardware sign that said “The road of life is paved with squirrels who couldn’t make a decision.”

(This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. I’m 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.)

Musical entertainment with
Will Ogmundson Jan. 30
at Taylor Community



Will Ogmundson

LACONIA — Emmy Award-nominated Composer and Professional Pianist Will Ogmund-

son returns to Taylor Community for another entertaining concert, Wednesday, Jan. 30 at

6:30 p.m. in Taylor’s Woodside Building. This free event is open to the public.

Tilton Masons to hold public
breakfast & bake sale Saturday

TILTON — The Masons of Doric-Centre Lodge #20 are continuing their public breakfasts and bake sales on the fourth Saturday of each month except November and December from 7 to 9:30 a.m. at the Masonic Building, located at 410 West Main St. (Route 3/11 West) in Tilton (where “The Ark” day care center is). Put it on your calendar and come socialize with friends each month.

This month’s breakfast will be held on Saturday, Jan. 26. They serve a full breakfast, including omelets and eggs cooked to order, and the cost is \$8. Proceeds will benefit the various charities the Lodge supports. The Masonic Lodge will also be open for public tours and information. For more information about the breakfasts or about the Masons, contact Woody Fogg at 524-8268.

The Pines hosting special Cupid’s Workshop

NORTHFIELD — In celebration of Valentine’s Day, the Pines Community Center will host a special event, Cupid’s Workshop, for children in grades K-5 on Friday, Feb. 8 from 5:30-9 p.m.

Children are invited to spend an evening at the Pines, where they’ll participate in Valentine-themed games, activities and crafts! We’ll have pizza for dinner and finish the night off with popcorn and a movie! Children are welcome to bring their pajamas to change into for the movie.

Parents are encouraged to register their children for Cupid’s Workshop online or at the Pines.

Art Association announces
December raffle winner



Alexandra Sevigny (left) is shown receiving the raffle painting she won. The painting was done by Mary Belec, a member of the Lakes Region Art Gallery.

TILTON — Alexandra Sevigny won the December raffle painting donated by Mary Belec at the Lakes Region Art Association. Belec is a watercolorist and a member of the Lakes Region Art Association’s gallery at the Tanger Outlets. The painting was titled “Winter Wonderland.”

Sevigny was thrilled to win the painting, as she is a freelance artist herself and appreciates the arts. She is currently enrolled at New England College in Henniker, majoring in fine arts and creative writing. She has illustrated a book which will be coming out soon. She is a frequent visitor to the gallery, and wants

someday to be a painter. Artist Mary Belec does nature watercolors, and had many Christ-

mas paintings on exhibit this year. Her water colors focus is on the joyful aspects of nature. She has playful foxes, snowmen and outdoor water scenes.

For the month of January, the gallery is featuring Kathy Rice’s watercolor painting “Quiet Moments” as the raffle of the month. It can be seen in the gallery, and her work can be seen in the window. Rice is a new artist in the gallery, and uses a variety of mediums, such as watercolor, printmaking and oil paint. She paints nature scenes or objects from nature.

The raffle is free. Sign up when you visit the gallery. The raffle is offered for a month.

The LRAA Art Gallery is located in Tilton at the Tanger Outlets (across from the Chocolate Factory), and is open Thursday through Sunday from 10 a.m. to 6 p.m. The Lakes Region Art Association is a non-profit organization dedicated to expanding art education and appreciation in the Lakes Region. Art classes are offered at the gallery.

NOTICE TO BELMONT RESIDENTS

Declaration of Candidacy for the March election will be accepted at the Town Clerk’s Office between the hours of 7:30 AM to 4:00 PM from Wednesday January 23, 2019 through Friday February 1, 2019. On Friday February 1, 2019 we will be open 7:30 AM-5:00 PM

Only Declarations will be accepted between 4:00-5:00 PM on February 1st.

The following Offices are open:

POSITION	OPENINGS	TERM
Selectman	(1)	3 Year Term
Budget Committee	(4)	3 Year Term
Cemetery Trustee	(1)	3 Year Term
Library Trustee	(1)	3 Year Term
Planning Board	(2)	3 Year Term
Supervisor of the Checklist	(1)	6 Year Term
Town Clerk/Tax Collector	(1)	3 Year Term
Treasurer	(1)	2 Year Term
Trustee of Trust Fund	(1)	3 Year Term
Zoning Board	(2)	3 Year Term

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James Fitzgerald, 59

LACONIA — James “Jim” Fitzgerald, 59, of Pine Street Ext., died Saturday, Jan. 5, 2018 at Lakes Region General Hospital after a brief battle with cancer with his family and best friend by his side.

Jim was born on May 11, 1959 in St. Louis, Mo., the son of John Fitzgerald and Ann (Hall) Phinney.

Jim was a quiet kid who enjoyed building and grew up to own and operate his own construction business in the Lakes Region. Jim loved his family and grandchildren and enjoyed spending time with them.

Jim is survived by his daughter, Crystal Fitzgerald McNeil; his son-in-law, Chris Mc-



na Dorestant; his best friend Eric Sargent and his wife Deborah, as well as many nieces and nephews.

Jim was pre-deceased by his beloved wife, Theresa (Bourgeois) Fitzgerald; his mother, Ann (Hall) Phinney; and his step-father, Robert A. Phinney.

There will be no calling hours.

Services will be held at a later date.

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.

Neil, and four grandchildren, Andrew, Aiden, Jacob, and Johnathan; his father, John Fitzgerald, and step mother Barbara; brothers, John Fitzgerald and wife Lori, Randy Fitzgerald, Fred Pike, Robert Phinney and wife Arlene; sisters, Diane Fitzgerald, Robin Reade and spouse Tracy, Dawn Phinney, and Christi-

Linda Theresa Kelly, 70

PLACIDA, Fla. — Linda Theresa Kelly, 70, passed away Dec. 25, 2018.

She was born Nov. 29, 1948 in Boston, Mass. to the late Buck and Ernestine (Payson) Rogers. In addition to her parents, she was preceded in death by her first husband, Joseph Kelly, and her brother, Jimmy Rogers.

Linda and her husband Carter moved to Charlotte County just two months ago from Belmont. She was a Catholic, and the director of Workman’s Compensation for the City of Boston. Linda loved playing cards with her friends, boating, fishing and spending time with her family. She was a very loving and caring person who was strong-



ly opinionated and sometimes stubborn but in a good way! She loved to laugh and will deeply missed by her many great friends. When her husband stepped out of line, she’d always say “Really, Shealy!”

Left to cherish her memory are her husband Carter Shealy, two children & three grandchildren.

Calling hours will

be held from noon to 2 p.m. on Saturday, Jan. 26, 2019 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Funeral Service will follow at 2 p.m. also at the funeral home.

In lieu of flowers the family suggests memorial donations in Linda’s name be made to Make-A-Wish NH, 814 Elm St., suite 300, Manchester, NH 03101.

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, goes to www.wilkinsonbeane.com.

Fred G. McVey, 70

GILMANTON — Fred G. McVey, 70, of Fern Avenue, died peacefully at home on Thursday, Jan. 17, 2019.

Fred was born on Aug. 7, 1948 in Lowell, Mass., the son of Lawrence and Alice (Lavoie) McVey. Fred moved to Gilmanton in 1981, shortly after moving here he started his own business, McVey Remodeling.

Fred was a motorcycle fanatic, he loved working on motorcycles as well as building them. Fred and his loving wife Jean loved taking motorcycle trips across the country. Fred was always willing to help others. He also enjoyed volunteering at Christmas Village in Laconia as a train conductor.



Fred is survived by his loving wife of 46 years, Jean (Dudley) McVey; his children, Jerry and his wife Dannie, Ronnie and his wife Michelle, Paula, Larry, Stevie and his wife Katie, Bobby and his wife Ilene, and Linda; several grandchildren and great grandchildren; two sisters, Alice and Nancy; several nieces and nephews, as well as many friends.

In addition to his parents, he was predeceased by his brothers, Larry and John, and his son-in-law, Frank.

A Celebration of Life will be held on Saturday, Jan. 26, 2019 from 1 – 4 p.m. at the Beane Conference Center, 35 Blueberry Lane, Laconia.

Burial will be held at a later date in South Road Cemetery, Belmont.

For those who wish, the family suggest that memorial donations may be made to Laconia Christmas Village, C/O Cheryl Hounsell, 66 Valley St., Laconia, NH 03246.

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.

Leroy S. Rideout, 58

TILTON — Mr. Leroy S. Rideout, 58, of Tilton, died at his home on Jan. 11, 2019.

He was born in Ware, Mass. on Aug. 27, 1960, the son of Harry Elliott Rideout and Vera (Bridges) Rideout.

Mr. Rideout resided in the Tilton area for many years. He was formerly employed for Benwell Painting, and currently worked at AKA Tools in Laconia.

Leroy enjoyed the outdoors, playing darts, and being with friends.



Family members include his son, Kyle A. Rideout, and his fiancé Melody Daddio of Gilmanton; stepson Brendan Taylor; grandchildren Liam and Aurora;

grandpuppy Rinny, who he greatly enjoyed; and nieces and nephews.

Besides his parents, he was predeceased by a brother, Elliott A. Rideout, who died in 2011.

Visiting hours were held at Thibault-Neun Funeral, 143 Franklin St., Franklin on Monday, Jan. 21, 2019 from 5-7 p.m.

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



COURTESY

Spaulding Youth Center to host Foster and Adoptive Care Essentials (FACES)

NORTHFIELD — Spaulding Youth Center will be hosting the Foster and Adoption Care Essentials (FACES) series on their Northfield, NH campus beginning Feb. 5.

Offered by the Granite State College Education & Training Partnership, the series is free and open to the public. Anyone who may be interested in becoming a foster or adoptive parent can pre-register online for one module or the whole series by visiting <http://etp.granite.edu/schedule/faces>.

Experiencing Grief & Loss 12:30pm-3:30pm

Saturday, March 16
Promoting Positive Behavior 9:00am-Noon

Saturday, March 16
Lifelong Connections 12:30pm-3:30pm

For questions or more information, please contact Carol Sanborn, 286-8901 ext. 203 or carolsanborn@spauldingyouthcenter.org.

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.

FACES Winter Series Schedule

Please note, each module can be attended individually.

Tuesday, February 5
Orientation 5:30pm-8:30pm
Tuesday, February 12
Regulations 5:30pm-8:30pm
Tuesday, February 19
The Developing Child 5:30pm-8:30pm
Saturday, March 9
The Effects of Childhood Trauma 9:00am-Noon
Saturday, March



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Campers and counselors gather for games and activities inside WildQuest Camps' home base, Prescott Farm's recently restored 1883 barn.

COURTESY

Registration open for Prescott Farm WildQuest Camps

Discounts and scholarship opportunities available

LACONIA — When school vacation comes around, are the kids getting lots of screen time, or lots of green time? Families looking for outdoor and nature-based activities that kids will love and that grownups can feel good about can look no further than WildQuest Camps at Prescott Farm. And registration is now open!

These nature-based day camps coincide with local school February and April vacation weeks and run nine weeks in the summer. With a focus on the natural world – and plenty of outdoor fun – WildQuest Camps are the perfect match for inquisitive young explorers.

All camps are weekdays from 9 a.m. to 4 p.m., with extended care hours available from 8 a.m. until 5:30 p.m. Winter Camp (Monday, Feb. 25 through Friday, March 1) and Spring Camp (Monday, April 22 – Friday, April 26) are open to children age 6 – 12 and families can sign up for specific days or a full week.

WildQuest Summer Camp features nine weeks of unique nature-based themes and is open to children age four – 14. Campers age 13 and 14 participate in the Leader in Training program which emphasizes hands-on team building and explores various leadership styles. Registration for

summer camp is by the week and an Early Bird discount is available on registrations made before Feb. 15.

Camp Director Jake Newcomb and the WildQuest staff are eager to create a memorable experience for campers. “WildQuest camp counselors are enthusiastic educators who

love science and nature,” Newcomb said. “Individually, we have our own unique knowledge, skills and styles, so when we come together during WildQuest weeks, campers get dynamic, informative and fun adventures that they can carry with them for a long time to come!”

For details about

WildQuest pricing, Early Bird and Prescott Farm member discounts, and scholarship opportunities, visit prescottfarm.org or call 366-5695.

Prescott Farm is a nonprofit 501c3 organization dedicated to providing year-round environmental education programs for all ages and a place in the Lakes Region com-

munity that encourages curiosity, discovery, fun and connection to the natural world. For more information about programming, events and volunteer opportunities at Prescott Farm, please visit prescottfarm.org.

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

SNHU announces Fall 2018 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2018 President's List.

Eligibility for the President's List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester.

Shannon Conway of Belmont

Samantha Longval of Sanbornton

Erica Markson of Tilton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 85-year

history of educating traditional-aged students and working adults. Now serving more than 100,000 students worldwide, SNHU offers over 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the “Most Innovative” regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each student. Learn more at www.snhu.edu.



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TNFD

CONTINUED FROM PAGE A1

With that and other issues facing the district, this latest proposal hopes to alleviate those problems.

Sitar said that while a new station within the Village District of Tilton would be ideal, there is virtually no land available that would be suitable for a new fire station. However, an economic development company in New Ipswich has offered to sell a tract of land they own on Manville Road, off Route 3 in Tilton, for the price of just \$1.

It does come with conditions, though. Sitar said the district would

be responsible for making offsite improvements to the road and utilities available there. The cost for those improvements is estimated at \$595,000, the true value of the land being offered. Those improvements would eventually aid that company in developing the remainder of the land they own on Manville Road.

The design of the station being proposed on that property would not only meet the needs of the department but would help provide more centralized coverage for the district. There would be space for standardized apparatus, living quarters, decon-

tamination facilities, administration offices and living quarters for an overnight crew.

Also included in this proposal would be renovations to Park Street Station. The four bays would continue to house necessary apparatus for that area of the district while the back of the building would be converted to provide a decontamination room, storage space, a day room, and living quarters for firefighters and EMTs. The plan would further provide a small bunkroom for any fire safety students who intern with the department.

The greatest bene-

fit, Sitar said, is the response times this configuration would give to one of the busiest departments in the Lakes Region.

“These two stations would provide much better response times. Eighty-percent of the incidents we respond to will be with that four-minute response time window from either station,” he said.

The district has been investigating several options to keep the cost at a minimum and commissioners feel they have come up with a reasonable price that will serve the public well.

The total project is guaranteed not to exceed

more than \$7,196,540. With \$296,000 available from the Land and Building Fund, \$159,650 available in the Apparatus and Equipment Fund and an additional \$7,000 that could be withdrawn from the Fire Prevention Fund, the total 20-year bonded cost to taxpayers would be \$6,733,890.

At a 2.5-percent interest rate on that bond, Tilton would absorb 62-percent of the cost and Northfield would pay 38-percent, leaving each town with a tax rate impact of 58-cents each toward the expense due to their valuations.

Broken down, in Tilton, where the median home value is \$215,500,

the cost per thousand in the first year would be \$124.99, while in Northfield, where the median home is valued at \$225,100, the increase would be \$123.81.

Sitar said he and the commissioners encourage all interested parties to attend the district’s annual budget hearing at 7 p.m. on Wednesday, Feb. 13, in the Winnisquam High School cafetorium. At that time, a full explanation of the public safety issues, needs and expense considered by this latest facilities committee, as well as a presentation on the building and renovation proposals, will be presented.

INVESTMENT

CONTINUED FROM PAGE A1

ing invested more than \$51,000 in FY2018 toward employee professional development. With the support of Spaulding’s educational advancement benefits, the following staff members recently earned their degree:

Donna Fink: Associate of Arts for Healthcare Management, Southern New Hampshire University

Katie Isabelle: Associate of Arts for Healthcare Management, Southern New Hampshire University

Kristina Lindroth: Associate of Arts in General Studies, Southern New Hampshire University

Natalie Winchester: Associate of Arts in Healthcare Management, Southern New Hampshire University

Jason Perkins: Bachelor of Arts in Healthcare Management with concentration in Global Perspective, Southern New Hampshire University

Stephanie Walker: Bachelor of Arts in English Language Arts and General Special Education, Granite State College

Alexsus Bougie: Master of Science in Psychology with specialization in Applied Behavior Analysis, Capella University

“Spaulding Youth Center is dedicated to investing in our employees’ professional devel-

opment,” said Susan C. Ryan, President & CEO of Spaulding Youth Center. “As an educational institution, we are deeply committed to the concept of lifelong learning and recognize that personal satisfaction and accomplishment of achieving academic goals is critical for every individual on campus, from our youngest student to our most tenured employee.”

In addition to the professional development support available through this fund as well as monies allocated in the operational budget, Spaulding Youth Center offers a full suite of generous employee benefits and training. To learn more about current opportunities at Spaulding Youth Center, visit <http://www.spauldingyouthcenter.org/careers/>.

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.

LIBRARY

CONTINUED FROM PAGE A1

namely all the books and shelving units.

“Public Works came over and helped move all the books for us, which was really great,” said Gilbert.

When everything was being put back in place, the staff took advantage of that opportunity to make a minor change, moving a reading table to the front windows so readers could enjoy a view of Main Street.

Outside, mason Joe Rhodes will be finishing up restoration work on the 90-year-old building in time for this summer’s anniversary celebrations. Next up, Gilbert said could perhaps be an upgrade to the heating and air conditioning systems.

“Right now, we’re just looking forward to Belmont’s 150th anniversary, though,” she said.

The anniversary com-

mittee and historical society are working on an oral history project, and Gilbert said she and the staff look forward to aiding them in that.

One other exciting addition they are working on is the purchase of a telescope that patrons will be able to use for special programs at the library or even check it out to use at home. With that in mind, Gilbert said she is pleased to announce that passes will once again be available this year for the McAuliffe-Shepard Discovery Center in Concord this year where families will be able to learn even more about the stars and planets. As customary, the library will also have day passes to a number of New Hampshire state parks for their patrons to enjoy.

Throughout the winter months, Belmont Public Library continues to host numerous

group activities. They currently have a fiction and non-fiction adult book groups in session. There is also a monthly teen group for middle school students who are invited to drop by to play games or use the library’s Chrome Books and enjoy a few refreshments. There is the weekly Story Time for toddlers continues to be a popular activity that typically includes a small craft and a snack. Parents have found it to be a great way to introduce their little ones to reading and new friends, while they get to relax and chat with other adults, too.

Finally, Sheila Cunningham has started a new Knitting Group that is gaining in popularity.

February will bring a host of new activities and details on those can be found at www.bpl@belmontnh.org.

150TH

CONTINUED FROM PAGE A1

handler Sgt. Evan Boulanger; a “Make America Great Again” hat; and an interview with Everett Weeks about his farm and his childhood memories in Belmont. Another thought is to include a current list of residents that can be compared with a list of residents in 2044.

The committee con-

tinues to invite residents to take part in the planning and execution of all the events, and asks that anyone interested in participating, or those with ideas and suggestions to share, contact Olson-Wilder at Events@BelmontNH.org. More details on events and activities can also be found at www.belmontnh.org.



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Gallagher achieves Doctoral Of Nursing Practice at UNH

LACONIA — Lakes Region Mental Health Center (LRMHC) is pleased to announce that Nancy Gallagher, who serves as the prescriber for the Neurocognitive Team at LRMHC, attained her Doctoral of Nursing from UNH last month!

Gallagher graduated from University of Massachusetts, Amherst in 1993 with a BS in Nursing. After graduation, she began her nursing career at a large medical center in Denver, Colorado on a Medical Surgical Unit. After returning to New England, she continued her nursing career in a variety of settings, including ICU, Surgical Vascular Unit, Psychiatric Nursing and Home Care. Nancy completed a Master’s in Nursing with a Cognate in Education from University of New Hampshire in 2005. At that time, she began her role as Nursing Faculty at Rivier University, while continuing to work in the acute care setting. Gallagher completed a Post-Master’s Certificate from the Psychiatric Mental Health Nurse Practitioner Program at Rivier University. In 2015, she successfully passed the Psychiatric-Mental Health Nurse Practitioner Lifespan Certification (PMHNP-BC) through the American Nurses Credentialing Center. She began practicing at Lakes Region Mental Health Center (LRMHC) in Laconia. She continued her education and received her Doctorate of Nursing Practice from University of New Hampshire in December of 2018. In addition to her current role at LRMHC, she is a Faculty Member and Track Leader for

the Psychiatric Nurse Practitioner Program at Rivier University. When not working, Nancy lives in the Lakes Region of New Hampshire and enjoys all of the activities that the area has to offer. She enjoys spending time at the lake, golfing and skiing. She is married and has two children.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that



(Left) Nancy Gallagher

serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management;

community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families. For more information or to schedule an appointment, call 524-1100 or visit the Website at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

Fostering business connections New Patrick’s Connect event a win for entrepreneurs

GILFORD—As the owner of SnapRoot Creative Digital Marketing, Corina Locke is no stranger to networking events. Until her business was featured in the new Patrick’s Connect event at Patrick’s Pub & Eatery, though, she said she’d never experienced one that felt like a good fit.

Locke said the clients she personally invited to the debut Connect event in September 2018 enjoyed the time. Her staff felt acknowledged and appreciated, and SnapRoot got great online and media exposure from the promotions that were offered by Patrick’s as part of the arrangement.

Held most Thursdays from 5 to 7 p.m. at Patrick’s, Connect allows business owners to invite their staff and colleagues and also get in

front of Patrick’s customers—in the restaurant and online.

“The possibilities are endless,” said Patrick’s co-owner Allan Beetle, noting that one business owner set up a “pop-up” display at her networking event to showcase her products and services. “Others, like Corina, take the time to walk around and mingle with the patrons and make new acquaintances.”

Locke’s Moultonborough business offers digital marketing services to small businesses, and she said networking in a pub environment allowed her to feel more casual.

“It felt like a really relaxed networking and socializing event that didn’t involve the pressure of bringing your business cards and talking about your business constantly,” she said. “You meet potential clients and your neighbors, who are other business owners.”

A believer in networking himself, Beetle imagined Patrick’s Connect, believing the arrangement would benefit local businesses by allowing business owners and their employees to connect with the com-

munity, putting faces to the logos residents see around town.

“We wanted to create a new opportunity for business owners to raise their brand awareness and meet new people in the Lakes Region,” Beetle said.

Locke said the opportunity is indeed a great one for area entrepreneurs.

“I had some really cool conversations with customers, just getting to know the people who live in the area,” she said. “The reward of making good connections was priceless.”

Businesses who take part in Connect receive many networking boosts, including 25 coupons for a complimentary beverage, which can be handed to clients and prospects in advance as an invitation to attend.

Patrick’s also then features that week’s business owner on its social media platforms—Facebook, Instagram, etc.—and does the work of sending a press release to the media to bring additional exposure.

“We’ve also recently launched a partnership with local radio station WEMJ and the Laconia

Daily Sun to provide radio and print ads at no extra cost,” Beetle said.

In her work, Locke oversees Patrick’s online presence, so she well understands the importance of online marketing. She very much appreciated the restaurant’s posts about her Connect event on the Patrick’s Facebook page, which put her business in front of roughly 8,000 Patrick’s “friends.”

Roberta Coffey, owner of Corporate Images LLC, another business that was featured during a recent Patrick’s Connect event, agrees it was a great opportunity to gain visibility while showing off her selection of corporate apparel and promotional products. For Coffey, the opportunity was less about gaining business and more about having community members see what Corporate Images is about.

“I can ship samples to potential clients, but a lot of people really don’t know what I do,” Coffey explained. “This was a way for me to set up a booth, display our work, and have a representative there. It’s like getting a look behind the scenes of Corporate

Images; that’s what it’s all about.”

In addition to Locke, SnapRoot’s creative director and principal, the business is supported by Alice Field, office manager and content creations account manager; Cortney MacNeil, director of digital media; and Sheila Farricy, associate of digital media.

Locke invited them to her Connect event and then treated them to dinner after networking. In this way, it was also a team-building event; her staff enjoyed the live acoustic music that follows each Patrick’s Connect event.

“It played out as a thank you to my team, from me to them,” she said. “It was a good bonding experience. I recommend Connect! Business owners can raise brand awareness, showing the community what their products and services are, while really connecting with residents. You get to know what people are looking for in your business.”

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



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Review Your Fixed-income Strategy as Interest Rates Rise

When interest rates rise, the value of your fixed-income investments, such as bonds, will typically fall. If this happens, how should you respond?

First of all, it's important to understand this inverse correlation between interest rates and bond prices. Essentially, when interest rates rise, investors won't pay you full price for your bonds because they can purchase newly issued ones that pay higher rates. So, if you sell your bonds before they mature, you could lose some of the principal value.

You may be seeing a price drop among your bonds right now,

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Edward Jones: Financial Focus

Review Your Fixed-income Strategy as Interest Rates Rise

because interest rates generally rose in 2018 and may continue to do so in 2019. While you might not like this decline, you don't necessarily have to take any action, particularly if you're planning to hold these bonds until maturity. Of course, you do have to consider credit risk – the chance that a portion of the principal and interest will not be paid back to investors – but unless the bond issuers default, which is usually unlikely, particularly with investment-grade bonds, you can expect to receive the same regular interest payments you always did, no matter where rates move.

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Edward Jones: Financial Focus

Review Your Fixed-income Strategy as Interest Rates Rise

Holding some of your bonds – particularly your longer-term ones – until they mature may prove useful during a period of rising interest rates. Although long-term bond prices – the amount you could get if you were to sell these bonds – tend to fall more significantly than short-term bond prices, the actual income that longer-term bonds provide may still be higher, because longer-term bonds typically pay higher interest rates than shorter-term ones.

To preserve this income and still take advantage of rising interest rates, you may want to construct a “bond ladder” consisting of short-, intermediate- and longer-term bonds. Because a ladder contains bonds with staggered maturity dates, some are maturing and can be reinvested – and in a rising-rate environment such as we're currently experiencing, you would be replacing maturing bonds with higher-yielding ones. As is the case with all your investments, however, you must evaluate whether a bond ladder and the securities held within it are consistent with your objectives, risk tolerance and financial circumstances.

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Review Your Fixed-income Strategy as Interest Rates Rise

You can build a bond ladder with individual bonds, but you might find it easier, and perhaps more affordable, to own bond-based mutual funds and exchange-traded funds (ETFs) that invest in bonds. Many bond funds and ETFs own a portfolio of bonds of various maturities, so they're already diversified.

Building a bond ladder can help you navigate the rising-rate environment. But you also have another incentive to continue investing in bonds, bond funds or ETFs – namely, they can help diversify a stock-heavy portfolio. If you only owned stocks, your investment statements would probably fluctuate greatly – it's no secret that the stock market can go on some wild rides. But even in the face of escalating interest rates, bond prices generally don't exhibit the same sharp swings as stocks, so owning an appropriate percentage of bonds based on your personal circumstances can help add some stability to your investment mix.

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Review Your Fixed-income Strategy as Interest Rates Rise

As an investor, you do need to be aware of rising interest rates, but as we've seen, they certainly don't mean that you should lose your interest in bonds as a valuable part of your investment strategy.

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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Seniors Living Well

2019

Reduce your Stress in 2019

By Anna Swanson

Did you make a New Year's Resolution for this year? Are you feeling stressed because you don't know where to start? If 2019 is your year to make life easier for you or a loved one,

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caregiver of a loved one? Have you recently lost someone close to you? PBCH offers free Bereavement support groups as well as specific support groups for Caregivers and Widows & Widowers. Will 2019 be your year to start an exercise routine and stick with it? PBCH's Exercise & Aquatic Specialists will help you design an exercise plan for their fitness center or therapy pool. Water workouts can be an excellent form of exercise for those who are overweight, suffering from lower back pain, arthritis and/or injuries to the upper and lower extremities.

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home, to explain the forms and help you complete them. Don't leave your loved ones guessing what your wishes may have been. For more information about how PBCH can make your 2019 easier or to set up a time to complete your Advance Directives or to come in for a tour of the pool, call 536-2232. You may also visit our website at www.pbhha.org and don't forget to follow us on Facebook! PBCH is located at 101 Boulder Point Drive in Plymouth. Touching Lives: Yours, Your Family's, Your Neighbor's.

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kick off our season in March when we head south on our Music Cities tour (March 30-April 10). A music lover's dream tour - from the Smoky Mountain Opry, to Graceland, to the famed Grand Ole Opry,

and finally to the Rock & Roll Hall of Fame! For a shorter tour, join us for our Lancaster Amish & Arts Tour to see JESUS at the Sight & Sound Theatre (April 15-18). A new spin on an old favorite - the Sight & Sound theatre never disappoints! Looking for something different? Join us for our trip to Wendake, Quebec and the Huron-Wendat Nation (May 20-22), which is a unique opportunity to immerse yourself in Québec's First Nations history & life. We have over 20 tours planned for 2019 including: day trips to see shows in Boston and Ogunquit; Cape May, NJ; the New Brunswick Highland Games; the Best of Michigan; Charlevoix & Saguenay Fjord; Baltimore & Annapolis; A Williamsburg Christmas, and so much more! With so many new and exciting adventures on the horizon there should be something that will suit you! What are you waiting for? C'mon, join the fun! Kelly Cooke is the Owner of Terrapin Tours, loves traveling and has almost 20 years experience in the travel industry. You can learn more about Terrapin Tours and the exciting places we will be visiting in 2019 on our website www.TerrapinTours.com or by calling 603-348-7141.

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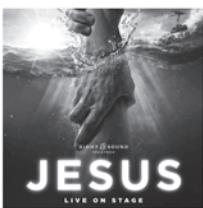
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Seniors Living Well

Planning for End-of-Life Care

By Edward H. Adamsky, Esq.

Most people find it difficult to discuss the possibility of catastrophic illness, and other end-of-life issues. It's not the most pleasant subject. But, if you don't plan ahead, and talk with your family and loved-ones about your health care, they will be uncertain how to respond if you become ill and cannot help them with decision making. A New Hampshire survey found that 42% of individuals had never had a conversation about plans for end-of-life care with anyone. Only about 7% had talked with their health care provider, and 59% had no advance directives such as a Health Care Power of Attorney. More people had spoken about such issues with their attorneys than with their families and religious advisors. Ask yourself some questions when considering your planning. Do you have a significant health problem? What problems might you expect in the future? What role does faith play in your life? Under what

conditions would you want your health care goals changed from prolonging your life to focusing on your comfort? How would the expense of care influence your decisions? The most important thing is to have a talk with your family and loved-ones about your feelings on end-of-life care. The next thing to do is to have the proper documents written and signed so they are legal and binding. The most common planning tool is a Power of Attorney for Health Care. This document names an agent who will have full legal authority to make health care decisions for you, if you can no longer do so yourself. Of course, if you are able to make your own decisions, then only you will do so. No one can take that away from you. But, if you are unable to communicate because you are unconscious or have some sort of brain damage, then your agent can make your decisions for you. You must make sure to choose the right person as your agent. You must trust this person. You should

feel confident that your chosen agent will be able, physically and mentally, to make decisions for you if necessary. You should also name an alternate person, in case your first choice isn't available. And most of all, you must have a talk about your feelings regarding medical care, especially those tough decisions like terminating life-sustaining treatment. It is easier to have these difficult conversations when you are not facing an imminent illness or death. People can often joke and laugh about these grim realities when they are just remote possibilities. But, if you are facing an illness, don't put this off. The discussion may be harder, but it is even more urgent that you have it. End-of-life is just another part of life. It is a natural occurrence that requires some consideration. Your discussion should focus not only on practical matters of care, and cost, but also on spiritual and emotional issues. Don't wait until it is too late. Plan for all of your life right now.

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FSB raises \$15,600 for Granite United Way

Bank provided a matching campaign contribution of \$7,800

FRANKLIN — Franklin Savings Bank raised over \$15,600 for its Granite United Way Pacesetter Campaign. From this total, the bank provided a dollar for dollar matching contribution of over \$7,800. As a Pacesetter organization, the bank's annual fundraising campaign takes place prior to the official launch of GUV's general campaign in the fall.

"I am truly proud of the amount we were able to raise for our annual Pacesetter campaign for Granite United Way," said Ron Magoon, President & CEO. "Similar to last year, our Board approved a dollar for dollar match from employee contributions to our campaign. This is just another example of our commitment to supporting the communities we serve, so we are able to continue to fill the gaps where assistance is needed for critical services."

The funds raised for Granite United Way will be used to support three community impact areas, including educa-

tion, income and health across New Hampshire. Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford and Merrimack with another office under construction in Goffstown, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nashua, Rochester and Merrimack, New Hampshire. As a recognized leader in

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Canterbury Shaker Village celebrates \$97,300 grant award from LCHIP

CANTERBURY — Canterbury Shaker Village has received a \$97,300 grant from the New Hampshire Land and Community Heritage Investment Program (LCHIP) to support the preservation of Turning Mill Pond. The pond is a prominent feature of the museum's 700 acre landscape and part of a system of ponds and dams that provided hydropower for the Shakers' many industries. The Village's award is one of 42 projects across the state to receive a total of a total of \$3.9 million in matching grants. Sixteen natural resource conservation projects will be supported by \$2 million, while 26 historic resource projects will receive \$1.9 million.

At the peak of Canterbury Shaker Village's population in the 1840s, there were nine Shaker-built dams and reservoirs east of the Village that provided power for fourteen different mills. The turning mill manufactured lathe-turned wooden components such as chair parts, stairway balusters, handles, and the Shakers' famous flat brooms—a notable improvement over the common round broom of the era. By 1860, the turning mill annually produced 43,500 flat broom handles. The mill's lathes also turned or smoothed wooden pails and tubs

that the Shakers' made and sold.

The original 1817 stone dam at Turning Mill Pond was breached in 1980. In response, an earthen dam was built behind it in 1987, thus saving the original structure and preserving the pond. In 2010, this earthen dam was also breached during a severe storm. Upon inspection, the Dam Bureau at the Department of Environmental Services directed the Village to either repair the earthen dam or drain the pond. The LCHIP grant will fund just under half the cost of the \$200,000 dam repair project. The LCHIP grant comes little more than two months after the New Hampshire Preservation Alliance named the dam to its Seven to Save list.

"Repair of the dam on Turning Mill Pond is our highest capital priority," said Susan Bennett, executive director of Canterbury Shaker Village. "It's the water source for the Village's sprinkler and hydrant system as well as for the East Canterbury fire district. It is critical to preserving the Village's 29 historic and modern buildings. We deeply appreciate LCHIP's investment and are committed to raising the necessary matching funds from a variety of sources."

Repairing the dam and preserving the pond also maintains wildlife habitat and provides visitors with scenic enjoyment. A footpath encircles the pond, and picnics can be enjoyed along its shoreline just as they were by the Shakers.

Other LCHIP-funded historic resource grants will assist the Kimball Jenkins Mansion in Con-

cord and the Gale School in Belmont. Grant recipients are required to provide at least one matching dollar from another source for every dollar received from the state through LCHIP. This year, they will provide more than \$3.70 for each state dollar.

The 18-member LCHIP Board of Directors selects the grant recipients as the culmination of a rigorous application and review process.

LCHIP's Board Chair, Amanda Merrill of Durham, observes, "The LCHIP Board and staff have the responsibility and privilege of helping to protect natural, cultural and historic resources across New Hampshire. It is a pleasure to work with dedicated colleagues from local government, citizens groups and non-profits to preserve the places that make our state special."



Turning Mill Pond at Canterbury Shaker Village is one of the important features of the historic landscape at Canterbury Shaker Village and will be preserved thanks to a recent grant of \$97,300 from New Hampshire's Land and Community Heritage Investment Program (LCHIP)



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About Canterbury Shaker Village

Canterbury Shaker Village is dedicated to preserving the 200-year legacy of the Canterbury Shakers and to providing a place for learning, reflection, and renewal of the human spirit. It offers visitors of all ages the opportunity to explore the Village's natural resources and built environment, collections, and spiritual roots, and to enjoy artistic and educational programming that is derives from the timeless ideals and rich culture of the Shakers. For more information visit shakers.org



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Belmont hoop girls battle past Hopkinton

Raider boys fall to White Mountains

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Belmont girls' basketball team went 1-1 last week including an impressive win over Hopkinton.

On Jan. 14, Hopkinton came to Belmont with an impressive 7-2 record and the Red Raiders knew they needed to be on their "A" game to come away with a win. Belmont did just that and won 40-33.

The Red Raiders led 11-10 after one quarter and 22-16 at the half, showing that the team was there are ready to play. In the third quarter, Julianna Estremera hit a big three-pointer at the buzzer to give the team an 11-point lead at the start of the fourth quarter, supplying a little breathing room.

"The team really played well against a very good Hopkinton team," said coach Mark Dawalga.

Estremera finished with 17 points to lead the team. Morgan Hall had eight points and McKenzie Donovan scored six points in the win.

"With McKenzie it is not about her points," said Dawalga. "She does a lot of little things for this team. I thought her, as well as Lizzie Fleming, Morgan Hall and Katie Galambos did a great job on defense. It was a great team win."

On Jan. 18, the Red Raiders had the difficult task of heading to White Mountains for an away game and lost a hard fought battle by a score of 54-45.

Belmont had a 24-22 lead at halftime but White Mountains came out strong in the second half including a third quarter where Belmont was outscored 23-12.

"The difference tonight was the third



BOB MARTIN

Nate Sottak dribbles the ball up court looking for an open player. Sottak and the Red Raiders look to get back on the winning track against two rivals this week in Gilford and Inter-Lakes.

Dawalga said. "They hit four three-pointers in the first minutes of the third quarter and that was the difference in the game. I thought we played hard all night and give them credit they made a couple of tough shoots. Proud of the effort on the road tonight."

Galambos had a career high 14 points in what Dawalga called "a great overall game." Estremera finished with 16 points while Donovan had 10 points.

The boys' basketball team had only one game last week against White Mountains on Friday and fell 53-43 in a game where costly turnovers and poor shooting were the story. The Red Raiders also had a tough time with White Mountains star Zeke Pribbernow, who had 22 points in the game to lead scor-



BOB MARTIN

The Red Raiders have been led by strong scoring outputs all season by Julianna Estremera, who helped the Belmont squad beat Hopkinton last week.

ers.

Belmont trailed 27-22 at the half and 42-35 after three, but the team couldn't decrease the gap late in the game. The Red Raiders were led by Griffin Embree's 15 points and Keith Landry had nine points

"We need to get better on the glass and take advantage of the turnovers," said coach Jim Cilley. "Our shot selection on offense has been average but we have to keep searching for great. Ultimately we have to keep doing what we are doing and just capitalize on their mistakes better."

Cilley said the team is really only are a few possessions from being undefeated, and he looked forward to the huge test with Gilford on Tuesday.

"We have had some great practices and we know we are close," said Cilley. "The guys are still positive and are still excited to play."

SEE **BELMONT**, PAGE B10

Bear hoop boys battle to a pair of wins

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam boys' basketball team has begun to find an identity as a team, and it is showing as the the Bears now have a 6-4 record after winning two games last week over Prospect Mountain and Raymond.

On Jan. 15, the Bears traveled to Prospect Mountain for a nice 47-36 win. The team was led by Kyle Mann's 19 points. Other top performers including Phil Nichols and Gunnar Horman with eight points apiece, as well as Angelo Glover with seven points.

The Bears were up 15-3 after one quarter and 22-10 at the half, and coach Kevin Dame was very impressed with the defensive effort put forth.

"The defense in that first half was the story," Dame. "We put good pressure on them and got them to turn the ball over. We didn't score a ton of buckets but holding any team to 10 points in the first half is pretty good."

Prospect Mountain had a comeback push in the third quarter by bringing it to 33-28 thanks to a buzzer beating three-pointer, but the Bears were able to hang on for the win.

"We have been trying



BOB MARTIN

Coach Brian Allard draws up a play for Winnisquam during a time out.



BOB MARTIN

Casey Lang takes a shot for the Winnisquam girls' basketball team, who is on a quest for the first win of the season.

to put pressure on the teams and it has worked for the most part," said Dame. "We still have some work to do but things have been work-

ing."

On Jan. 18, the Bears beat Raymond 75-57 in another game where Winnisquam jumped out early. It was 21-9 af-

ter one quarter and 30-23 at the half, and 57-41 at the end of the game. Dame said the focus was to win every quarter, SEE **WINNISQUAM**, PAGE B2

Ennis skis to second in Whitefield

BY BOB MARTIN

Bob@Salmonpress.news

WHITEFIELD – The Belmont and Gilford nordic ski teams competed at White Mountain Regional High School last week, with several skiers placing high in the event.

For the boys' race, Zach Ennis of Belmont placed second with had a time of 12:56 for second place. Mitchell Townsend of Gilford was sixth with a time of 13:46.

For the girls' race Vanessa Ganakos was fourth with a time of 16:17.

Bulldogs continue their hot streak

By BOB MARTIN
Bob@Salmonpress.
news

LACONIA – The Belmont/Gilford hockey team has won six games in a row since the beginning of 2019, which included a rematch win over Hollis Brookline/Derryfield and a victory over Pembroke/Campbell last week.

On Jan. 14, the Bulldogs got redemption with a 5-4 win over Hollis-Brookline/Derryfield. The last time the two teams met, Belmont/Gilford suffered an 8-2 loss.

Hollis Brookline-Derryfield led 2-0 after one period with goals by Nick Dapolito and Andrew Nordstrom. Belmont/Gilford then scored three times in the second period with a goal by Hayden Parent followed by two goals by Ben Muthersbaugh with both assisted by Parent. Hollis-Brookline also scored twice in the period with goals by Dylan Terenzini and Paul Vachon to take a

4-3 lead. With about 15 seconds left in the third period Cam Jarvi tied up the game with a goal assisted by Muthersbaugh. The game went to overtime and with 21 seconds left in the period, Joey Blake scored to take the win. It was assisted by Griffin Tondreau.

“Hollis Brookline-Derryfield scored four unanswered goals in the first period-and-a-half before we came alive,” said coach Jason Parent. “An unassisted goal by Hayden Parent got the team fired up midway through the second period and we scored five unanswered goals to win the game.”

Parent was proud of the dramatic win and the perseverance exhibited by his team. He commended Jarvi and Blake for the strong play in the clutch.

On Jan. 19, the Bulldogs shut out Pembroke/Campbell by 5-0 thanks to five points by Hayden Parent. Coach



Troy Gallagher handles the puck for Belmont/Gilford. The Bulldogs have been on fire since the new year started with six straight wins including two last week.

Parent felt it was the best game of the season for Belmont/Gilford, saying that defensively the team was very sound around the net. He also said the team did a great job getting

the puck past Adam Odmenson, who Parent called a “top level goalie.”

Tondreau had two goals and an assist. Parent’s five points included two goals and three

assists. Muthersbaugh had a goal and an assist in the win.

“The freshmen are getting up to speed and contributing daily now both offensively and defensively,” said Parent.

The Bulldogs faced Monadnock/Fall Mountain after deadline and next up for Belmont/Gilford is a 2 p.m. matchup at Kearsarge/Plymouth on Jan. 26.

Moose Mountains RunAround is Saturday morning

WOLFEBORO — The fifth annual Moose Mountains Run-Around snowshoe race is scheduled for Saturday morning, Jan. 26, at Abenaki Ski Area, 390 Pine Hill Road, Wolfeboro. The race will start at 9 a.m. and covers a loop course of approximately four miles with moderate 500’ elevation change, traversing a combination of open fields, ski trails and single track. Snowshoe walkers are also welcome to register and participate. The public is encouraged to come cheer on the racers.

Race competitors’ snowshoes must adhere to USSSA minimum size specifications of 120 square inches. Rental Dion snowshoes will be available for \$5 per



BRANDON NEWBOULD won last year’s Moose Mountains Runaround.

pair if reserved in advance. Contact Race Director Dan Coons at 520-8533 or trailnr@yahoo.com.

Snowshoe race registration is \$20 in ad-

vance or \$25 on race day. Register in advance at www.mmrg.info/moose-mountains-runaround/. Awards will be presented to the top two finish-

ers in each age group as well as to overall male and female winners. Last year’s winning times were had by Brandon Newbould at 29 minutes, 35 seconds and Sarah Canney at 34 minutes, 58 seconds. Amenities include the

heated ski lodge and complimentary post-race food.

To make this event fun for the whole family, a kids’ Snowshoe Shuffle will start immediately after the snowshoe race finishes, around 10 a.m. In

this non-competitive activity for children ages 12 and under, kids will make their way around an obstacle course on snowshoes. A limited number of loaner snowshoes for kids will be available. A \$5 donation is suggested for the children’s activity.

These events are fundraisers for Moose Mountains Regional Greenways (MMRG). Volunteers are needed to help with registration, timing the race, directing racers along the course, serving refreshments and the kids’ Snowshoe Shuffle. To volunteer, call MMRG Education Coordinator Kari Lygren at 978-7125 or e-mail info@mmrg.info. MMRG thanks business sponsor Wolfeboro Oil, as well as the Tuftonboro Library for kids’ loaner snowshoes.

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Unified Bears take care of business against North Country squad

By BOB MARTIN
Bob@Salmonpress.news

TILTON – The Winnisquam unified basketball team played Littleton-Lin-

wood-Profile on Jan. 10 and came away with a 52-34 win.

Megan Hanrahan and Mark LaBonville both scored 16, while

Josiah Olson had 14. Chantal Cremer had four points and Jesse Gardner pitched in with two points.

WINNISQUAM

CONTINUED FROM PAGE B1

and the team did just that against Raymond.

“We played fairly well offensively,” said Dame. “We’d like to give up less than 57 points, but I think the guys knew they could trade baskets. As a coach I try to get them out of that mentality, but they played well.”

Dame said as the game progressed Mann got hot and piled on 24 points. Nichols provided a quality second scoring option with 21 points in the win.

“We are up to .500 now but we have had some losses that could have gone either way,” Dame said. “We are a handful of possessions

from being 6-2. We are playing pretty good basketball and certainly playing better than we were at the beginning of the year. That is what you hope for.”

The girls’ basketball team had another tough week and is still trying to pick up that elusive first win of the season.

On Jan. 15, the Bears lost 65-31 to Prospect Mountain. It was 11-7 in favor of Prospect Mountain after one quarter but while Prospect picked up the scoring, the Bears had trouble finding ways to score as the game went on.

Megan Cote led the team with 11 points. Hannah Blackburn pitched in with six

points.

On Jan. 18, the Bears narrowly lost to Raymond 31-26, but poor shooting and foul trouble led to a tough fourth quarter that cost the game. Cote again led in scoring with 17 points.

“A great game throughout and tied at the end of the third quarter,” said coach Brian Allard. “The fourth quarter we lost two starters to fouls and just couldn’t find more scoring in the last three minutes of the game.”

Next up for the Bears is Monadnock on Jan. 25 for both teams, with the girls on the road at 6:30 p.m. and the boys at home at 7 p.m.

Bears and Raiders compete in Plymouth State meet

By BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH – The Belmont High School and Winnisquam Regional High School indoor track teams traveled to Plymouth State University for a meet on Jan. 13.

Belmont
The girls' team placed fifth out of 15 teams in the meet, with the 4X200-meter relay team taking first place with a time of 2:01.85. The team consisted of Gabby Day, Sana Syed, Skylar Ruelke and Jada Edgren.
Alice Riley was the top performer with a second place finish in the 1,000 meters with a time of 3:17.67.
Syed was eighth in the 55-meter hurdles with a time of 12.10.
Edgren was fourth in the 55 meters with a time of 8.10 and Day was sixth with a time of 8.22.
In the 600 meters, Hannah Leclair was 15th with a time of 2:21.74.
In the 300-meter



Faith Gosselin was fourth in the 1,500 meters at PSU on Jan. 13.

dash, Edgren was fourth with a time of 46.69. Becca Fleming was 22nd with a time of 51.83 and Izabel Hunt was 37th with a time of 1:02.49
In the high jump, Ruelke was fifth with a leap of four feet, four inches. She was 10th in the long jump with a distance of 12 feet, 10 inches.
The boys' team was 11th overall.
In the 55 meters, Brandon Robichaud was 19th with a time of 7.64. Kyle Whitcomb was 28th with a time of 7.83. Eddie Mann was 23rd with a time of 7.74.
In the 300 meters, Mann was 15th with a time of 42.45. Whitcomb was 28th with a time of 45.92, Brandon Robichaud was 31st with a time of 46.40 and Brian Mile was 35th with a time of 47.18.
In the 600 meters, Ben Pare was 23rd with a time of 2:04; Gabriel Frasier was 24th



Skylar Ruelke takes a leap in the long jump for Belmont High School.

with a time of 2:06.94 and Tim Van Hefflynn was 26th with a time of 2:10.28.
In the 1,500 meters, Jared Whitcomb was ninth in 5:04.60 and Pare was 10th in 5:06.13.
The 4X200-meter relay team of Mann, Edgren, Robichaud and Kyle Whitcomb was fourth with a time of 1:48.01.
In the long jump, Mann was eighth with a leap of 16 feet, 9.5 inches. Micah Edgren was eighth with a distance of 16 feet, 7.5 inches and Robichaud was 16th with a distance of 15 feet, 11.25 inches.
In the shot put, Brendan Kelley was ninth with a toss of 35 feet and Joey Spinae was 10th with 34 feet, five inches. Michael Marrone was 13th with a toss of 31 feet, one inch and Miles was 25th with a throw of 23 feet, nine inches.

Winnisquam
The Winnisquam girls' team placed 12th in the meet.
In the 55 meters, Joy Roberts was 26th with a time of 8.78; Ilijana Markelic was next with a time of 9:00 and Daisy Burns was 51st with a time of 10.07.
In the 1,500 meters, Faith Gosselin placed fourth with a time of 5:25.80 and Jasmine Piper was seventh with a time of 5:55.69.

In the 55-meter hurdles, Markelic was 10th with a time of 11.20 and Roberts placed 13th with a time of 11.44.
In the 4X400 meters, Winnisquam was eighth with a time of 5:17.52. The team included Gosselin, Markelic, Piper and Roberts.
Roberts was second in the high jump with a leap of four feet, eight inches.
The boys tied with Belmont for 11th place.
In the 55-meter dash, Ryan Bellville was 32nd with a time of 7.99 and Mason Ivester was 47th with a time of 9.33.
In the 600 meters, Evan Griffin was fourth with a time of 1:35.13 and Sheamus Dunn was 16th with a time of 1:43.63.
In the 1,500 meters, Dylan Robert was fifth with a time of 4:33.89; Riley Mann was eighth with a time of 4:50.07 and Brennan Dunn was 15th with a time of 5:41.36.
In the 55-meter hurdles, Ryan Bellville was 10th with a time of 10.81.
In the 4X400-meter relay, Winnisquam was seventh with a time of 4:09.30. The team is made up of Dunn, Griffin, Mann and Bellville.
In the high jump, Bellville was fourth with a leap of five feet, two inches.

Amy Annis Volleyball Tournament a success

GILFORD — The eighth annual Amy Annis Volleyball Tournament was a huge success. The tournament was held on Jan. 6 in the Gilford High School and Middle School gyms, with 12 teams consisting of high school, college and adult players competing in three different pools.
After the completion of pool play, the top two teams with the best record went into the Gold Division single elimination tournament and the bottom two teams from each pool went into the Silver Division single elimination tournament. The 12 teams were Chafing the Dream, Gilmylanders, Hit For Brains, J-Dog, Killer Coaches, Kiss My Ace, Notorious D.I.G., Pass Set Crushers, New Kids on the Block, Serv-ivors, Team Amy and The Loons.

The Gold Division semifinal matchups featured Hit for Brains vs Chafing the Dream and Killer Coaches vs. Kiss My Ace. Chafing the Dream and Killer Coaches both won in the semifinals, earning a spot in the Gold championship match. Chafing the Dream beat the Killer Coaches in two games by the scores of 25-13 and 25-23 to win the Gold championship.
The Silver Division semifinal matchups featured Notorious D.I.G. vs. Pass Set Crushers and Serv-ivors vs the New Kids on the Block. Notorious D.I.G. and New Kids on the Block won and faced each other in the championship



Chafing the Dream won the Amy Annis Gold Division. Pictured (l to r), Brady Caldwell, Elyssa Clairmont, Katilyn Tedeschi, Erica Doubleday, Ferdinand Suwandy, Marybeth Schwendner and Ryan Sandberg



New Kids on the Block won the Amy Annis Silver Division. Pictured (l to r), Seamus Therrien, Brooke Beaudet, David Hart, Abby Warren, Connor Sullivan, Alexa Price.

match. New Kids on the Block prevailed in two games for the Silver championship.
The event raised \$2,402.81 for the Amy Annis Scholarship Fund and the American Cancer Society.
Annis lost her battle to cancer at the age of 32 and this tournament is a celebration of her life and passion for team sports.
A special thanks goes out to the companies and people who sponsored each of the teams entry fee: Mas-Con Corp, Pass Set Crush Volleyball Camp, Loon Point Appraisal Services, Granite State Glass, Jonathan Dupuis, and Roget Bolduc. Also, all participants were given gift cards donated by McDonalds.

Preseason tourney renamed Tom Lovett Football Jamboree

WOLFEBORO — The Kingswood football team's preseason jamboree has officially been named after former coach Tom Lovett.
This year's tournament will be taking place at Kingswood Regional High School on Aug. 24, from 9 a.m. to 1 p.m.
New coach Paul Landry hopes to have 16 teams divided among three different divisions, with four from Division II north, four from Division II south, four from Division III and four from Division IV. Each team will play four games, two on grass and two on turf, with each game lasting 25 minutes.

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AUCTION

#3 - View from Ore Hill Road, Warren, NH

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Thursday, February 7th, 2019

- FIRST AUCTION** at 11:00 a.m. - Auction Location: River Road, Bristol, NH
#1: River Road is a 10.97± acre parcel of vacant land with frontage on River Road totaling 256'±. The lot overlooks the Pemigewasset River which is directly across the street from the lot. Tax Map 220, Lot 008
- SECOND AUCTION** (2 Properties) at 1:00 p.m. - Auction Location for both properties: 758 Tenney Mountain Highway, Plymouth, NH
#2: 758 Tenney Mountain Highway, Plymouth, NH is a 10.4± acre parcel of vacant land with 675'± of frontage on the Tenney Mountain Highway. Town sewer at street. Commercial Industrial zone. Tax Map 213, Lot 029. Assessed Value: \$185,800
#3: Ore Hill Road, Warren, NH is a 45± acre parcel of vacant land with 180-degree views of Mount Moosilauke and the White Mountain National Forest. Tax Map 235, Lot 004

TERMS: Five thousand-dollar (\$5,000.00) deposit per property in cash, certified check, bank check, or other instrument deemed acceptable to mortgagee at time and place of sale. Balance due at closing within forty-five (45) days of sale. Subject to all terms of mortgagee's notice of sale. Properties #2 & #3 will be sold from 758 Tenney Mountain Highway, Plymouth, NH.

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Bob Williams 603-455-0275



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Mary Seeger 603.630.8723

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 Residential & Commercial



Thornton, NH - This home was featured in The Boston Globe for its unique design which incorporated triangles into almost every room. When you enter you are struck by the beauty of the maple walls, soaring ceilings with skylights and beautiful stairway. Down the hall the chef's quality kitchen is a work of art and features an AGA stove & large island. The kitchen opens out to a large living space with a beautiful stone fireplace at its center. You'll enjoy a sense of tranquility as you step out of the living room onto the large deck to listen to the brook that flows through the back yard. Upstairs you'll find delightful spaces around every corner...from the loft space to the master suite with sitting area & walk-in closet. Discover the lavish library, media room with a full Bose stereo system, wet bar, and 3rd bedroom. Professionally landscaped garden & natural swimming pool artfully sculpted with rocks and flowing grasses. Full basement with workout room & 3 car garage. Home is currently being updated, and some of the works are in progress, but a visit will show the care to detail, and special touches including high-end finishes and fixtures throughout.

MLS#4733079 Offered at \$449,700

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Ashland Lumber
Division of BELLETETES, INC.

Boom Truck Driver

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

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

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

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



Lumber Counter

We are looking for full time (or possibly a part time person) to work at the lumber counter at our Moultonborough 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. Weekend hours required on a rotating basis.

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

Leigh Duquet, Store Manager, A&B Lumber/Barns
121 Whittier Highway, Moultonborough, NH 03254
or you may email to lduquet@belletetes.com

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Ticket Sellers
Snow sports Desk
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Ski School
Rental Shop

To apply online please visit: www.loonmtn.com/jobs
Equal Opportunity Employer



A division of Belletetes, Inc.
Hardware Sales

We are looking for a full-time hardware sales person who enjoys people and has good customer service skills. Knowledge of paint, plumbing and electrical as well as a basic understanding and knowledge of hardware preferred but not required. Weekend hours required on a rotating basis.

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

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



Full-Time Installers Assistant

Energysavers Inc, a 44 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH



Division of BELLETETES, INC.
Delivery Driver

Belletetes has an immediate opening in our Ashland Lumber location for a full-time delivery driver. The hours are Mon-Fri. and some weekend days required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Heavy lifting is required.

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

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

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



Heavy Equipment Mechanic

If you are a skilled Heavy Equipment Mechanic and want to be part of an outstanding team, apply now! This full-time, year-round, benefited position maintains and repairs grooming machines, shuttle buses, trucks, and vehicles. You will need 3-5 years of experience to join our much appreciated group of mechanics. A CDL with air brakes is preferred, or can be obtained.

For more info or to apply on-line visit www.loonmtn.com
Equal Opportunity Employer



A division of Belletetes, Inc.
Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must.

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

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

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

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A division of Belletetes, Inc.
Lumber Counter

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

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

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

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



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Upper Connecticut Valley Hospital

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

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Apply On-line at www.ucvh.org
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EOE

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info@cornerhouseinn.com

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LNA TRAINING OPPORTUNITY
OFFERED AT GRAFTON COUNTY

Have you thought about becoming a Licensed Nursing Assistant but maybe you haven't had the time or the money to take the class? We would like to help with that! Grafton County is offering a great opportunity for full-time employment AND sponsorship to complete the LNA training program held at the nursing home. Selected applicants would be employed full-time in a Unit Aide position while enrolled in the training program. Once licensed, participants would then transfer into a vacant LNA position.

For further details and an application please contact:
Grafton County Human Resources at
787-2034 or stop by our office at
3855 Dartmouth College Highway
North Haverhill, NH
E.O.E

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POTENTIAL



TOWN OF MOULTONBOROUGH ASSESSING TECHNICIAN

Full-time, 40 hours per week, position with benefits. A successful candidate performs duties using technical and clerical assessing functions under the direction of the Town Assessor; interacts with the public, understands state laws, rules, regulations and guidelines, occasionally performs field work such as measuring buildings and collecting property data. Minimum requirements include high school diploma or equivalent, two years of general office experience, knowledgeable in basic word processing and spreadsheets, with strong multi-tasking and people skills. Knowledge and/or experience in property assessing preferred. The ability to obtain NH DRA certification as a measure and lister within 18 months of employment is required. Detailed information, including the job description, is available at the Town's website, www.moultonboroughnh.gov, Employment Opportunities.

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.

WANT TO TAKE A ROAD TRIP? COME TALK TO US!

FULL TIME & PART-TIME DRIVERS WANTED

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

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

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

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



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



We are currently looking for an
Executive Sous Chef
to work along with the
well-known
Executive Chef
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Not only do we provide competitive wages but we offer the best benefits package in the North Country.

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Contact Bob Hunt for more information at (603)-745-2244 x 5275

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on Loon

The Mountain Club on Loon
90 Loon Mountain Road, Lincoln, NH 03251
lpabon@mtclub.com • mtclub.com • (603) 745-2244 x 5272

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2019-2020 School Year

Administrative Staff

Principal (Lancaster Elementary School)

Director of Student Services

Professional Staff

Director of School Counselors

School Psychologist (District-Wide)

All applicants must apply on Schoolspring.com

Paper applications will not be accepted.

Substitutes Needed for Teachers, Nurses,

Paraprofessionals, Custodians, Cooks

For further information, contact:

Roxanne H. Ball, Adm. Assistant to the
Superintendent of Schools/Human Resources
White Mountains Regional School District
SAU #36

14 King Square

Whitefield, New Hampshire 03598

TEL.: 603-837-9363/FAX: 603-837-2326

Email: rball@sau36.org



Upper Connecticut
Valley Hospital

FULL TIME OPPORTUNITIES

- ENVIRONMENTAL SERVICES TECH (HOUSEKEEPER)
40 hours (M-F, 12:00pm – 8:30pm)
- MT/MLT – 40 hours (Day Shift M-F)
- RN CHARGE – 36 hours (Night Shift)
- RN CHARGE/M-S – 36 hours (Night Shift)
- ULTRASOUND/ECHO TECHNOLOGIST – 40 hours
- RN CHARGE/E.D. – 36 hours (Night Shift)
- RN M-S – 36 hours (Night Shift)

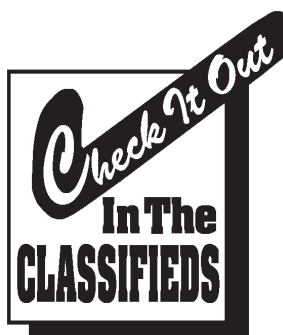
PART TIME OPPORTUNITIES

- RADIOLOGY TECHNOLOGIST (32) hours (Day Shift)

PER DIEM OPPORTUNITIES

- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- RN

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

Inspiring and empowering people to reach their full potential

NFI North Array of Services, Davenport School an all girls' Residential Treatment Facility located in Jefferson NH has the following positions:

Direct Care Counselor (Full Time & Relief): Ideal candidates will have prior experience working with adolescents and thrive in a team oriented environment. You must be flexible and available to work evenings and weekends. Bachelor's degree preferred however must have at least 12 credits in Human Service field and be actively working towards a bachelor's degree. Relief is an excellent opportunity for college students seeking internship hours or individuals interested in working some hours during the evenings, nights, weekends and occasionally days. Full time positions start at \$15/hr.

Nurse (RN or LPN): Responsible for performing nursing assessments, scheduling & transporting to medical appointments, dispensing meds, and ensuring all health needs of consumers are addressed in a team oriented collaborative approach. Flexible schedule with 4 day work week. Ideal candidate is an enthusiastic, team oriented individual with pediatric or adolescent nursing experience.

We offer an excellent benefit package for full time employees with health and dental, paid vacation, sick and holidays, tuition reimbursement, excellent training, career growth and supportive work environment. NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America, an accredited, nonprofit college designed to develop working adults through cost effective, competency based higher education. **Not only do we offer our employees access at incredibly low and affordable rates but now you can also enroll your immediate family members.**

Please send resume and cover letter to: Program Director, PO Box 209, Jefferson, NH 03583 or email nfinorthhr@nafi.com

Visit www.nfinorth.com EOE/AA

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Hospital**

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CODER

Health Information Management

Full-Time (40 hours)

- Day Shift
- Monday through Friday
- Certification required

PAIN CLINIC REGISTERED NURSE

Specialty Practice

Full-Time (40 hours)

- Day Shift
- Monday through Friday
- NH Nursing license required

PHLEBOTOMIST

Laboratory

Per Diem (Paid 10% above base rate)

- Day and Evening Shifts, may include Weekends/Holidays
- Draws blood specimens from patients

If interested, please apply online to:

Human Resources Department
ANDROSCOGGIN VALLEY HOSPITAL
59 Page Hill Road, Berlin, NH 03570
www.avhnh.org



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Mon-Fri 8:00-4:00

or place online 24/7 at

www.salmonpress.com

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www.RozzieMay.org or call

603-447-1373

General Help Wanted

Genera laborer wanted

in Waterville Valley, NH. Flexible hours. Competitive wage above minimum. Text 603-530-2083 or email hixonpete@gmail.com

GSIL is seeking compassionate individuals who are looking to make a difference in others lives and help them to live independently. Prior personal care experience is helpful but, we are willing to train the right people. If you would like to become a Personal Care Attendant or looking for more information please contact Recruitment at 603-228-9680.

The pay rate for this position is \$10.25-10.75 per hour. We offer a flexible schedule and paid training.

Help wanted: Nursery care provider Sundays 9 to 11 am


Infants/children to 4 years through June 16, 2019. Flexibility for special occasions, 18 years of age, Early childhood education, CPR certification for infants/children, background check - Contact: dre@starringfellowship.org or 603-996-1206

YMCA Camp Mi-Ti-Na in Alton NH, is seeking a Facility Staff member. This position is integral in maintaining the facilities and grounds at camp. Ideal candidates will have experience in various trades. This is a full time year round position with benefits set to begin April 4th 2019. Please submit resume or application to Matt Hanson at mhanson@graniteymca.org by February 15th, 2019.

Part-Time Help Wanted

Office Assistant (PT), Bristol - Mayhew Program seeking the right person — upbeat, skilled and team-oriented - to help with and complete important administrative and fundraising responsibilities. Please email or send a letter of interest and resume prior to 1/21/19 to Jim Nute, Executive Director, jim@mayhew.org, Mayhew Program, PO Box 120, Bristol, NH 03222.

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, r 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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To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

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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Plymouth in town. 4 room office unit with Plenty of parking. Conveniently located at Plymouth Professional Place. Gas heat and central air. \$640 per month. Call Russ 536-1422

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26 Highland street

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sunny porch

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Please call Brian at 536-2300.

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