

2019: The year that was



Robert “Bob” Stevens presided over Belmont’s Old Home Day parade in 2019 as the town celebrated its 150th Anniversary.

BY DONNA RHODES
dhrhodes@salmonpress.news

REGION – The Year 2019 will long be remembered for the abundance of events, community development projects, and of course, history, as both Belmont and Tilton celebrated the 150th anniversary of their towns’ incorporation.

Hosting several family-based events throughout the year, Belmont began with a grilled cheese family dinner and comedic juggling. Children from the elementary, middle and high school

took part in a special mural project honoring the town’s past, present and future and a traveling 150th Anniversary photo booth gave everyone the chance to memorialize the year 2019 with a picture. Belmont was officially incorporated on July 5, 1869, so on that day in 2019 a proclamation from the governor was read and residents celebrated their designation as an independent town, no longer part of the Gilmanton.

In August, Old Home Day was even more exciting as the celebration



David Witham, accompanied by his wife Maureen, was honored as Sanbornton’s Grand Marshal during their Old Home Day festivities in 2019.

continued. Beginning with the annual 10-Mile Road Race and Tioga Fun Run, there was music on the bandstand, vendors surrounding the town green, pony rides, and plenty of food. Robert “Bob” Stevens served as Grand Marshal of the parade, joined by selectmen, the 2019 Belmont Good Citizens Morgan Ferguson and Kelly Hayes, and many floats and marching entries, including like the Belmont High School Marching Band. Following the fire department’s traditional chicken bar-

becue dinner, crowds moved to Bryant Field for more live music and activities, leading up to a spectacular fireworks display.

An outdoor fall festival, Halloween Trunk or Treat, a special Sesquicentennial Dinner Dance and Santa’s Work-



Citizens of the Year for the Tilton-Northfield Old Home Day celebrations this year were Joe Jesseman of Tilton and Scott Haskins of Northfield who had fun riding the parade route in June.

shop rounded out the year of fun. In December town officials also buried a time capsule to be opened in 25 years when the town is 175 years old.

The Town of Northfield already had its Bicentennial in 1980,

and this year, the town was busy working on a Community Profile and economic growth projects to help attract new businesses and tourists to their town. Current

SEE 2019, PAGE A6

Spaulding Youth Center hosts annual Multicultural Celebration



NORTHFIELD — Spaulding Youth Center hosted its annual Multicultural Celebration on its Northfield, New Hampshire campus on Friday, Dec. 20. Generously sponsored by Northeast Delta Dental this year, the event celebrates holiday customs throughout the year and from around the world.

Leading up to the celebration, each of the twelve classrooms conducted extensive re-

search to explore one specific custom to present at the celebration. The classroom then created festive decorations, costumes, foods, musical performances, videos and dance routines to share their findings. This year’s presentations included Dominican Republic’s Carnival, Greece’s Full Moon Festival, a Chinese Lantern Festival, the Viking holiday Up Helly Aa, Russia’s Mardi Gras Maslenitsa, Burning

Man, Kwanzaa, and the Festival of Gingerbread.

“Northeast Delta Dental is proud to support such a celebrated educational event on the Spaulding Youth Center campus,” said Lisa Rousseau, Community Relations Specialist at Northeast Delta Dental. “The academic focus, inclusive spirit and celebratory ambience are a powerful recipe for event success and a significant influence during this most joyous time of year. We were honored to be a part of this year’s Multicultural Celebration.”

“The Annual Multicultural Celebration is one of our most unique and diverse events here on campus,” said Susan C. Ryan, CEO & President of Spaulding Youth Center. “Students put a great deal of effort into researching and preparing for their presentations. Not only do the kids find the research and creative aspects engaging, but projects like this serve as an opportunity for students to develop public speaking and performance skills which boosts their self-confidence and gives them a well-deserved feeling of accomplishment.”

Family, friends and supporters were invited to attend the Spaulding

SEE CELEBRATION, PAGE A6



Heidi and Tim Loring at HT Farm in Belmont.

COURTESY

Local conservation champions recognized

REGION — The New Hampshire Association of Conservation District honored Jan Hooper as 2019 Educator of Year.

Jan Hooper, a Center Harbor resident and former eighth grade science teacher, led volunteer efforts to reconstruct the Wetland Walk, a quarter-mile interpretive boardwalk trail at Gunstock Mountain Resort for the Belknap County Conservation District. Hooper recruited hundreds of volunteers to assist with minor repairs and maintenance of this accessible trail which the Conservation District built 25 years ago under her leadership with grants, local donations and volunteers.

In 2019, Hooper coordinated on-the-ground

with contractors for major reconstruction of the Wetland Walk under a NH Recreational Trail Program grant. A Wetland Walk Opening Ceremony is planned for next spring. In addition to the Wetland Walk effort, Jan Hooper helped create the NH Envirothon, a statewide environmental science competition for high school students in 1991. She continues to lead their annual fund drive and assisted with transitioning the new NH Envirothon Coordinator.

The 2019 Belknap County Conservation Cooperator of the Year is HT Farm in Belmont, owned and operated by Heidi and Tim Loring. The Belknap County Conservation District selected the Loring’s for

this honor to recognize their innovation and use of best management practices. Tim and Heidi raise Belted Galloway beef cows at their farm in Belmont and partner with Steele Hill Resort and a lease in Gilford to pasture cows and grow hay. Their innovations

SEE CHAMPIONS, PAGE A6

INDEX

Volume 11 • Number xx	
xx Pages in 2 Section	
Classifieds.....	B4-9
Editorial Page.....	A4
North Country Notebook...	A5
Obituaries.....	A6
Sports	B1-3
©2019, Salmon Press, LLC.	
Call us at (603) 279-4516	
email: steamer@salmonpress.news	

2019: The Year in Photos



THE WINNISQUAM ECHO:
The next best thing to word of mouth advertising!

MEET YOUR SALES REPRESENTATIVE

TRACY LEWIS

603-616-7103

Call Tracy today at (603) 279-4516 ext. 182 or e-mail tracy@salmonpress.news
Our advertisers trust us, our readers trust our advertisers!

www.salmonpress.com



HAPPY BIRTHDAY!

Don't forget...it's time to have your

CAR INSPECTED

If your birthday is in January
your car inspection is due by:

1/31/20

RELIABLE
AUTO SERVICE

Sanborn Auto Repair
HOME OF SPARKY AND BUSTER
TUNE-UPS – EXHAUST – BRAKES
ROAD SERVICE – STATE INSPECTION

316 COURT ST.
LACONIA, N.H.

PHONE
(603) 524-9798




Happy NEW YEAR!



CAUTION
Drivers
YOU HOLD THE KEY TO
OUR CHILDREN'S FUTURE






Winnisquam Echo

ADVERTISE WITH US
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:
WINNISQUAM ECHO
(603) 279-4516 OR
SAM LOVETT
(603) 677-9085
sam@salmonpress.news



SEND US YOUR NEWS AND PICS
MyEcho@SalmonPress.news

TO FAX THE ECHO:
CALL (603) 279-3331

TO PRINT AN OBITUARY:
E-MAIL: news@salmonpress.news

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: news@salmonpress.news

TO SUBMIT CALENDAR ITEMS:
E-MAIL: news@salmonpress.news

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

WWW.SALMONPRESS.COM
(603) 279-4516

A SALMON PRESS PUBLICATION
ECHO STAFF DIRECTORY

USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St.,
Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

BARNZ's

MEREDITH CINEMAS
Meredith Shopping Ctr. • 279-7836
844-4BARNZS

CALL THEATER FOR SHOWS & TIMES

Find us online at: BarnZs.com 

2019: The Year in Photos



Wonderful Things
Come In Small Packages...

Old Man
Pendant

from
\$35

especially if they're from
Alan F. Soule Jewelers
286-8649
422 W. Main St.
Tilton, NH
(across from Winnisquam HS)

Gold • Sterling • Diamonds
Colored Stones • Repairs
Custom & Handcrafted Items
Wedding & Family Jewelry

 **Ossipee Owl**

Used Books and MORE!
603-539-4296

Check out our
Sterling Rings!

"Hand-Made"
Tree Skirts • Table Runners • Lap Quilts • Pot Holders
Hot Mats • Doll Clothes • Spoon Bracelets

Used Books!! Lots of 'em

COOKBOOKS 1/2 off

OPEN: Wednesday - Saturday 9:30 - 5:00
#485 ROUTE 16, OSS�PEE, NH "NEXT TO Big Moose RV"

Forest Pump & Filter Co.
Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING PUMP SYSTEMS
FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE
FOREST PUMP & FILTER CO., INC.
603-332-9037



**DON'T
TEXT
AND
DRIVE**

 **At Your ServiceNH**
Waste & Recycling

\$300
7 DAY RENTAL
15 Yard Dump &
Brush Dumpster

15 Yard ~ \$450.00 Includes up to 2 tons
2 Week Rental

Clean out the...
Garage • Shed • Attic • Mancave

Common Uses...
Construction • Renovations • Roofing Debris • Demolition

Curbside Trash Services

WEEKLY - BIWEEKLY - MONTHLY SERVICE
96 Gallon Tote Service Included
No Separation Required
Local Family Owned & Operated
No Contracts • No Hidden Fees

Doorstep Service also available call for Quote

Call 603-986-8149 today to talk trash Or visit our website www.AtYourServiceNH.com

BIG LAKE Taxi & Limo, LLC



Airport Shuttles to and from Portland, Manchester & Logan, Concerts, Nights Out, Mt. Washington cruises, large group discounts.
We'll take you anywhere you want to go!
Check out our website for prices and book your trip!
www.biglaketaxiandlimo.com
875-3365
Fully Insured and Airport Registered

**WE HAVE
A VEHICLE
FOR EVERY
OCCASION!**



**Not the time to
check your child's
car seat.**

Ad Council NHTSA safercar.gov/TheRightSeat Child Car Safety

STRATEGIES FOR LIVING

The search for significance

BY LARRY SCOTT

It was early afternoon at Rosalia (Washington) High, and along with most of my fellow classmates, I was awaiting the arrival of our director for our next choir practice. It was for me a favorite class, but for this young sophomore, the world suddenly came unglued.

Without warning, a group of the guys wrestled me to the floor, unbuckled my belt, drew my slacks down to my knees, then jumped up and quickly went back to their seats. Leaving me exposed and embarrassed, to say I was humiliated is to put it mildly; even the girls thought it was funny. Not this kid!

As the son of missionary parents to Peru, I was more Peruvian than American. Home schooled for most of my grade school years, I was uncomfortable in a classroom setting, clearly a fish out of water. I was the school “goat,” the one you messed with when things were slow. You cannot imagine, especially with my desire to be accepted, what this and several similar experiences did to me. It was a lark for them; for me, it was traumatic, an experience I cannot recall even now without deep emotional overtones.

It is axiomatic that each of us is in search of significance, driven to discover purpose and meaning to our lives, anxious to make a difference. The quest to be noticed and respected is a human trait, and the extent to which we will go to achieve it at times drives us to resort to the ridiculous.

We carefully craft our public image and yet ignore personal weaknesses that cry for attention; we attempt to impress our friends with homes and automobiles we can’t afford, so deeply in debt we can’t afford to retire; athletes excel in their sport, develop an enthusiastic following, yet have problems simply growing up. Why is that? It takes only a bit of honesty to realize many of us are in deep trouble. Without any objective standard of right and wrong, we flounder in the dark with no means to find our way.

But it need not be so. Moses, the adopted grandson of one of the most powerful men on earth, spent his first 40 years of life thinking he was somebody. After a run-in with the Pharaoh of Egypt, he escaped to the Sinai and spent forty years, isolated and forgotten, shepherding his father-in-law’s sheep, thinking himself to be a nobody. And then finally, at 80 years of age, God called him to lead his real family, the people of Israel, out of Egyptian bondage. It was only then that Moses discovered that God can take a nobody and make a somebody out of him!

I am no Moses, but I am deeply grateful for a God who is committed to my well-being as well. Even though I still find times when I am out of step with my peers, I have had to remind myself that it is not what others think about me, but what I think about me, and more importantly, what God thinks about me, that really counts.

And so, and despite what is happening in Washington, I face the new year with optimism and a commitment to pursue God’s best in my life. No resolutions, no promises, mind you; just a keen sense that God isn’t through with me yet and that the best is still to come.

For more thoughts like these, follow me at indenseoftruth.net.

.....

Send your letters!

Winnisquam Echo
P.O. Box 729
Meredith, NH, 03253

Our fax number is 279-3331.

Or, you can e-mail us at echo@salmonpress.news

Please include your name, address and phone number.



COURTESY

Art Association announces winner of monthly drawing

Kathy Lees of Northfield was the lucky winner in the monthly drawing of an original painting at the Lakes Region Art Association (LRAA) Gallery titled “Green Lane” donated by gallery member Mr. Audrey Rouget. Kathy learned about the gallery from reading about it in various newspapers including this one, and decided to check it out. “I was pleasantly surprised and impressed by the art and photography on display there, and entered their free monthly contest to win a painting or photograph, [and] I won,” she said. The next donated work of art was donated by gallery member by photographer Mr. Jay Fitzpatrick. It’s a scene of a river, with snow covered trees reflecting in the water as clear as a mirror. To enter and win, Visit the LRAA/Gallery, Tanger Mall, 120 Laconia Rd., Suite 132, Tilton, Thursday-Sunday, 10 a.m.-6 p.m.

Franklin VNA & Hospice wants you to help prevent cancer

This year, let’s prevent some cancer. No really. January is Cervical Health Awareness Month and whether you have a cervix or not, there are some easy steps you can take to help prevent this life-ending cancer.

Each year, nearly 13,000 women and girls are diagnosed with cervical cancer and more than 4,000 die in the US alone; the numbers are far greater globally. Who doesn’t want to impact that number and save the life of someone’s mother, sister, daughter or friend?

So what can we do? First, get vaccinated and encourage those around you to get vaccinated too. HPV

causes nearly all cervical cancer. Gardasil is a vaccine that prevents multiple strains of HPV infection, including the “High risk” types associated with cervical cancers. It’s recommended for anyone, regardless of gender, age nine to 45 by the FDA.

“High risk” HPV types also are associated with vulvar, vaginal, anal, penile, and many head and neck cancers, so even if you don’t have a cervix, this vaccine can save your life, and save the lives of your loved ones too.

Next, encourage the women 21 and over in your life to get a pap. Lead by example if you can, you usually only need one every

three to five years. I won’t lie, pap smears aren’t as fun as a wine and paint night, but they are quick and they can tell you, and your healthcare provider, if you have abnormal cells growing in your cervix. These abnormal cells need follow up. They can be an infection, or they can be HPV. Depending on the results, your healthcare provider will recommend the type of follow up you need. Early detection from pap tests is key to preventing those abnormal cells with high risk HPV from progressing to cervical cancer by ensuring you, or your loved ones, get follow up or treatment if needed.

Not all HPV progresses to cancer; there are over 140 million women and girls living with HPV in the US alone, and there’s not a common screening for men and boys, so we don’t have good numbers on how many of them are affected.

The bottom line is this; we can’t prevent all kinds of cancer. We can prevent this one.

Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice.

Choose local. Choose Excellence. Choose Franklin VNA & Hospice.

For more information, call Franklin VNA & Hospice at 934-3454 or visit www.FranklinVNA.org.

MARK ON THE MARKETS

Invest like a pro, even with your 401k!



BY MARK PATTERSON

The process of reviewing a client’s existing 401k, 403b or other retirement plans that they have accumulated during their working time, have revealed some commonality as far as allocations between stock and bond funds. Most clients tell me that they had heard that they should have some bond funds for safety and that they really do not have a plan or ever received help with these allocations. The return that their portfolio and the fees are often not realized as well. Many times, the “growth” in the port-

folio was attributed to their own investment and employer match, not fund performance. During the accumulation phase of investing it may be best to keep plowing money into your retirement fund with -out overthinking the whole process, but as you approach the distribution phase of life (retirement), risk, reward and sustainable cash-flow are key to a solid income plan.

First off, you can’t afford to screw up here. When we are no longer working, our income becomes fixed. Sure, we can work a part time job, but let’s plan so that the young people can have those jobs and we can be altruistic with our time.

A retirement income plan is really a statement of cash flows. Some have pensions, or maybe Social Security, these are sustainable cash flows guaranteed by the Government or an insurance company.

Then we have our 401k, 403b, IRA’s known as qualified

plans. This is where we need to derive sustainable income if our Social Security and pensions do not allow for sufficient cash flow. It may make sense to defer our Social security payments for the 8% growth from the government, and take income from our qualified plan in the interim. All this can be calculated for the best plan for you.

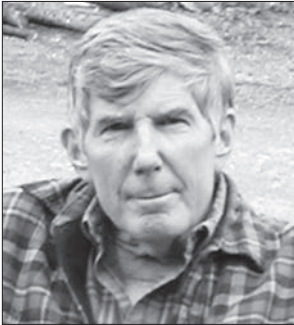
Insurance companies invest in investment grade bonds and mortgage backed securities that are considered safe and stable. Why don’t you? What I often see are mutual funds, stock or bond funds with no rhyme or reason. It is really not possible to invest in individual bonds in most retirement plans. That is why bond funds exist. What I show my clients is how to invest like the professionals and institutions, not retail clients. Mutual funds were really a means of diversification for small amounts of money. Attach a commission to them

and you have something that registered reps can sell you. By the time most people are approaching retirement, they may have enough assets in order to own their own portfolio of fixed income, like bonds and mortgage backed securities. You, the client then maintains control, has a sustainable and steady cash flow just like the insurance companies, banks and pension plans. The use of exchange traded funds or even mutual funds may be useful to invest in obscure or specialized sectors of the market. There are ways to convert retirement assets to self-directed IRA’s that opens the door to open architecture investing, referred to as “In-service distribution.”

If you have interest in what I am writing about, give me a call.

Mark Patterson is an advisor with MHP Asset Management. Mark can be reached at 447-1979 or mark@mhp-asset.com.

Cartridges for partridges, but whence the fisher (cat)?



By JOHN HARRIGAN
COLUMNIST

It wasn't exactly a partridge in a pear tree, but close enough--it was a partridge in an apple tree, which I spotted from the window over the kitchen sink, one of my favorite perches in the house. It was up there near the skyline, pecking away at an old dry apple.

I leaned on my elbows and kept a sharp eye. Where there was one partridge, there had to be two. After all, they have come through so much by this time of year, especially if they're this past spring's chicks--watching for predators on land and in the air, all the while learning how to scratch out a living.

They are so well camouflaged that it often comes down to just recognizing a shape that doesn't quite belong. With a partridge, which looks a lot like a Dutch bowling pin, you look for (yes!) a Dutch bowling pin.

Sure enough, there it was, a second bird lower down in the tree, pecking away. Ruffed grouse would grace the table just now, having been feeding largely on cranberries and apples. Not very long from now, after the realities of Deep Winter have set in, they'll taste more like the subsistence food they must get by on, poplar (aspen) buds, and the occasional seeds of spruce and fir.

+++++

Let's digress for a moment and talk about interchangeable terms, and finger-wagging. Interchangeable

terms often enter the lexicon, or vernacular, or common language, particular to a certain place. For instance, "wicked" is used in much of Maine, and even fringe areas, as an adjective to mean "really, really," as in "Those cookies were some wicked good." In most other areas, "wicked" is used only with "witch."

"Partridge" is one of those words that long ago crept into the language of northern New England, and goes all the way back to settlement times. People climbing down off big ships into rowboats to cross frightening combers and reach shore eventually encountered a bird that looked a lot like a certain bird back home, so they called it "partridge." This name stuck for generations, and indeed held on right into the present, where "partridge" is used with both ignorance and/or delight and/or respect and affection for old words to mean what the bird really is, "ruffed grouse." Not "ruffed grouse," mind you. That's a partridge you've somehow insulted.

Hence, upon sallying forth with shotgun close at hand and ammo the same, you're prepared with "cartridges for partridges," as said by Blondie Meserve as he steered his big old car into Felton Camp, and much later and just as inaccurately, Bunny Bunnell, positively sublime at the thought.

A cartridge is for a rifle, not a shotgun (that's a shell), and a partridge is a ruffed grouse, and there's a difference. But in the case of a certain strip of climate and terrain and habitat and custom that runs all across northern Maine, New Hampshire, Vermont, and upper New York, roughly along the 45th Parallel, halfway between the Equator and the North Pole, a ruffed grouse is Outside-Speak, while as



COURTESY

A male partridge (ruffed grouse) doing one of the more courageous things in the woods, considering fishers, foxes, bobcats and coyotes---drumming away in hopes for a mate.

Tip O'Neill never quite said, "All partridges is local."

+++++

This topic now takes us from a two-legged bird to a four-legged, hard-working, sleek little animal that is one of my favorites in all of the great outdoors, the fisher (cat).

Now, of course I know it is not a cat, and I suspect that almost everyone who puts the "cat" in there does too. I mean, come on---it's a member of the weasel family, for Pete's sake (are you listening, Pete?).

But beware the finger-waggers.

The latest to call us backwoods ignoramus out on this little bit of lexicon laissez-faire was the famous animal tracker, writer and photographer Susan Morse, in the pages of

my favorite magazine, no less, "Northern Woodlands." In a neat layout of photos and writing on this neat little creature, Susan puts all who savor the likes of partridges and fisher (cats) into a crowded wheelbarrow and takes us straight to the woodshed. There's hardly any space left for a wink and a nudge.

+++++

All right, I confess---I tack the "cat" on there (always in parentheses) just to goad the finger-waggers, who mostly seem to know the game and hardly ever bite. It must have galled this bunch no end when a certain baseball team got its name.

As I was about to tell my son on Christmas Day, before he threatened to fall over in a catatonic state of boredom, the Europeans

who stepped ashore down on the Gulf of Maine some four centuries ago didn't know much about local wildlife. They called any wild, screeching, cat-like creature "wildcat," for example, not bothering to differentiate between bobcat, lynx, catamount (cougar), and, for all I know, saber-toothed cat.

Then there was this sleek, shining little black animal that often moved like a cat, and could climb trees like a cat, and was about the size of a cat (okay, closer to a Coon Cat); and the local Piscataquas or Penobscots told the settlers they'd actually seen these little hustlers fishing, which, as a matter of fact, they sometimes do, whenever

er opportunity presents itself on some tiny little rivulet where they can trap a trout or a sucker with their quick, wide front paws.

Ergo, I give you, at the collective risk of a drive-by finger-wagging, the fisher (cat).

+++++

A promise is a promise, so here goes: Happy New Year, readers near and far---and all the best for Two Thousand-Twenty and beyond.

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

PUBLIC HEARING NOTICE GILFORD BUDGET COMMITTEE

JANUARY 16, 2020 7:00PM
GILFORD HIGH SCHOOL AUDITORIUM

The Gilford Budget Committee has scheduled 3 public hearings on Thursday, January 16, 2020 at 7:00 pm, to present its preliminary budget recommendations and to solicit public input on the proposed FY2020 Gunstock Acres Village Water District Budget, the FY2020 Town Budget, and the FY2020-2021 School District Budget, pursuant to the provisions of RSA 32:5. Following the public hearings, the Budget Committee will vote to finalize its budget recommendations, including its recommendations on appropriations for Town and School petition warrant articles.

All interested citizens are invited and encouraged to attend.

SHAKER REGIONAL SCHOOL DISTRICT NOTICE OF PUBLIC HEARINGS

The Shaker Regional School Board will hold two public hearings on the 2020-2021 Proposed Budget, as follows:

Canterbury Elementary School – Monday, January 13, 2020, at 6 pm. If school is closed due to inclement weather the meeting will be held Wednesday, January 14, 2020.

Belmont Middle School – Tuesday, January 14, 2020, at 6 pm. If school is closed due to inclement weather the meeting will be held Thursday, January 15, 2020.

Budget information for the public hearings will be located at the schools, both town offices, the town libraries, the Canterbury Country Store, the SAU 80 Office, and on the district website, www.sau80.org.



LEGAL NOTICE TOWN OF TILTON PUBLIC HEARING

The Tilton Board of Selectmen will conduct a Public Hearing on Thursday, January 16, 2020 at 6 p.m. The hearing will be held at Town Hall, second floor meeting room, 257 Main Street, Tilton, NH 03276 to receive public comment on the following warrant article for the 2020 Tilton Town Meeting:

To see if the Town will vote to raise and appropriate the sum of Four million seven hundred sixteen thousand five hundred eighteen dollars (\$4,716,518) for the purpose of building a new police station in Tilton; Four million seven hundred sixteen thousand five hundred eighteen dollars (\$4,716,518) of such sum to be raised through the issuance of bonds or notes under and in compliance with the Municipal Finance Act, RSA 33:1 et seq. as amended; to authorize the Selectmen to apply for, obtain and accept federal, state or other aid, and accept any donations towards this purpose, if any, which may be available for said project and to comply with all laws applicable to said project; to authorize the Selectmen to issue, negotiate, sell and deliver said bonds and notes and to determine the rate of interest thereon and the maturity and other terms thereof and further, to raise and appropriate the sum of thirty seven thousand two hundred and twelve dollars (\$37,212) for the 2020 payment of interest; and to authorize the Selectmen to take any other action or to pass any other vote relative thereto.

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

Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement

Edward Jones: Financial Focus

Time for Some New Year's Financial Resolutions

Have you thought about your New Year's resolutions for 2020? When many of us make these promises, we focus on ways we can improve some form of our health. We vow to get more physically healthy by going to the gym, or we promise to improve our mental health by learning a new language or instrument. But it's also important to think about our financial health – so it's a good idea to develop some appropriate resolutions for this area, too.

What kinds of financial resolutions might you make? Here are a few suggestions:

- Increase your retirement plan contributions. One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to

your plan, the more you put in, the lower your taxable income will be for the year, and your earnings can grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into to your plan. Most people don't come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it's certainly worthwhile to invest as much as you can possibly afford.

- Use "found" money wisely. During the course of the next year, you may well receive some money outside your normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill

- a gap in another investment account.
- Don't overreact to market downturns. You've probably heard stories about people who lamented not getting in "on the ground floor" of what is now a mega-company. But a far more common investment mistake is overreacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors.
- Be financially prepared for the unexpected. Even if you're diligent about saving and investing for your long-term goals, you can encounter

obstacles along the way. And one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren't prepared for these costs, you might have to dip in to your long-term investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your investment accounts. Or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months' worth of living expenses in this account. It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 – and beyond.

Devon Sullivan
Financial Advisor
164 NH RTE. 25
Suite 1A
Meredith NH 03253
603-279-3284
Fax 844-644-4469
devon.sullivan@edwardjones.com



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.

Member SIPC



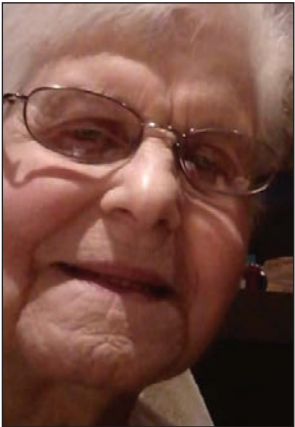
Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

Nancy A. Drechsel, 83

FRANKLIN — Nancy A. Drechsel, age 83, passed away unexpectedly on Dec. 25, 2019 at Mountain Ridge Center in Franklin after a brief illness.

Nancy was born on Dec. 24, 1936 in Plymouth. Her parents were Cedric and Beatrice (Rutherford) Kelly of Lincoln and Campton. Nancy was employed by Newberry's and Ames Department Stores, as well as Plymouth State College.

Nancy was predeceased by three wonderful husbands, Chet Raymond, Ralph Drechsel and Don Scott. She lived in various states as well as Bermuda while her husband, Chet was in the Air Force. Nancy resided in Campton with her husband Ralph. She



Nancy Dreschsel

traveled throughout the US with Don Scott until settling in Laconia. Nancy enjoyed arts and crafts.

Nancy is survived by her daughters, Karen and husband Chris Bunnell, Mari and her husband Howard Burnham, Lisa and her husband Jon Ryan and Susan Seaverns and her husband Walter Wright.

She is also survived by her stepson, Matthew Drechsel and his wife Ginger; Judith Scott Pelowe, Jonathan Scott, Jeffery Scott and Kaitlin Bell. She was predeceased by stepchildren Darlene Toomey and David Drechsel. Nancy also has many grand and great grandchildren.

Nancy's family would like to express their deep gratitude to the Mountain Ridge staff for their wonderful care.

A memorial service will be held on Sunday, Dec. 29, 2019 from 11 a.m.-1 p.m. at Mayhew's Funeral Home, 12 Langdon St., Plymouth.

In lieu of flowers, donations may be made to the Franklin Animal Shelter in Franklin.

CELEBRATION

Multicultural Celebration. The event serves as a fun and distinctive opportunity for audience members to discover and appreciate a wide variety of customs. This event also provides a creative, educational and festive way for the Spaulding community to honor the many traditions celebrated around

the world during the holiday season.

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.

CHAMPIONS

include working with Steele Hill resort for grazing and maple taps, experimenting with summer cover crop pasture seed mixes, installing roof water control devices on the barn and sugar house, and energy saving measures in maple sugar processing. HT Farms adopted a plan for rotation grazing on their home farm, fencing to protect stream and wetland areas, and use of pasture cover crops. In addition, HT Farm hosted workshops for farmers on rotational grazing and pipeline, well and livestock water needs provided by Belknap County Conservation District and the Natural Resource Conservation Service.

2019

CONTINUED FROM PAGE A1

focus is on promoting recreation, including mountain biking at Highland Mt. Bike Park and kayaking to hiking and biking on the Win-nipesaukee River Trail, which stretches from Route 140, through Tilton and Northfield to the City of Franklin.

Northfield also was the scene of a lot of fun in June when the joint Tilton-Northfield Old Home Day festivities got underway. To include Tilton's 150th "birthday" the theme this year was "Celebrating Birthdays" and that included residents, some of whom entered floats honoring their loved ones. The parade began at Union Sanborn School, wound its way over Cannon Bridge into downtown Tilton, then crossed the river once again at Park Street where it traveled back through Northfield to The Pines. Horse pulling, pie-eating contests, a chicken barbecue, children's games and lots of community vendors kept everyone entertained throughout the day. As night drew near the celebration headed to Tilton's Riverfront Park for an incredible fireworks display over the river. Citizens of the Year who were honored for the day were Selectman Scott Haskins of Northfield and Selectman Joe Jesseman of Tilton.

Sanbornton is now busy preparing for a very special year in 2020, when the town will be 250 years old.

Tilton, a part of Sanbornton until 1869, was busy planning their anniversary celebrations at the start of 2019, which they scheduled to begin June 30, the day the town was incorporated. On that day they read several proclamations from state officials then opened a time capsule that had been buried on Island Park in 1969, the year of the town's Centennial. Inside were a number of items such as yearbooks, letters, newspapers and memorabilia from the Centennial Ball. All of it is been cataloged and photographed and will be placed in a new time capsule in June of 2020.

Other celebrations included a Street Fair with live music, an Indian Powwow, crafters, food, children's activities and

entries from residents who took part in the annual parade. Grand Marshal was Dave Witham who rode in an antique car with his wife Marlene. There was also a cribbage tournament, a safety fair at the police and fire station, antique cars, pony rides, children's activities and plenty of great food, including dozens of cakes from local home bakers. In December Lane Tavern held a wreath and craft sale and the following day young and old alike gathered in the Old Town Hall for a Christmas in Sanbornton celebration. There was violin and guitar music, a sing-along for the children, crafts, a photo booth, and light refreshments as the boys and girls awaited the arrival of Santa, who lit the town tree.

Sanbornton is now busy preparing for a very special year in 2020, when the town will be 250 years old.

Tilton, a part of Sanbornton until 1869, was busy planning their anniversary celebrations at the start of 2019, which they scheduled to begin June 30, the day the town was incorporated. On that day they read several proclamations from state officials then opened a time capsule that had been buried on Island Park in 1969, the year of the town's Centennial. Inside were a number of items such as yearbooks, letters, newspapers and memorabilia from the Centennial Ball. All of it is been cataloged and photographed and will be placed in a new time capsule in June of 2020.

Other celebrations included a Street Fair with live music, an Indian Powwow, crafters, food, children's activities and

a fun "Kiss a Pig" fundraiser. Contestants in that competition were radio personality Fred Caruso, Tilton Police Chief Robert Cormier and Selectman Jon Scanlon. People were asked to place money in a jar for the person they would most like to see kiss the pig and it was Selectman Scanlon who won the honor. Money raised was given to local food pantries.

Throughout the summer there were once again free concerts at Island Park. A few days before Halloween Main Street was shut down to traffic for the annual Downtown Trick or Treat event at the businesses, along with Trunk or Treat from area residents who wanted to get in on the fun. Once the sun set this year, however, approximately 150 zombies rose up and marched along Main St. to Island Park where the 150th Anniversary Committee held a special zombie dance and raffle for participants.

Last but not least was the Christmas Parade in December that was followed by visits with Santa at Riverfront Park and fireworks. The fun of 2019 is not done though as the party in Tilton will continue until June 30, 2020.

All in all, 2019 in the Winnisquam Region was certainly a great year for both residents and visitors alike. As we head into a new year, all of us at Salmon Press would like to thank the hard working volunteers and town officials who made this past year such a great success in each town and we wish everyone good health and great happiness in the year to come.

Author lecture: "Rediscovering Mt. Washington's Hidden Culture"

LACONIA — Over the course of one calendar year, Journalist Dan Szczesny explored the history and mystique of New England's tallest mountain. However, Mount Washington is more than just a 6,288-foot rock pile; it is the cultural soul of climbers, hikers and tourists from around the world looking to test their mettle against extreme conditions, in return for inspiration through its intense natural beauty.

From being on the team of a 97-year-old marathon runner; to dressing at Walt Whitman and reading poetry upon the mountain; to spending a week in winter cooking for the scientists at the observatory, the mountain became Szczesny's muse.

Join us Wednesday, Jan. 8 at 6:30 p.m. in Taylor Community's Woodside Building as Dan Szczesny turns a veteran journalist's eye



Dan Szczesny

toward exploring Mount Washington's place in the collective consciousness of the country. This free event is open to the public.

Follow Taylor Community on Facebook to keep up with all our free,

public events. Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to: obituaries@salmonpress.com Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format. Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 101 with any questions regarding the submission process.

MOONLITE KENNELS Boarding & Grooming Quality Care For Dogs & Cats SCOTT and LISA PARSONS 59 Autumn Drive E. Tilton (Lochmere), NH 03276 524-0995 inspection invited

NORTH COUNTRY COINS, LLC BUYING • SELLING • APPRAISALS Est. 1989 www.NCCNH.com TUES - FRI 10-5 • SAT 10-3 HIGHEST PRICES PAID All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals. NORTH COUNTRY COINS. Main St., Plymouth, NH 536-2625.

Pub Mania 2019 announces team awards

GILFORD — The books are now closed for Pub Mania 2019, with a record \$355,453 raised boosting the Children’s Auction to a record amount raised, totaling \$600,032. The 31 teams and team captains were celebrated at a banquet held at Patrick’s Pub & Eatery this past Monday.

Susan Cummins, Greg & Deb Peverly of the Verani Realty Reindeer took the award for Outstanding Participation. This award is tallied by the Pub Mania referees that keep an eye on all the teams’ efforts during the 24-hour event as participants are invited to take part in a variety of activities.

“We are so proud to be part of this amazing event to benefit children and families here in our communities,” shared captain Deb Peverly.

The Top Dollar award is presented to the team raising the most money. Again this year, the Laconia Harley Davidson Iron Butts, captained by Will & Kathy Swart and Lyndsey Cole were the top team with an amazing \$40,932 turned in.



COURTESY

2019 Pub Mania Team Captain Award Winners and Referees celebrate another record-breaking year. Front left to right: Lisa Cornish of the Real Downtown Santas (Feeding Families Award); Kathy & Will Swart of Laconia Harley Davidson Iron Butts (Top Dollar Award); Susan Cummins, Mitch Hamel, Greg & Deb Peverly of Verani Realty Reindeer (Outstanding Participation Award). Pub Mania Referees (rear left to right) Wendy & Jeff Beetle, Jennifer & Allan Beetle, Jennifer & Shawn Bailey, Kate Flaherty.

“We’re so thankful for the support of our staff, customers and our Harley Owners Group members,” said Will Swart, General Manager. “They have gone the extra mile in our 2019 fundraising efforts and participation in the event. Additionally, a special shout out to Anne and Steve Deli, owners of Laconia Harley Davidson. Their support of our team, and fundraising efforts, help

to make this all possible. This is an incredible way for us to give back to the community and we are looking forward to Pub Mania 2020.”

Team captains Lisa Cornish, Trish Tryon and Janet Brough of the Real Downtown Santas received the Feeding Families Award, collecting 3,239 of the 9,319 food items collected for the local food pantries.

Each of the 31 teams that make up Pub Mania has one or more captains that build a team of 24 people, one for each hour of the event.

“The team captains are the backbone of this event,” says Patrick’s co-owner Allan Beetle. “They inspire others to participate and fundraise to help kids here in the greater Lakes Re-

gion of New Hampshire. These awards are a lot of fun and help to create a healthy competition amongst the teams.”

One hundred percent of the funds pass directly to the Children’s Auction for distribution to the community. Proceeds from the Greater Lakes Region Children’s Auction are used for children’s basic needs, including food, clothing

and shelter as well as for programs and organizations that work to improve the lives of children and mitigate the need for these services.

For more information visit www.patrickspub.com/pubmania or for the Children’s Auction, visit www.childrensauction.com.

NORTHFIELD POLICE NEWS

NORTHFIELD — During the time frame of Dec. 16 – Dec. 22, the Northfield Police Department received 276 calls for service, some of which included:

Animal Complaints, Burglar Alarms, Assist to Other Agencies, Civil Matters, Domestic Disturbances, Structure Fires, Harassment, Medical Emergencies, Motor Vehicle Checks & Lockouts, Noise Complaint, Road Hazards, Scam, Sexual Assault, Reckless Operations, Motor Vehicle Accidents, Thefts, Vin Verification and a Wanted Subject.

Taken into custody were: Kimberly Huestis 39, of Northfield on a warrant for Deal/Possess Prescription Drugs.

Brian Baca 25, of Franklin for Domestic Violence; Simple Assault.

BELMONT POLICE NEWS

BELMONT — The Belmont Police Department reported the following arrests during the week of Dec. 13-20.

Douglas Paul Schnelle, age 40, of Belmont was arrested on Dec. 15 for Domestic Violence-Assault.

A juvenile was arrested on Dec. 15 for Operating Without a Valid License.

Derek S. Wright, age 31, of Bristol was arrested on Dec. 18 in connection with a bench warrant issued by Franklin District Court.

Kevin S. Greenleaf, age 33, current address unknown, was arrested on Dec. 19 for Criminal Mischief (Vandalism).

LACONIA — The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia is offering a wide variety of parenting programs this winter for parents with children of all ages.

Most classes are held in the early evenings and are offered free of charge, with free dinner and childcare available on-site each evening for families in attendance. Advance registration is requested for each program as space is limited. Assistance with transportation may be available with advance notice and approval.

Parenting classes scheduled for this fall include: Active Parenting for Stepfamilies (six weeks beginning Jan. 7) for parents looking to create harmony and stability in their stepfamily, while raising responsible, courageous children. Topics include blending family histories & traditions, establishing parental authority, improving communication and

more; Tenant 101 (four weeks beginning Jan. 7) helping families navigate housing challenges by educating them on how to evaluate potential apartments as well as how to successfully budget, apply, and interview for a rental property. This class also supports individuals in overcoming negative landlord references and learning to be the best tenant they can be; Nurture Hope (11 weeks beginning Jan. 8) a series for parents with children who have special needs and health challenges, designed to help families explore their hopes and fears, develop effective strategies for facing challenges, and recognize opportunities for celebration; Positive Discipline Practices & Techniques (six weeks beginning Jan. 9) focuses on discipline which is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices; Co-operative Parenting and Divorce (eight weeks beginning Jan. 28) where

participants learn to shield their children from parental conflict while establishing a co-operative long-term relationship with the other parent. Co-parents are welcome to attend class together, but it is not required.

Call Tricia Tousignant, Family Resource Center, at 528-0391, or email tricia.tousignant@lrsc.org for more information or visit our website at www.lrsc.org and review the Schedule of Current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by Lakes Region Community Services, Family Resource Center of Central New Hampshire.

LRCS’ Family Resource Center offers respectful, non-judgmental education, early intervention, and support to strengthen families and prepare children for success. Our belief is that strong families lead to

strong communities.

Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS’ work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit www.lrsc.org.

PET OF THE WEEK

Waiting for a forever home since November 5, 2019

Mindy came to us as an owner surrender through no fault of her own. At 13 years old, she is patiently awaiting the right family to give her the retirement home she deserves! She is very friendly and loves the attention of people. She could do okay with another older mellow cat, but would prefer to be the only cat in the home if possible. Mindy does have asthma, and is currently on medication to help control it. You can ask our adoptions staff more about her medical care if you are interested in adopting. If she sounds like the one for you, contact Joanna at 603-524-3252 ext. 3312 for more information on how to take her home!



MINDY

 **NH Humane Society**
Over a century of love for those without a voice.
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539



\$149
Chimney Sweep

Sweeps • Stonework
Brick Repairs • Liners
Caps • Installations
Fire Place Makeovers



Video Chimney
Inspections

603-520-7217



Fully Insured



COURTESY

Tilton Police Department welcomes new officer

During the week before Christmas, Police Chief Robert Cormier, his staff and the Tilton Board of Selectmen were pleased to welcome Officer Tyler Colcord to the Tilton Police Department.

BELMONT ELEMENTARY SCHOOL
TIGER ROLL

BELMONT — Belmont Elementary School has released its Tiger Roll for the first trimester of the 2019-2020 school year.

Second grade

Hallie Beaudoin, Dawn Corson, Taylor Cullen, Zachary Friend, Liam Letourneau, Audrey Littizzio, Daya Sottak, Gillian Varnum

Third grade

Lyllah Anstey, Samuel Binder, Beckett Chandonnait, Karen Chen, Jia Chiu, Amelia Collie, Owen Fortier, Camden Glennon, Punar Kaur, Evan Lemay, Ace McCant, Hannah McGee, Jordan Minaya, Mia Morfopulos, Neala Murphy, Aubrie Mussey, Zander Ober, Reese Paquette, Hayley Piatti, Meadow Rogers, Morgan Schofield, Cora Takantjas, Autumn Talbot, Noah Tran, Ilithya Vincent

Fourth grade

Sean Andrews, Emily Anstey, Jerica Beaulé, Isabella Boynton, Connor Brunelle, Finn Burbach, Sarah Cribbie, Farrah Cross, Hailey Dutton, Lyla Foley, Brennen Geoffrey, Della Liakas, Olivia McGonagle, Brooke Murphy, Aleena Nialetz, Elisia Perillo, Alex Rowley, Lillian Sheehan, Amelia Smith, Jeffrey Trent, Daniel Tripp, Adrian Wilkinson

Comfort Keepers
The respiratory system: Age-related changes & COPD

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Chronic obstructive pulmonary disease, more commonly referred to as COPD, is one of the most significant health problems facing adults in the U.S. COPD is a leading cause of death, falling just behind heart disease, cancer, and accidents. COPD represents a group of lung diseases, with the two most common being emphysema and chronic bronchitis. COPD is a progressive disease that becomes increasingly severe with age.

Symptoms of COPD include
Constant coughing

Wheezing
Shortness of breath
Coughing up mucus
Tightness in the chest

Because of its progressive nature and with increased age as a leading factor, there is a greater prevalence of COPD in adults 65 years of age or older. The good news is that many adults can easily reduce their risk of COPD through lifestyle management. The American Lung Association estimates that between 80-90 percent of COPD cases are the result of smoking. Unsurprisingly, secondhand smoke is a significant risk factor as well. Research also suggests that there

may be a link between poor air quality and COPD. Seniors should take the following steps to reduce their risk of COPD: Older adults that smoke should get support from a primary care physician and take steps to quit. There are many programs, services and products that can help. Seniors should avoid contact with secondhand smoke whenever possible. Reducing exposure to air pollution can help reduce symptoms. Many cities issue poor air quality warnings – when these warnings are in effect, seniors should limit outside activities.

Seniors should avoid airborne irritants (chemicals, fumes, etc.) in the home. A healthy diet and exercise plan, with direction from a physician, can improve lung function and overall health. Older adults should understand the impact of aging on their respiratory system and how to reduce their risk of any related diseases, illnesses, or conditions. Doctors may recommend getting vaccinations for both influenza and pneumococcal pneumonia in order to guard against further breathing complications.

Comfort Keepers® Can Help
As part of a health-care team, an in-home caregiver can assist with activities that slow progression of the disease, or reduce the risk for those with respiratory issues. Comfort Keepers caregivers can help by supporting physician-recommended health programs, preparing meals, encouraging prescribed physical activity, reminding seniors to take medications and providing transportation to scheduled appointments. Call your local office today to discuss our available services.

About Comfort Keepers
Maintaining senior health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor's office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.

Hall Memorial Library Happenings
Tilton/Northfield

Monday, Jan. 6
Chess Club, 2-5 p.m.
After-School Board Game Club, 4 to 6 p.m.
Try our after-school board game club at Hall Memorial Library! We will have a bunch of different games perfect for groups, solo, or one-on-one! Join us to try out some games you may have never heard of but will love!

Tuesday, Jan. 7
Spanish Club, 10 a.m.
Tech Tuesday, 2 to 4 p.m.
Self Care Session for Teens, 3 to 4 p.m.
- Teens, join us for an hour of self-care each week we will be practicing a different self-

care technique.

Wednesday, Jan. 8
Scrabble at Noon, 12 p.m. - a leisurely way to spend an afternoon with friends. Adults only.
Reading With Jellyroll, 4:30-5:30 p.m.
- Drop in and sign up to read to a lovely dog, Jellyroll!

Thursday, Jan. 9
Craft Time for Teens, 3-4 p.m. - Candle-holders for ages 12-18
Craft Time for Adults, 6 p.m. - Candle Making for Adults - Learn to make candles with Nancy Smart. Adults only. Sign up at the circulation desk

or call 286-8971 to register. \$10 material fee due at class.

Friday, Jan. 10
Sit & Knit, 2 to 5 p.m.

Saturday, Jan. 11
Babytime: Movement and Music, 10:30 a.m.

New Items
“I Found You” by Lisa Jewell
“Resurrection Pass” by Kurt Anderson
“The Fifth Column” by Andrew Goss (Large Print)
“Sunday at Tiffany’s” by James Patterson (Audio)
“Dog-Man: Fetch 22” by Dav Pilkey

Holiday magic surrounds
Family Resource Center

LACONIA — It was a night to remember for local families around the Lakes Region. Children lined up with their lists and waited in anticipation for their shopping elf to take them to the gift selection room. The annual Family Fun Night held on Monday, Dec. 9 provides children the opportunity to select gifts for their family members at a penny sale held at Lakes Region Community Services in downtown Laconia. The event, which takes weeks to organize, is not just for the kids. Entire families enjoyed getting their pictures taken with Santa, creating holiday crafts, dancing to live music by Don Bergeron, and eating a wonderful catered dinner, courtesy of Fratello’s in Laconia. Family Fun Night grows year after year; this time setting



COURTESY

Children smile from ear to ear as they pose for a picture with Santa.

a record at 197 children and 140 adults in attendance. “The local community comes together in such a fantastic way to support this event,” said Erin Pettengill, Vice President of the Family Resource Center. “Staff, volunteers, local busi-

nesses, and community partners provide these children with a holiday full of joy and support. From the gifts that were donated to the volunteers who gave their time to make this night so special, we would not be able to do this without them.”

SANTA'S BIG ORANGE HELPER

Clean Up Before the Guests Arrive!

THE DUMPSTER DEPOT
Waste Recycling Services

\$395

DUMPSTER RENTALS FROM

Wishing You A Happy & Healthy Holiday Season

TOLL FREE 1-866-56-DEPOT
LOCAL 603-783-8050
WWW.DUMPSTERDEPOT.COM

TOLL FREE 1-866-56-DEPOT
LOCAL 603-783-8050
WWW.DUMPSTERDEPOT.COM

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Dumpster Depot Bucks limit 1 per client on rental or pick-up on any regular priced dumpster. Not valid on loading, concrete, or any specially dumped material. Cannot be combined with other offers. Must present coupon at the time of order. Expires 1/30/20

Great Food, Fun & Entertainment

Patrick's
IRISH ROOTS - AMERICAN SPIRIT

FRI & SAT at the Pub

LIVE MUSIC IS BACK!

Friday NIGHTS LIVE

FRI 7PM

Live music with Matt Langley and guest.

Saturday Session

SAT 8PM

Enjoy live music with Justin Jaymes

patrickspub.com • (603) 293-0841 • 18 Weirs Rd. Gilford, NH 03249

BEST OF NH



Molly Sottak makes a pass for the Red Raiders.

BOB MARTIN



Becca Fleming surveys the court for Belmont.

BOB MARTIN

Raiders battle but fall short in Swanzey

BY BOB MARTIN
Bob@Salmonpress.news

SWANZEY – The Belmont girls' basketball team took the long bus ride to Monadnock on Friday night and while the Red Raiders

came out of the gate hot and had a one-point lead at the half, Monadnock turned things around in the second half and beat Belmont 36-31. “Great effort on the

road tonight,” said coach Mark Dawalga. “In a game that could have gone either way I thought our defense effort really gave us a chance.” Morgan Hall had a

great all-around night with 10 rebounds to go with six points. Courtney Burke had six points and nine boards, while leading the way on defense. Savannah Perkins

and Molly Sottak played with and had seven points and five points respectively. Sottak shared the ball well and had five assists. Lena Rodrigues, Emma Roberts and

Becca Fleming were all praised by Dawalga for the play on defense. It has been a tough start to the season for Belmont with four straight losses before SEE **GIRL HOOP**, PAGE B2



TURN YOUR PASSION INTO A CAREER

 **OPEN HOUSE**
Express

January 8th, 4pm-7pm

- ✓ Apply for Admission
- ✓ Schedule your Classes
- ✓ Apply for Financial Aid
- ✓ Tour the Campus & Student Apartments

What's your passion? Great careers start at Lakes Region Community College, and with more than 40 degrees and certificates to choose from, we can help you get started. Our students will tell you what they love about LRCC the most is the small town feel. They'll also tell you that we get to know our students and support them every step of the way for their time spent here – and beyond.

Come see for yourself. Attend our Open House Express and see what's possible. Complete the entire admission process and schedule classes on the spot...and there's NO application fee!

Don't wait to take the next step toward your career!

Pre-Register
Online &
Save Time



LAKES REGION
COMMUNITY COLLEGE
379 BELMONT RD,
LACONIA, NH 03246
(603) 524-3207



LAKES
REGION
COMMUNITY
COLLEGE

Bulldogs blank Berlin in season opener

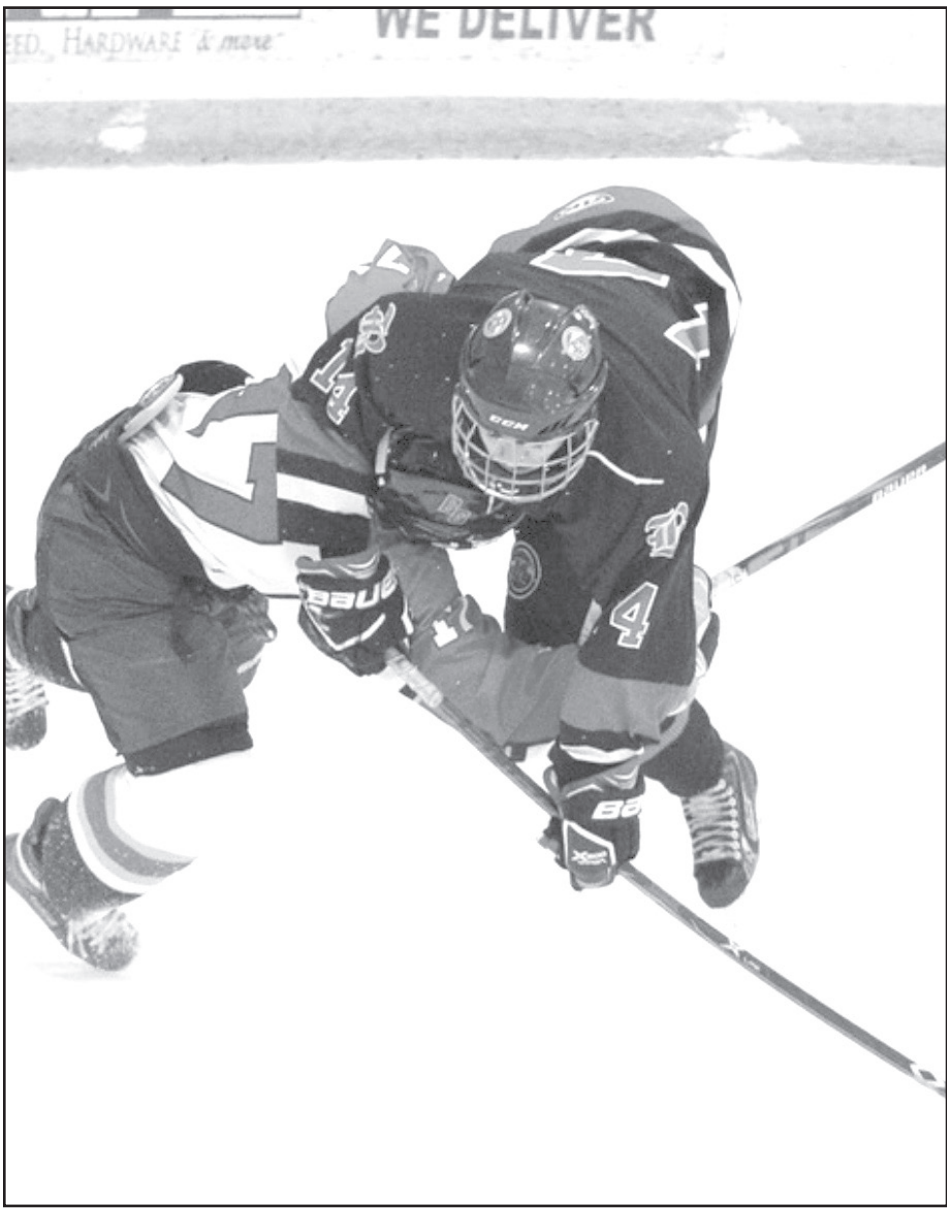
BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – The Belmont/Gilford hockey team was tested right out of the gate in an opening season match-up with Berlin last week, and the Bulldogs responded with a 3-0 victory at Merrill Fay Arena.

Games between B/G and Berlin have historically been evenly matched thrillers and this time was no different. It was a scoreless game after two periods despite Berlin blasting off 26 shots compared to nine from the Bulldogs. With 7:39 left, captain Hayden Parent scored the first goal of the season, with an assist credited to Griffin Tondreau.

The next goal was by Joey Blake with an assist by Nate Shirley at the 5:09 mark. About a minute later, Shirley scored the final insurance goal to make it a 3-0 game.

Colin McGreevy had 32 saves in the shutout



Parent said. “Great to be the key to success this winter.”

balance of seniors and underclassmen is gong

Raider track team competes at Plymouth State

BY BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH – The Belmont indoor track team competed at Plymouth State on Dec. 21.

The girls' team was ninth out of 14 teams overall.

In the 55-meter hurdles, Sana Syed was first with a time of 9.75.

In the 50-meter dash, Gabby Day had a fifth place time of 8.15; Jada Edgren was eighth with a time of 8.26; Emma Winslow was ninth with a time of 7.95.

In the 4X200-meter relay, Belmont was fourth with a time of 2:01.96. The team included Day, Syed, Edgren and Winslow.

In the long jump, Syed was 11th with a distance of 12 feet, 11 inches.

In the shot put, Ella Irving was 16th with a distance of 21 feet, one inch.

The boys' team was also ninth out of 14 teams. In the 55-meter dash, Lucas Mathieu was sixth with a time of 7.12; Brandon Robichaud was 17th with a time of 7.45; Joey Spinale was 26th with a time of 7.69; Michael Dandurand was 48th with a time of 8.41;

Nick Miles was 38th with a time of 8.01;

In the 300-meter dash, Eddie Mann was third with a time of 39.42; Lucas Mathieu was sixth with a time of 40.31; Micah Edgren had a ninth place time of 40.74; Nick Miles was 23rd with a time of 44.74.

In the 1,000 meters, Chris Pare was ninth with a time of 3:08.76 and Jared Whitcomb was 12th with a time of 3:10.39.

In the 4X400-meter relay, Belmont placed seventh with a time of 4:10.49. The team included Mann, Edgren, Robichaud and Pare.

In the long jump, Mathieu was fourth with a distance of 18 feet, 1.5 inches; Edgren was eighth with a distance of 16 feet, 6.25 inches; Brandon Robichaud was ninth with a leap of 16 feet, 6.25 inches and Nick Miles was 23rd with a distance of 13 feet, 10 inches.

In the shot put, Spinale was fourth with a toss of 38 feet, two inches and Dandurand was 11th with a toss of 30 feet, seven inches.

Bear boys and girls compete in second meet of the season

BY BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH – The Winnisquam indoor track team traveled to Plymouth for its second meet of the season.

The girls' team placed 10th out of 14 teams. In the 55-meter dash, Ilijana Markelic was 33rd with a time of 8.82 and Lucia Rodriguez was 52nd with a time of 9.66.

In the 300 meters, Milee Perrino was 35th with a time of 56.43 and Lucia Rodriguez was 37th with a time of 58.77.

In the 1,000 meters, Rosalie Slotta was 16th with a time of 4:19.31.

In the 1,500 meters, Faith Gosselin was second with a time of 5:18.46 and Jordan Boelig was eighth with a time of 6:04.30.

In the 55-meter hurdles, Markelic was sixth with a time of 10.95 and Gabby Isabelle was seventh with a time of 12.55.

In the shot put Isabelle was second with a toss of 28 feet, 10 inches.

The boys' team was seventh overall. In the 55-meters, Ryan Belleville was 30th with a time of 7.80.

In the 300 meters, Collin Phelps was 34th with a time of 49.67.

In the 600 meters, Evan Griffin was second with a time of 1:35.36. Sheamus Dunn was ninth with a time of 1:47.12.

In the 1,000 meters, Collin Phelps was 21st with a time of 3:36.97.

In the 1,500 meters, Robert Dylan took the win with a time of 4:25.62 and Brennan Dunn was ninth with a time of 5:18.38.

In the 55-meter hurdles, Ryan Belleville had a ninth place time of 10.73.

In the 4X400-meter relay, Winnisquam placed third with a time of 4:03.82. The team included Griffin, Belleville and Sheamus and Brennan Dunn.

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

COURTESY
Senior captain Hayden Parent and Berlin defenseman Dom Paradis battled for a puck in a shutout win for the Bulldogs.

win and earned praise by coach Jason Parent, who was pleased with the win in front of the home crowd.

“Colin McGreevy was the true star of the game, stopping 16 shots in the first period alone with some stellar saves, keeping the team in the game,”

Laker hockey squad drops first-ever game against champs

BY BOB MARTIN
Bob@Salmonpress.news

HENNIKER – The newly formed Laconia/Winnisquam/Inter-Lakes hockey team played its first ever game at New England College Arena against John Stark-Hopkinton, and while the Lakers lost 6-3, coach Paul Wheaton was happy to see the team put up a fight against a tough team.

“I am pleased with how we played in our first game,” said Wheaton. “We got down early but refused to quit. The players stood up for each other and took the play to the Hawks. It was a physical game with high tempo and I am proud of how the players came together and played as a team. As a newly formed organization, we have only been together for a few weeks and I am encouraged by my players work ethic and intestinal fortitude.”

It was a hard fought, physical game from the start. The Hawks took an early 4-0 lead after one period, but the Lakers came woke up in the second period with a pair of goals. It was 5-3 late in the third period when the Hawks scored a sixth goal with less than a minute on the clock.

The Lakers were out-shot 36 to 14 in the game. Leading the charge scoring charge was Matthew Nichols with a goal and an assist. Blake Dunlap and Hanna Max scored the other goals. Andrew Spicuzza and Ryan Bousquet each had assists.

Next up for the Lakers is Monadnock-Fall Mountain on Jan. 4 at the Merrill Fay Arena with the puck dropping at 4 p.m.

Intro to curling offered Sunday at PSU Ice Arena

PLYMOUTH — Are you are one of the many who have been fascinated by the sport of curling? Have you had the burning desire to deliver a stone down the ice and feverishly sweep it into the house, well now is your chance.

The Plymouth State Ice Arena will be offering a four-week Intro to Curling program, beginning Sunday, Jan. 5, at 7 p.m., each session will be two hours in length. Over the four weeks, they will focus on the fundamentals of curling, how to deliver a stone and how to sweep. The beauty of curling is that it can be enjoyed by an array of people. There is no running, there is no jumping, there is technique and strategy. Given that the game is played on ice wearing sneakers, balance is paramount. Luckily, this skill can be improved on by simply playing the sport.

The most physical aspect of curling comes from furiously sweeping in front of the stone as it glides down the opposite end.

To sign up, please register online at plymouth.edu/arena/curling, space is extremely limited so please don't hesitate, sign up today. If you have any questions, please contact the ice arena at psu-icearena@plymouth.edu or 535-2758.



Savannah Perkins makes a move to the basket for the Red Raiders.

GIRL HOOP
CONTINUED FROM PAGE B1

the holiday break. The Red Raiders had some

time off before the annual Lakes Region Holiday Tournament in Gilford, and results will be in the next edition.

The next regular season game is on Jan. 2 at Prospect Mountain starting at 6 p.m.

Three Gilford/Belmont stars earn All-State nods

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The 2019 Division 2 All-State football team was announced and Gilford/Belmont was well represented this season.

Making the first team was quarterback Alex Cheek, who used both his arm and legs to torch defense throughout this past season. Last year Cheek was a second team All-State nominee. One of his top performances came against Kingswood where he rushed for 156 yards on 13 rushes. While he only threw the ball 13 times completing six passes, he was very efficient with three touchdown passes. The following week against Kennett he had 215 yards and two touchdowns, as well as two two-point conversions.

Blake Descoteaux had a strong season running the ball for the Golden Eagles and was recognized for his skills by being named second team All-State. Descoteaux ended on a high note this past season with a fantastic showing against John Stark where he rushed for 150 yards and scored a touchdown. The week before against Sanborn he had 163 yards and a touchdown.

John Mitchell had a huge season at linebacker and was consistently the leader



BOB MARTIN

Alex Cheek was a force in the air and on the ground, and this season he was recognized for his play by being named first team All-State.



JOSHUA SPAULDING

Blake Descoteaux was named second team All-State as a running back.

RC GREENWOOD
(Right) John Mitchell was the team's defense leader and was named second team All-State for his strong play at linebacker for the Golden Eagles.

on the defense for the Golden Eagles. For the second year in a row was named second team All-State for his strong play. All season he tracked down ball carriers and made big plays. A standout performance was against Sanborn where he had 18 tackles, a sack and a tackle for a loss. He consistently posted high tackle totals and was key in slowing the opponents' offense on a weekly basis.



Bear boys roll past Cougars

BY BOB MARTIN
Bob@Salmonpress.news

LITCHFIELD – The Winnisquam boys' basketball team has had a great start to the season with two straight wins, and most recently the Bears had a convincing win over Campbell by a score of 64-39.

The Bears had a 17-6 lead after one quarter and 29-16 at the half thanks to Gunnar Horman draining four three-pointers. He remained on fire in the second half, hitting shots from all over. Horman was the star of the night for Winnisquam, leading all scor-

ers with 30 points. He had five three-pointers in the win. Phil Nichols also had a good game, scoring 17 points and snagging 12 boards. Caleb Bushway had seven points for the Bears. "We played great," said coach Kevin Dame. "To hold a team of Campbell's caliber to 39 at their place is outstanding. Gunnar came out hot and got us going, and stayed pretty hot. We got great contributions up and down the lineup." Next up for the Bears is a Jan. 3 game on the road against Mascoma Valley beginning at 6 p.m.

Here Comes the Guide!

2020 New Hampshire
Weddings & Parties Guide

Published:
February 13, 2020

Sales Deadline:
January 15, 2020
• Full Color on Every Page
• Limited Availability

Please Book Your advertising EARLY!



Contact us today to reserve your advertising space!

Call Tracy or Lori at 603.444.3927
tracy@salmonpress.news • lori@salmonpress.news



Melanson Real Estate, Inc.
34 N. Main St., Wolfeboro • 603-569-4488
www.melansonrealestate.com



WOLFEBORO: Single family recently renovated cape on 2+ acres with 181 ft. of waterfront on Lake Winnepesaukee's Back Bay. Zoned for commercial, multi-use or residential. All of this is within walking distance to downtown Wolfeboro.
BAY STREET \$699,000



TUFTONBORO: Custom 5BR/6BA log home in a spectacular setting. Designed and built for the most discerning buyer. Sited on 1 acre that abuts a 26 acre conservation easement. A 9 foot in-ground pool and 2 bay boathouse with lifts.
SAWYERS POINT ROAD \$3,495,000



WOLFEBORO: Wonderful, private family home on 3.9 acres with beach and water access to coveted Crescent Lake. The location is close to town and just a short walk to the grade school and high school. The lot abuts the golf course too!
MCMANUS ROAD \$410,000

LAND

TUFTONBORO: 92.1 acre partially wooded rolling pasture atop a fully permitted 3.5 - 4 million cubic yard sand bank that is fully permitted for industrial sand removal! The property has been core tested and has two points of access.
SANDY KNOLL ROAD \$3,900,000

WOLFEBORO: Nice building lot in a great subdivision offering 1.2 private acres at the end of the road. Take a short walk into town or to the town beach. Bring your house plans and dreams too!
APPLEWOOD DRIVE \$55,000

TUFTONBORO: Great building lot in the beautiful hamlet of Melvin Village! 6 acres of land to build your dream home on! Peace and serenity abound with nature. Bring your plans and imagination for the perfect home.
GOV. WENTWORTH HWY. \$165,000

LET US GUIDE YOU HOME

Camelot HomeCenter
ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14 WIDES

Sale Price **\$36,995** 56' 2 Bed

Sale Price **\$39,995** 64' 2 Bed, 2 Bath

Sale Price **\$41,995** 68' 3 Bed, 2 Bath

Sale Price **\$69,995** 76' 3 Bed, 2 Bath

DOUBLE WIDES

\$64,995 Was \$70,000 48' 3 Bed, 2 Bath Display Home Only #31002

\$69,995 Was \$79,000 48' 3 Bed, 2 Bath #3842

\$79,995 Was \$96,000 50' 3 Bed, 2 Bath Drywall Home - One Only #30299

SEE OUR AD AT WWW.CM-H.COM • HOMES FROM COLONY, NEW ERA, & TITAN

\$89,995 38x26 Sunny Cape

\$132,995 1,900 sq. ft. 2 Story 1st Floor Master Bedroom

\$143,995 56x28 Cape You'll love the kitchen and incredible bathroom! Plus extra space upstairs!

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall WWW.CM-H.COM

PLYMOUTH WOODS

ONE, TWO & THREE BEDROOM UNITS

SUBSIDIZED RENT BASED ON INCOME. INCOME RESTRICTIONS APPLY.

HANAWAY MANAGEMENT COMPANY
An Equal Housing Opportunity Agent
536-4402 • Contact us Today!

PLYMOUTH WOODS

ONE, TWO & THREE BEDROOM UNITS

SUBSIDIZED RENT BASED ON INCOME. INCOME RESTRICTIONS APPLY.

HANAWAY MANAGEMENT COMPANY
An Equal Housing Opportunity Agent
536-4402 • Contact us Today!

EMPLOY CLASSIFIED FIRST



Immediate Opening for a 2-bedroom unit
Newfound Meadows
40 High Street Bristol, NH 03222

Modem one and two-bedroom apartments. Applicants must meet the USDA Rural Developments income eligibility requirements.

Features Include:
Rent based on income • Fully Appliance Kitchen
Wall-to-Wall Carpeting • On-Site Laundry Facility • Ample Parking
Specially Designed barrier free wheelchair accessible units available

For an application or additional information contact:
SK Management
POBox 250
New Ipswich, NH 03071
603-878-2400
TDD: 603-878-1326

This institution is an equal opportunity provider and employer.

Applington Business Center P.O. Box 250 New Ipswich, NH 03071-0250
Phone: (603) 878-2400 FAX: (603) 878-4140 TDD: (603) 878-1326



MEREDITH OFFICE
97 Daniel Webster Hwy
(603) 279-7046

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

VISIT US ONLINE: WWW.ROCHEREALTY.COM



MLS# 4788136
TILTON: To be built! BRAND NEW 4BR/3BA colonial w/ attached garage. **\$399,000**



MLS# 4787924
GILFORD: Winnepesaukee WF home w/ 150' frontage, breakwater & dock. **\$949,900**



MLS# 4787238
ALTON: Five BR lakeside cottage on Sunset lake. Great sunsets & dock. **\$355,000**



MLS# 4787479
GILFORD: Walking distance to Gunstock Mountain! 3BR/2BA chalet w/ deck. **\$185,000**



MLS# 4762824
MEREDITH: Beautiful 3-BR ranch on 2 ac w/ beach rights on Winnisquam. **\$489,000**



MLS# 4764985
LACONIA: 3-BR townhouse in The Gables w/ private pool access. **\$339,999**



MLS# 4765819
NEW HAMPTON: 5-BR antique cape w/ modern amenities & antique charm. **\$489,900**



MLS# 4771093
NORTHFIELD: Executive home on 7+ acres! 6BR/5BA & almost 5,000 sf. **\$479,900**

To VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

Bean Group: www.beangroup.com

Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cboldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

Dussault Real Estate: www.dussaultrealestate.com

ERA Masiello: www.masiello.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

Michelle Eastman Realty: www.michelleeastmanrealty.com

Old Mill Properties: www.oldmillprops.com

Peabody and Smith: www.peabodysmith.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Remax Bayside-Steve Banks: www.winnihomes.com

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

VARNEY-SMITH Lumber Company, Inc.

INSIDE SALES PERSON NEEDED

Duties to include:

- Retail sales of lumber & building materials, windows, doors, cabinets as well as customer service.
- Must be conscientious, self-motivated, good with people, a team player
- Must have knowledge of the building industry
- Able to lift a variety of building materials
- Preferably long-term employee


Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
No phone calls please.

CLASSIFIEDS GET RESULTS


GIVE THE GIFT OF NEWS



Berlin Reporter
Meredith News
Littleton Courier
Record Enterprise
Coös County Democrat
Granite State News
Carroll County Independent

SUBSCRIBE TODAY!

Call 877-766-6891 or go online to activate your Subscription
www.SalmonPress.com





You can now place your

CLASSIFIED

LINE ADS ONLINE!

24-Hours A Day • 7-Days A Week

Visit:
www.SalmonPress.com

For more information or to place your ads TODAY!

HELP WANTED

MEREDITH NEWS/THE RECORD ENTERPRISE/WINNISQUAM ECHO

Thursday, January 2, 2020 • B5

Staff Accountant It's all about balance...

If you're an accountant who'd enjoy a balanced life while balancing books, come explore an opportunity with our Finance department in Franconia.

Find out more at garnethill.com/careers.
Hope to meet you soon!

Beautiful, Naturally.™
Garnet Hill

HELP WANTED



3 LAKES LANDSCAPING

Shovel Crew Members
Plymouth, NH

Full and part time positions available to join our shovel crews. Plymouth/Waterville areas. Positions can work into full time year round employment.
603-728-8116 or email 3LakesLandscaping@gmail.com



FT MEDICAL RECEPTIONIST/ MANAGER ASSISTANT

Responsible for greeting, registering and scheduling patients; answering phone, processing daily charges, insurance authorizations, referrals; and other duties as assigned by Office Manager or Providers.

HS diploma, office skills, high customer service; knowledge of Athena office software, medical coding, and insurance requirements are useful.

Contact Kristine @
603-745-8136



Experienced Machine Operators

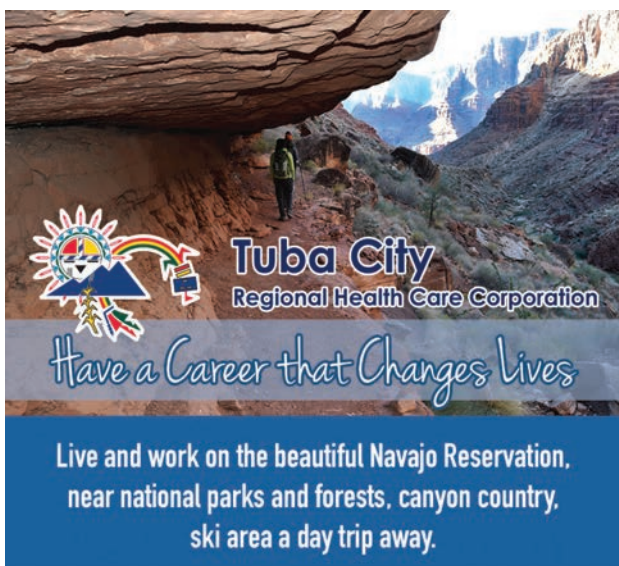
At Upper Valley Press, Inc., we believe our employees are our greatest assets! As an employee owned company, we are committed to developing our team members and watching our sales and profits grow!

We currently have positions available on all shifts for experienced equipment/machine operators. Do you possess the ability to run production machinery, pay close attention to detail and report to work on-time and when scheduled? Then we want to hear from you!

Upper Valley Press, Inc., a 100% employee owned (ESOP) company, provides excellent wages, benefits, 401(k) retirement saving and much more. We offer opportunities in a solid company with an excellent record of stability and growth. Please submit a resume with wage requirements or apply in person to:



446 Benton Road
North Haverhill, NH 03774
resume@uvpress.com



The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

Emergency Physicians

CAREERS

- Very close, collaborative medical staff
- Loan Repayment Program through NHSC
- \$25K Sign-on bonus with 2-year service commitment

To learn more about Tuba City Regional Health Care Corporation, call our Human Resources at 928-283-2432 or e-mail TCRHCHRR@TCHEALTH.ORG

WWW.TCHEALTH.ORG



Upper Connecticut
Valley Hospital

JOB OPPORTUNITIES

*SIGN ON BONUS!

Full-Time

*RNs

with two years' experience

Additional Full-Time Opportunities

Coder	Physical Therapist
Radiologic Technologist	Ultrasound / Echo Technologist

Per-Diem Opportunities

RN	LNA
Materials Mgmt. Technician	ED Technician

APPLY ONLINE WWW.UCVH.ORG

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org
EOE

Steel Erectors, Metal Roof & Siding Installers Foreman, Leadmen And Laborer Positions

Will Train. Valid Driver's License required.
Application available at:

CONSTRUX, INC.
630 Daniel Webster Hwy.
Plymouth, NH 03264
(603) 536-3533

Leading Pre Engineered Metal Building Co.

Dr. Howard S. Mitz

North Country Gastroenterology

Office Endoscopy/Colonoscopy • Infusion Therapy

HELP WANTED

PROFESSIONAL PRACTICE MANAGER

North Country Gastroenterology, located in Littleton, NH is seeking an experienced and professional Practice Manager to join our team. In this role, the Practice Manager will work under the direction of the physician in providing management and leadership to our team.

The selected candidate will be responsible for managing a team of 9 employees. If you have experience working in an administrative role in a healthcare practice, we want to hear from you.

Please forward your resume to:
ncgastro@aol.com

Waterville Valley Resort has immediate openings for:

Front Desk Agents

Front Desk Supervisor

Sales Agents / Welcome Center Attendants

For more information and to apply visit
www.waterville.com. WVR is an "at-will" equal opportunity employer.



**WATERVILLE
VALLEY RESORT**



**University of
New Hampshire**

Assistant Director & Camp Counselors

Barry Conservation 4-H Camp in Berlin, NH is a residential 4-H youth summer camp with an eight week season. It's a great place to work. Visit <https://extension.unh.edu/programs/barry-conservation-4-h-camp> to learn more.

UNH is an AA/EEO Employer. UNH is committed to excellence through the diversity of its faculty and staff and encourages women and minorities to apply.

A Career in Plymouth!



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

Front Desk Associate & Night Auditor

JOIN US!

Outstanding Compensation • Advancement Opportunities
Health & Dental Benefits • 401k Program
Paid Vacations • Community Service Days
Employee Discounts

APPLY TODAY!

at theCman.com, Click on "Work Here"



We are a drug and tobacco-free workforce.

231 Main St., Plymouth, NH • (603) 536-2200 • theCmanInnPlymouth.com



Earn over \$400 per week as a Dishwasher at Giuseppe's!
Hiring full time year round!

Apply within at Giuseppe's Pizzeria
Mill Falls a Marketplace Meredith, NH
(603)279-3313
www.giuseppesnh.com



EMPLOYMENT ? RENTALS ? FIND THEM !

www.salmonpress.com



Town-to-Town CLASSIFIEDS

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



Misc. For Sale

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$10. Call 603-788-4939 or email lori@salmonpress.news

Lost & Found

Found Ads

Are published Free of Charge.
30 words for 1 week.

Lost Ads

Are Charged at our regular classified rates.

Call Toll Free

Mon-Fri 8:00-4:00

1-877-766-6891

or go to

www.salmonpress.com
24/7

Still Lost!

Shane - Shetland Sheepdog
White/Tan/Black
10 Years old

We are hoping someone may have him or have seen him?

-Lost in Laconia NH-

August 27, 2016

Do not chase. Old and New

Leads appreciated.

For more info see

www.facebook.com/shaneshetlandsheepdog

Call Owner 603-365-1778

or Granite State Dog

Recovery

1-855-639-5678

Thank-You

Our line ad classifieds
are on our website!

www.salmonpress.com

is the place to check our weekly
classifieds online!

More great coverage
and information from the

**Salmon Press
Town To Town
Classifieds!**

Why place your ads
anywhere else?
1-877-766-6891

Thank you
for browsing
**The Town To Town
Classifieds in the**

**West
Meredith News
Record Enterprise
Winnisquam Echo
Newfound Landing**

Publication Rates (30 words)

\$12 - 1 Week

\$20 - 2 Weeks

\$27 - 3 Weeks

\$36 - 4 Weeks

Call Our main Call Center

1-877-766-6891

Mon-Fri 8:00-4:00

or place online 24/7 at
www.salmonpress.com

Deadline:

Monday 10:30 am

Pets/Breeders

LOW COST SPAY/NEUTER

Mobile Feline Fix It Wagon,
Cats \$70-\$85. Dogs at Conway clinic,
starting at \$100. NH and Maine
income qualified plans. Military
discounts. Rozzie May Animal
Alliance, a dedicated spay/neuter
nonprofit. Sign up on line
www.RozzieMay.org or call
603-447-1373

General Help Wanted

GSIL is seeking dependable and
caring individuals to assist our
consumers in their homes to help
them maintain independent living.
As a PCA, you will help with per-
sonal care, light housekeeping, meal
prep, laundry and errands, making a
difference in someone's life. Pay
is \$10.25-\$10.75/hr. Please contact
Ashley at (603) 568-4930 or
atruong@gsil.org for more informa-
tion. A background check is required.
GSIL is an EOE

General Help Wanted

Mountainside Landscape Inc. is
now accepting applications for a
full time mechanic. Must have
experience working on trucks,
heavy equipment and boats. Must
be able to obtain a medical card.
Please call Jim at 603-455-5700
or email mtnsidelandscape@roadrunner.com to schedule an
interview.

Mountainside Landscape Inc.
is now accepting applications for
an experienced plow driver. Must
have CDL and current medical
card. Must be willing to work
nights and weekends as needed.
Excellent pay for the right person.
Please call Jim at 603-455-5700
or email mtnsidelandscape@roadrunner.com to set up an
interview.



Plymouth State University has the
following positions available:

Financial Aid Specialist
Finance and Budget Analyst
Theatre Technician
Academic Operations Director
Financial Support Specialist
Billing Manager
Student Financial Billing Specialist

FACILITIES:

Building Service Worker (Custodian)
- All Shifts
Lead Worker - Recycling

FACULTY:

Teaching Faculty - Education
Assistant Professor of Instrumental
Music Education and Director of
Bands

ADJUNCT:

Reference and Archives Librarian

To view full descriptions of the posi-
tions and to apply, please visit
<https://jobs.usnh.edu>

Plymouth State University is an
Equal Opportunity/Equal Access/
Affirmative Action institution.

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 prefer-
ence, limitation, or discrimination
based on race, color, religion, sex,
handicap, familial status or national
origin, or an intention to make any
such preference, limitation or
discrimination."*

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

This paper will not knowingly accept
any advertising which is in violation of
the law. Our readers are hereby
informed, that all dwellings advertised
in this newspaper are available on
an equal opportunity basis.

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

Neither the Publisher nor the
advertiser will be liable for misinforma-
tion, typographical errors, etc.
herein contained. The Publisher
reserves the right to refuse any
advertising.



Place Your Classified Line Ads

ONLINE!

24-Hours A Day • 7-Days A Week

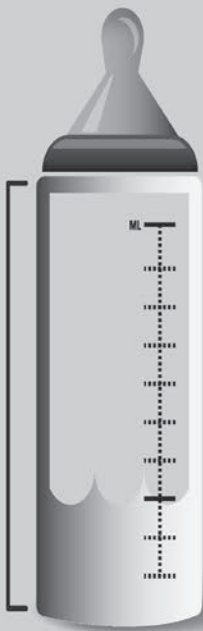
www.salmonpress.com

CHOOSE CAR SEAT:
BY AGE & SIZE



THE NUMBER
OF PEOPLE
**WHO
THINK**

THEY HAVE
THEIR CHILD IN
THE RIGHT
SEAT.



THE ONES
**WHO
ACTUALLY
DO.**

KNOW FOR SURE

IF YOUR CHILD IS IN THE RIGHT CAR SEAT.



VISIT SAFERCAR.GOV/THERIGHTSEAT





Computer Word Find

Find the hidden words in the puzzle.

BROADBAND	KEYBOARD	REBOOT
COMPUTE	MEMORY	SECURE
DATA	PROCESS	STARTUP
FIREWALL	PROTECT	VIRUS
P R S S V Y M C U T F K		
O U G E R I O B D C I F		
Q X T O C M R N N E R U		
J R M R P U A U D T E F		
H E K U A B R P S O W Y		
M Y T A D T D E N R A B		
M E O A Y W S C T P L W		
X P O R E B O O T Z L D		
G R S S E C O R P P H A		
B B P T R O F R P A L T		
K M K L E F J K D W Z A		
Y L O F K E Y B O A R D		

THIS DAY IN...



HISTORY

- **1777:** AMERICAN GENERAL GEORGE WASHINGTON DEFEATS BRITAIN'S GENERAL LORD CORNWALLIS AT THE BATTLE OF PRINCETON.
- **1870:** CONSTRUCTION ON THE BROOKLYN BRIDGE BEGINS.
- **2000:** THE FINAL DAILY EDITION OF THE "PEANUTS" COMIC STRIP IS RUN.



THIS DEVICE HAS CHANGED THE WORLD. MANY PEOPLE RELY ON ONE DAILY.

ANSWER: COMPUTER

Get Scrambled

Unscramble the words to determine the phrase.

W P R O E P U

ANSWER: Power Up



FIREWALL

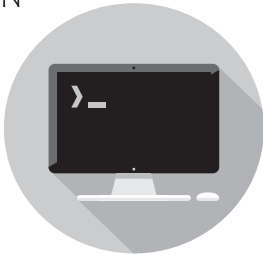
a computer part designed to block unauthorized access



- ENGLISH:** Memory
- SPANISH:** Memoria
- ITALIAN:** Memoria
- FRENCH:** Mémoire
- GERMAN:** Erinnerung



THE FIRST ELECTRONIC COMPUTER WEIGHED MORE THAN 27 TONS AND TOOK UP 1,800 SQUARE FEET.



Can you guess what the bigger picture is?

ANSWER: COMPUTER MOUSE

⓪ * ✎ ☹ ~ ⓪ 𐀀 𐀁 * ⚙ ✖ ✖ + 𐀂 ✖ ▲ ☾ * ♂ ✖ 𐀃 𐀄 𐀅 𐀆 𐀇 𐀈 𐀉 𐀊 𐀋 𐀌 𐀍 𐀎 𐀏 𐀐 𐀑 𐀒 𐀓 𐀔 𐀕 𐀖 𐀗 𐀘 𐀙 𐀚 𐀛 𐀜 𐀝 𐀞 𐀟 𐀠 𐀡 𐀢 𐀣 𐀤 𐀥 𐀦 𐀧 𐀨 𐀩 𐀪 𐀫 𐀬 𐀭 𐀮 𐀯 𐀰 𐀱 𐀲 𐀳 𐀴 𐀵 𐀶 𐀷 𐀸 𐀹 𐀺 𐀻 𐀼 𐀽 𐀾 𐀿

CRYPTO FUN

𐀂 ☾ 𐀉 ✖ ♂ 𐀂 ~ ✖ +
Determine the code to reveal the answer!

Solve the code to discover words related to cold weather.
Each number corresponds to a letter.
(Hint: 9 = s)

- A. 6 13 16 9 14**
Clue: Cold covering
- B. 10 23 10 23 26 25 9**
Clue: Cylindrical ice
- C. 9 26 10 23 22**
Clue: Slippery
- D. 7 8 9 14 4**
Clue: Windy

Answers: A. frost B. icicles C. slick D. gusty

SUDOKU

				9			1	
		5						
4		2			5		8	9
	6				2	9	5	
	5			1				
3			4				2	7
	3							
9				2				
8		6			3		7	

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	2	6	9	4	3	1	7	5
9	4	7	5	2	1	8	6	3
5	3	1	8	7	6	2	9	4
3	1	8	4	5	9	6	2	7
2	5	9	6	1	7	4	3	8
7	6	4	3	8	2	9	5	1
4	7	2	1	6	5	3	8	9
1	9	5	2	3	8	7	4	6
6	8	3	7	9	4	5	1	2

ANSWER:

Raiders pull away for win over Huskies

BY DYLAN GREER
Contributing Writer

BELMONT — After a very impressive game to start their season, winning 65-35 over Newfound on Dec. 13, the Belmont High School boys' varsity basketball team tipped off Friday night, Dec. 20, against Monadnock, who had started their season off with a 1-1 record before heading into Friday night's game. The key anticipated matchup for the game was Nate Sottak for Belmont against Jake Kidney for Monadnock. These are two players who have contributed a large amount on both ends of the court to their team's success in both past seasons and in the first games of the current season. Kidney put up 29 points in each of Monadnock's first two games and Sottak put up an equally impressive 19 points along with a variety of huge assists and defensive plays to help Belmont in their win against Newfound. This was sure to be a fantastic game to watch.

The game started off very fast paced for the Belmont team, with them building an early lead, 16-9 in the first quarter. The student section and the rest of the fans in attendance roared in excitement as it appeared their hometown Raiders were already in full control. However, just before the conclusion of the first quarter, Monadnock



Nate Sottak goes up against Monadnock's Tyler Hebert in action in December.

DYLAN GREER

was able to will it back to a two-point deficit at 16-14. After an extremely competitive 16 minutes of play in the first half, Belmont trailed Monadnock 36-31 going into halftime.

In the third quarter, some massive offensive contributions for Belmont from Sottak, Jackson Ruelke, and Isaiah Costa combined with some big defensive blocks and rebounds from senior captain Keith Landry, allowed them to get back in control of the game. Belmont ended the third quarter with a 10-point lead, with the score 50-40 over Monadnock.

With one minute remaining in the game, Landry was sent to the



Jackson Ruelke takes the ball up the court for Belmont.

DYLAN GREER

free throw line after Monadnock exceeded the foul limit. Landry made both of his free throws to help further secure

the victory. Just 30 seconds later, Ruelke was sent to the free throw line three times where he sunk six clutch free

throws consecutively. The game ended with a very impressive 72-60 victory for Belmont over Monadnock in the

most thrilling game of the season thus far.

Landry and Sottak both reflected on the success of the team after their first two games of the season and described their ambitions for a very successful year ahead.

"They're (Monadnock) definitely a top 10 team, it was a very hard fought and competitive victory for us tonight," Landry said. "I thought my offensive performance was subpar, but it made me realize that I had to do the little things and be a more all around player in order to have a successful night. I like the potential of our team this year but I do not want us to get ahead of ourselves this early in the season."

Landry ended the game with four points, eight blocks, 15 rebounds and two assists.

"Nate and Jackson take a lot of pressure off of me to score a large amount of points every game," Landry said, noting he understands he is able to make a significant impact in different areas of the game this season.

"At halftime I did not feel like I was performing up to expectations, but then in the second half, the offensive floor just seemed to open up for me," Sottak said. Sottak finished the game with 27 points and a number of assists to go along with it.

"Shop Where The Pros Shop"

CYR LUMBER & HomeCenter
Windham • Warner • Tilton, NH

Benjamin Moore Paints
ACE The helpful place.

YOU ARE NOT ALONE.

If you are struggling with alcohol or drug issues, you're never far from help.

Find a Doorway near you.

THE DOORWAY
at LRGHealthcare at Concord

For help with drug or alcohol issues visit **theDoorway.NH.gov** OR dial **2-1-1**.

Move your smile and life forward with Invisalign!

Invisalign's clear, custom-designed aligners can be an inconspicuous way to get a beautiful new smile without interrupting your lifestyle. Meaning you can still enjoy the activities you love and the foods you can't live without, while shaping your smile more gently.

STRAIGHT TEETH ARE WITHIN REACH.
Call Dr. Alan Kennell today for a free, no-obligation consultation.

KENNEL
ORTHODONTICS

Schedule a Free Consultation Today!
Dr. Alan E. Kennell

invisalign
The Clear Alternative to Braces

KennellOrtho.com | 524-7404 Laconia | 536-7404 Plymouth | 444-7403 Littleton