

THURSDAY, JANUARY 25, 2018

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

FREF

## Winnisquam students explore careers through **Extended Learning Opportunities program**

#### BY DONNA RHODES

drhodes@salmonpress.news

TILTON — Winnisquam Regional High School faculty member John Larson not only teaches art; he also serves as coordinator of the Extended Learning Opportunities program, where he is pleased to have some ambitious students with some extraordinary interests this year.

The ELO program connects students with real world learning and allows them to develop their own curriculum as part of the process.

"With Job Shadowing, students have one or two visits in a field they are interested in but through ELO they get 45 days of actual internship opportunities where they set goals as to what

they hope to learn in the process," Larson said.

This year, senior Madisyn Skeats of Sanbornton has been spending her mornings at Lakeside Animal Hospital, where she is getting an up close look at a career in veterinary medicine.

"I've loved animals ever since I was little," she said. "I grew up with horses and all different types of animals so this is something I've always been interested in."

While at the veterinary hospital, she takes notes on medical procedures and pharmaceutical remedies for ailing dogs and cats, but also gets to be a part of some of the more technical aspects of veterinary care.

"I actually get to sit in on spaying procedures, SEE PROGRAM, PAGE A17



Teacher John Larson is proud of students such as Madisyn Skeats and Emily DeCormier, who are exploring potential careers through Winnisquam Regional High School's Extended Learning Opportunities program.

## A busy weekend for Belmont police

#### **BY DONNA RHODES**

drhodes@salmonpress.news

that they located the 2002 Red Chevy Avalanche abandoned and burned BELMONT — Belmont Police in the Town of Salisbury," Mann were busy this past weekend with said in his report. "The New Hamp-



calls that included two serious criminal incidents within the town.

In the early morning hours of Sunday, Jan. 21, a Belmont resident called police for assistance when three men entered his residence, none of whom were reported to be unknown to the caller.

"Once inside, the three men issued threats and assaulted the resident. They forced the resident to open a safe under duress then stole firearms. Upon leaving the men also stole the resident's truck, a 2002 Chevy Avalanche," Lt. Richard Mann reported.

A "Be On the Look Out" (BOLO) alert was broadcast for the missing truck and on Monday morning Mann said the vehicle was finally located.

"At 8:45 Monday morning, New Hampshire State Police reported

shire State Fire Marshal's office and New Hampshire State Police, in conjunction with a Belmont Police Detective, are investigating the recovered stolen truck. The truck located in Salisbury was found to be the one stolen from the Belmont robbery."

The resident who reported the crime was also injured in the intrusion, but refused medical treatment offered on the scene, Mann said.

Belmont detectives continue to investigate this very active case, he added, with many sources and leads being followed up on.

Later that Sunday, Belmont Police officers spotted a 34-year-old resident who was covered with blood walking along Main Street, near an intersection with Route 140.

Concerned about his obvious in-SEE BELMONT, PAGE A16 juries,

Deer in Belmont were recently seen grazing on shrubs in a backyard, and while some people try to be helpful by providing apples or corn products for them to eat, biologists say the animals are much better off finding food on their own.

#### Biologists warn against providing food for deer

#### BY DONNA RHODES drhodes@salmonpress.news

REGION — Temperatures and wind chills have dipped below zero

## Helping a dream become a reality for the Franklin VNA & Hospice Garden

FRANKLIN — Just in time for the Elk's 150th birthday party they have set a new bar for community support by coming forward as a donor for the Franklin VNA & Teuscher-Wilson Hospice Garden. With more than 850,000 members and 2,000 Lodges nationwide, the Benevolent and Protective Order of Elks provide charitable services to help build stronger communities. Through the Elks National Foundation, they fulfill that pledge by investing in communities where Elks live and SEE FRANKLIN, PAGE A17



COURTESY

Pictured above are Barbara Normandin, Executive Director of Franklin VNA & Hospice and Exalted Ruler of the Franklin Lodge #1280, Steve Bourdeau.

several days this winter and snow has been piling up, leading some residents to feel badly for the deer they enjoy seeing in their neighborhoods. Many even set out corn, apples and other foods on their property with the good intention of helping the animals get through the winter months. Providing food for the deer, however, is not a good idea, says New Hampshire Deer Project Leader Dan Bergeron.

"We certainly don't recommend feeding the deer. There are a number of unintended consequences that come from that," Bergeron said.

Deer typically "yard up" in the winter, finding shelter under protective hemlock trees or other concealed spots in the woods. Rather than nighttime feedings, they will conserve their energy during the colder nights and hunt for food during the day.

"Auto collisions are one consequence of feeding deer as they travel from their deer yard to a food source they know of," he said.

Motor vehicles aren't the only danger the animals face, though. Natural predators such as coyote and bobcat also discover those domestic feeding areas and lie in wait for the deer's next visit.

"Usually, there's a well-worn path to a feeding site on someone's property and that makes it a lot easier for preda-

SEE DEER, PAGE A17

#### INDEX

Volume 10 • Number 4

28 Pages in 2 Section
ClassifiedsB4-9
Editorial PageA4
North Country NotebookA5
ObituariesA6 & A7
SportsB1-3
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### Summer Playgroundand Svand Swim Programto com

Registration for the Pines' Summer Playground Program, for kids in Kindergarten through Grade 5, begins Jan. 2. We're offering a 20 percent Winter Registration discount for people registering and paying in full for the summer between now and March 16. All registration ends June 8, and all summer fees must be paid in advance by this time. Playground is June 25 through Aug. 17, 8:30 a.m. to 3:30 p.m. The cost per week for the first seven weeks is \$70 for children from Tilton and Northfield, \$80 for non-residents. The last week of Playground is \$95 for Tilton and Northfield residents, \$105 for non-residents, due to a special field trip. Extended Care is available from 7 to 8:30 a.m. for \$10 per week, and from 3:30 to 5:30 p.m. for \$10 per week. Red Cross Swimming Lessons are available for campers for \$55 for residents, \$65 for non-residents. These lessons are for Playground participants only. To receive the 20 percent discount register at the Pines, or online through our website, www.pinescommunitycenter.com. Online registration is under 2018 Summer Playground

and Swim. More details to come.

#### Ice Skating

It is time once again for ice skating at the Tilton School ice arena on Sunday evenings. There is no cost for this program. Sessions are on Sundays, Jan. 8 through 29 and Feb. 5, 19 and 26. There is no Skating on Feb. 11. Parent and Child Learn to Skate is from 5:15 to 5:45 p.m. This time is designated for beginner skaters to learn to skate with an adult chaperone. Family Skate is from 5:45 to 6:45 p.m. This session is for families to skate together. All skaters must have an adult parent or chaperone on the ice to participate in Family Skate. Open Skate is from 7 to 8 p.m. This time is for middle school age skaters and older. Younger skaters must have an adult chaperone on the ice in order to skate during this time. This program is for residents of Tilton, Northfield and Sanbornton only.

#### Mac 'n' Cheese Cook-Off

The Pines is hosting a Macaroni and Cheese Cook-Off on Saturday, Feb. 3, from noon-2 p.m. Local cooks and chefs, amateur and professional, are invited to enter their best recipes in the tasting and compete for prizes. Dishes are to be prepared offsite and brought to the Pines for the tasting. Register in advance by Monday, Jan. 29, online under Events or at the Pines. Registration is \$25 per person. The tasting is open to the public. The cost is \$3 per person, \$2 for children five to twelve years old, free for children under five. Advance registration for the tasting is not required. For more information contact Recreation Director Samantha Magoon at pccprogramdirector@ gmail.com.

#### **Cupid's Workshop**

We're offering a Cupid's Workshop for children in Kindergarten through Fifth Grade on Friday, Feb. 9, from 5:30-9 p.m. at the Pines. The cost is \$25 per child. Children will participate Valentine-themed in games, activities and crafts with the Pines' staff. We'll send out for pizza for supper, and we'll finish the evening off with popcorn and a movie. Kids may bring their pj's and slippers to change into for the movie. Register in advance, online under Children's programs, or at the Pines, by Thursday, Feb. 8 at 5:30 p.m. We need a minimum of five children to run the program, and can accommodate up to twenty.

#### Teen Night

There will be another Teen Night at the Pines, for youth in Grades 6-9, on Friday, Feb. 9, from 5:30-9 p.m. Kids will play games downstairs in the Community Room. Use the Pines' Wii, and bring your own electronics, too. In honor of Valentines' Day we'll make heart-shaped pizzas or grilled cheese sandwiches for dinner. We'll end the night with a movie and popcorn. The cost is \$13 per participant. Please register in adonline under vance. Middle School/High School Programs, or in person at the Pines, by Thursday, Feb. 8 at 5:30 p.m.

#### Stir It Up

**Cookery Class** February is Healthy Heart Month, and Stir It Up Cookery instructor Maggie Perez will be teaching kids ages eight through 15 how to make some yummy, heart-healthy food here at the Pines. The class is on Monday, Feb. 12, from 3:45-5:45 p.m. On the menu are Veggie stir-Fry with Brown Rice, Valentine Fruit Kabobs with Strawberry Dip, and watermelon will learn how to make healthy food choices, safe knife use, how to read and follow recipes, cooking on a stove and more. Total cost is \$30 per participant. \$25 is payable to the Pines, and \$5 is payable to Stir It Up Cookery. Register in advance by Thursday, Feb. 8, online or at the Pines. For more information about the class, check out healthyinstructor. com/maggie-perez.

Smoothies. Participants

#### **Candy Bar Bingo**

Come play Bingo for candy bars at the Pines! Families, join us Wednesday, Feb. 21, from 5:45-8 p.m. Each full size candy bar or bag of candy you bring buys you one Bingo card. Participants may have a maximum of five cards in play at once. All ages can play, but children must be accompanied by an adult. Concessions, including pizza, will be on sale. Please let us know you're coming, either via Facebook or by calling the Pines at 286-8653.

#### Yoga Class

Yoga Class with Kelly Lang continues on Mondays, from 7 to 8 p.m. The cost is \$12 per class, or \$45 for a block of five classes. Participants need a yoga mat and a water bottle. You may register in advance at the Pines, or online under Adult Sports and Fitness, or just drop in. Kelly is a certified yoga instructor and life coach, and the author of "Live Free & Dream: 7 Steps to Manifest Your True Life Desires." For more information, check out her Web site at livefreekelly.com.

#### Zumba with Akiesha

Zumba instructor Akiesha Young now offers Zumba classes at the Pines two nights a week. Tuesday classes are the regular Zumba (if there is such a thing!). Thursdays are Zumba Gold, which is an easier to follow, lower intensity and impact form designed for those who are new to fitness, or recovering from an injury, new mothers or active older adults. Both classes are at 5:30 p.m.,. and the first class is always free. The drop-in rate is \$5 per person, or you can purchase a punch card for \$45. Fill it and earn a free class!

Freudenberg NOK employees may continue to take Zumba classes for free, paid for by Freudenberg. Just tell the Pines staff person at the front desk that you're an employee.

Information about February Vacation Camp will be available soon.

#### **BELMONT POLICE LOG**

BELMONT — The Belmont Police Department responded to 106 calls for service and made the following arrests during the week of Jan. 12-19. Please note that the names of juve-

niles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld.

Amin Wilson, age 39, of Laconia was arrested

on Jan. 13 for Driving After Revocation or Suspension.

A juvenile, age 13, was deemed in danger and taken into protective custody on Jan. 16.

#### **TILTON POLICE LOG**

TILTON — The Tilton Police Department responded to 1,040 calls for service and made the following arrests from Jan. 8-21. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld. Arrested during this two-week time period were James Putnam (in connection with a warrant), Joshua White (for Driving After Suspension), Courtney Walsh (for Theft by Deception), Mariah Vetrone (for Willful Concealment). Michael Rogers (in connection with a warrant), Jennifer Malley (in con-

nection with a warrant), Steven Jones (in connection with a warrant), William Steinhagen (for violating a Domestic Violence order), Rolisa Arnold (for Willful Concealment), James Dooley (for Criminal Mischief and in connection with warrant), Andrew а Lohman (in connection with a warrant). Kimberly Huestis (for Willful Concealment), Janell Dubriel (for Willful Concealment), Joanna Munn (for Willful Concealment), Charles Roshek Gibbs (for Identity Fraud and Criminal Liability), Kyseem Tyhee Hawkins (for Criminal Liability), Candice Angotta (for Driving After

Suspension and operating a vehicle with a Suspended Registration), Megan Hall (for Driving After Suspension), Dustin Roche (in connection with a warrant), Tara Pierce (for Habitual Offender status), Samantha Labbe (in connection with a warrant), Richard Fornier (for Driving Under the Influence, Driving After Suspension, and Disobeying an Officer), Eric Morin (in connection with a warrant), Kenneth Kennedy (in connection with a warrant), Patrick Carey (for Possession of Drugs), Courtney Walsh (for Possession of Drugs), and Jacob Upham (for Possession of Drugs).

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#### FEBRUARY HIGHLIGHTS AT HALL MEMORIAL LIBRARY

Weekly Happenings during February

**Pre-School Storytime** Stories and a craft for little people! Wednesdays at 10:30 a.m.

Saturdays at 10 a.m. Let's Go Lego

> For Pre-Teens and Teens...

Tuesdays & Thursdays at 3 p.m. Teen Time - Visit us

after school for a fun new project every Tuesday and Thursday.

For Adults... Tuesdays at 10 a.m. -Spanish Club Tuesdays at 2 p.m. -Tech Tuesdays Fridays from 2-5 p.m. - Sit and Knit

For All Ages... Mondays from 3-5 p.m. - Chess Club, learn the game or brush up on your skills. All players welcomed.

Wednesdays from 4-6 p.m. Magic the Gathering, we'll teach new-comers how to play.

#### February Calendar of Events

Monday the 5th from 2-6 p.m. Have a Cuppa - Stay warm... Enjoy a free cup of coffee, hot chocolate or tea.

#### Monday the 5th at 6 p.m. Scrabble – Adults

Only Thursday the

8th at 2 p.m. Cribbage and Cocoa – Stop in for a game of cribbage and cocoa. Don't know how to play? Maggie will teach - Adults Only.

Monday the 12th at 5 p.m. Trustees Meeting –

Open to the public **Monday the** 

**12th at 6 p.m.** Scrabble – Adults Only

#### Tuesday the 13th – All Day

Take Time for a Tune and a Treat - Want to listen to an old favorite? Heard something new and just want to hear it again? Stop in, make your request and Alexa will do her best to entertain and awe you. Free coffee, cocoa and a treat with a beat.

#### Wednesday the 14th at noon

Scrabble in the Afternoon – Play a friendly game.

Monday the 19th Library Closed for President's Day

#### Tuesday the 20th

Opioid Crisis Open Discussion, 4 p.m.

Chief Raffaelly of the Northfield Police Department and Chief Cormier of the Tilton Police Dept. will lead a discussion regarding the national opioid crisis and how it affects our communities of Tilton and Northfield. Has the opioid crisis affected you or some-

one you know? Share your story or come and listen; stay informed about this important topic affecting us all.

#### Monday the 26th at 6:30 p.m.

The Bookers - Our Souls at Night by Kent Haruf – In the familiar

rested on Jan. 13 in con-

nection with bench war-

rants issued by Franklin

District Court. He was

scheduled to appear in

Franklin District Court

the remaining calls was

as follows: two alarms,

one animal complaint,

two requests to assist

one report of criminal threatening, one drug

related incident, one

report of bad checks be-

ing issued, two medical

emergencies, two money

relays, one motor vehi-

cle accident, six motor

vehicle warnings, three

department,

another

The breakdown of

on Jan. 16 at 8:15 a.m.

setting of Holt, Colorato harness many of her do, home to all of Kent powers, but not even Haruf's inimitable ficthey can prepare her tion, Addie Moore pays for the evils lurking in an unexpected visit to a the darkest corners of neighbor, Louis Waters. the city or the courage Her husband died years it will take to face them. ago, as did his wife, and (Amazon) in such a small town they naturally have Wednesday the 28th from 1-3 p.m. known of each other for Glove Monsters (first decades; in fact, Addie was quite fond of Lougrade and up) By now, is's wife. His daugh-

ter lives hours away,

her son even farther,

and Addie and Louis

have long been living

alone in empty houses,

the nights so terribly

lonely, especially with

no one to talk with.

But maybe that could

change? As Addie and

Louis come to know

each other better--their

pleasures and their dif-

ficulties—a beautiful

story of second chances

perfect final installment

to this beloved writer's

enduring contribution

to American literature.

**Tuesday the** 

27th at noon

Group - "The Witches

of New York" by Ami

McKay – When 17-year-

old Beatrice leaves the

safety of her village to

able Lady Seeks De-

pendable Shop Girl.

Those averse to magic

need not apply," she

has little inclination

of what the job will de-

mand of her. Beatrice

doesn't know it yet,

but she is no ordinary

small-town girl; she has

great spiritual gifts-

ones that will serve as

her greatest asset and

also place her in grave

danger. Under the tute-

lage of Adelaide and El-

eanor, Beatrice comes

that reads "Respect-

Noon

Book

(Amazon)

The

answer an ad

Souls at Night" the

unfolds, making "Our

you are sure to have a glove or two that has lost its mate...turn them into a stuffed monster! We will provide sewing notions, stuffing, buttons and felt to embellish your monsters. Children should bring a glove to stuff if they have one. Parent participation appreciated.

#### Wednesday the 28th at 4 p.m.

YaH Book Group -The Wonder by Emma Donoghue – An English nurse brought to a small Irish village to observe what appears to be a miracle-a girl said to have survived without food for monthssoon finds herself fighting to save the child's life. Tourists flock to the cabin of 11-year-old Anna O'Donnell, who believes herself to be living off manna from heaven, and a journalist is sent to cover the sensation. Lib Wright, a veteran of Florence Nightingale's Crimean campaign, is hired to keep watch over the girl.

Written with all the propulsive tension that made "Room" a huge bestseller, "The Wonder" works beautifully on many levels--a tale of two strangers who transform each other's lives, a powerful psychological thriller, and a story of love pitted against evil. (Amazon)

### Red Cross assisting two people following house fire in Franklin

FRANKLIN — The American Red Cross responded to a house fire on East Bow Street in Franklin that displaced two people.

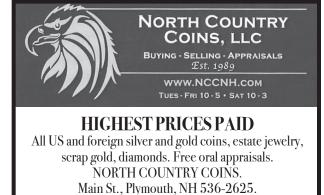
Red Cross Disaster Action Team volunteers have met with the residents and have ensured everyone has a safe place to sleep and has food, clothing and other essentials. Over the next several days, Red Cross client casework volunteers will stay in contact with the family and provide referrals, as they begin their road to recovery.

In New Hampshire and Vermont, a family is displaced by a disaster – most usually a home fire, on average, every 17 hours. You can help people affected by disasters like home fires and countless other crises by making a donation to support American Red Cross Disaster Relief. Your gift enables the Red Cross to prepare for, respond to and help people recover from disasters big and small. Visit redcross.org/NHVT, call 1-800-464-6692, or text REDCROSS to 90999 to make a \$10 donation.

The Red Cross and community partners around the country are participating in a campaign called the "Home Fire Preparedness Campaign." If you, or someone you know doesn't have smoke alarms installed in your home, Red Cross is working with local teams to install them. If you are in need of someone to install smoke alarms, please call the American Red Cross to arrange for a free smoke alarm installation or battery check at 1-800-464-6692.

#### **About the American Red Cross**

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at @RedCross.



#### SANBORNTON POLICE LOG

S A N B O R N T O N — The Sanbornton Police Department responded to 33 calls for service and made the following arrests during the week ending Jan. 13. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld.

Ricahrd Glover, age 47, of Campton was arrested on Jan. 7 for Violation of a Protective Order. He was expected to be arraigned in Plymouth on Jan. 8.

Adam Blais, age 36, of Sanbornton was ar-

#### f Sanbornton was ar- requests for police in-SMALL BUSINESS The Backbone Of America

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formation, one property check, two reckless operation complaints, one road hazard complaint, two sex offender registrations, three reports of suspicious vehicles and/ or activity, one untimely death, and one welfare check.



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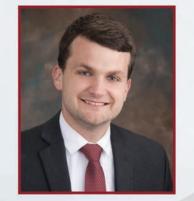
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# Opinion

A4 Thursday, January 25, 2018

#### **STRATEGIES FOR LIVING**

## The death of truth

#### BY LARRY SCOTT

After Tiger Woods had been caught violating his marital covenant and disappointing many who had grown to respect him and admire his extra-ordinary abilities, the media was finally given access to him. One very sharp journalist asked him this question: "How could you have lied to so many for so long?" And that from a journalist? Anyway, Tiger was quite candid. "Because," he responded, "I lied to myself."

In a question and answer session with Christian Apologist Ravi Zacharias, Jeff Foxworthy asked him, "What are some of the biggest lies that our culture tells us today?" Zacharias, to answer the question, brought up this interview with Tiger Woods and said this: "I would have loved to have had a follow-up question. 'What did you lie to yourself about? Did you lie to yourself that you would never get caught, or did you lie to yourself that in doing what you did, that's where lay your happiness?' That, you see, is the deadly lie! The real lie in the system is that you think you can violate the boundaries that God has set and think that in that violation you will find your fulfillment and find your happiness. It simply is not true." (From YouTube, Ravi Zacharias and Dennis Prager, "The Death of Truth, the Decline of Culture" Q&A).

God made us as we are. Our drives, predispositions and interests come from God himself, built into us from the day of creation. Why would God, you must ask yourself, put such restrictions on our happiness? Why would he do such a thing?

God has given us these boundaries that we might live a balanced life. The boundaries are there, and thank God for them. Without the checks and balances that he has given, we are all prone to self-destruct. We live in a day when the mantra of so many is, "We live in a free country; I deserve to have my rights!" However aberrant their interests, they call for justification and the validation of their behavior. Sooner rather than later, I fear they are going to discover the answer to some of the questions we have raised. Sin is a terrible taskmaster; you play with fire, Mr., and you will soon be burned! I am grateful for my Christian heritage. If after death I discover that my faith is bogus, that there is no God, no heaven or hell, no day of reckoning for the Hitler's and Stalin's of history, I am still pleased to have discovered what I call "the way of truth." Had I not been born into a Christian home, I would have indulged myself on any number of things that are clearly self-destructive. Granted there are some experiences I will never have, some "highs" I will never experience. I am neither bragging nor complaining; I am just profoundly grateful. So what does one do when caught, as was Tiger Woods. How does one recover? Jesus said, "Come unto me, all you who are weary and burdened, and I will give you rest." That invitation stands; it was true then, and it is still true today. God's solution to our deepest disappointments and our most intractable problems has been given; his name is Jesus Christ.

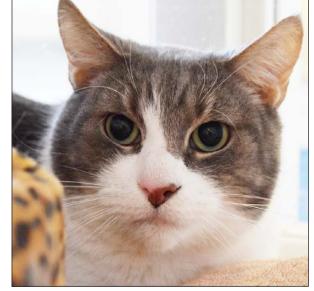
#### PET OF THE WEEK

Our pets simply want to just BE with us. Sitting in our laps, cuddling, providing quiet, non-judgmental companionship.

They are always there for us even as we weather the storms of our lives. Buddy, aged about 10 years, has been a GOOD CAT.

His original owner fell upon very hard times and brought him to us. We placed Buddy in a wonderful home – but the change of pace was difficult for him, he may have mourned his previous comfy, cozy life since adjusting to a more lively household with children, proved to be a difficult transition. Buddy was returned in June 2017. Seven months later, he still awaits a permanent home. Such a handsome, sturdy, grey and white boy simply should not have been overlooked for so long. Buddy is quiet and reserved. He prefers not to indulge in the social scene with the other cats, not because he is unfriendly, he is just so terriby sad.

His prior home said he was a wonderful sweet lap cat. Image what his perspective is now - and his favourite toy – a Santa Claus treat toy is nowhwere in sight. He was nice all year, but did not get what must have been



on his Wish List this holiday season, a new loving home!

Surely Buddy has completed his stint at New Hampshire Humane Society and surely should start the new year off properly, with people who will love him always.

Call 524-3252 or check www.nhhumane.org.

#### LETTERS TO THE EDITOR

#### Granny D's birthday needs honoring

#### To the Editor:

Granny D, born Doris Rollins in Laconia on Jan. 24, 1910, enthralled many across the United States by walking a southern route 3,200 miles across the country at ages 88 - 90 promoting campaign finance reform. She walked 10 miles per day, on x-country skis as she neared D.C. in February! Early, she recognized what many "see" now - corporate-backed elections cut out the average citizen when campaign donations lead to "service." The big money gets the service.

Today, Apple Corporation is large in the news for bringing home stashed billions - because the Trump Tax Bill gives Apple a break. "Apple, which has 94 percent of its total cash of \$269 billion outside the United States, said it would make a one-time tax payment of \$38 billion on the repatriated cash" (New York Times). It turns out that Apple CEO Tim Cook gave about equally to candidates from both parties, last election, with slightly more for Paul Ryan, House Majority Leader and Republican. Granny D would be on top of this news, well aware how the little citizen with little needs is again pushed aside for the big needs of the big guys.

In past years our New Hampshire governors have decreed her birthday, Jan. 24, "Granny D Day." Will Gov. Chris Sununu recognize this strong-voiced woman who started the movement that is so needed today - calling for "dark" money to be out of our elections?

Gov. Sununu, please continue to honor this grand activist who lived to 100, having her 100th birthday celebration in our New Hampshire State House. Decree this Jan. 24 as "Granny D Day."

> Sincerely, Lynn Rudmin Chong Sanbornton

BUDD

WINNISQUAM ECHO



You want to talk about it? Hit me up at rlarryscott@gmail.com.



Telephone: (603) 279-4516 Fax: (603) 279-3331

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## Thoughts from the Thrift Shop News from the Gilmanton Community Church Thrift Shop and Food Pantry

The volunteers at that we are able to assist tinue to support this Pantry at Post Office the Gilmanton Food Pantry & Thrift Shop wish to reach out to our community and neighboring communities to thank everyone for their generous support this past year.

It is through volunteerism, donations from individuals, businesses, and our youth who have participated in food drives, of both food items, and money as well as clothing to be sold in our Thrift Shop,

Gilmanton residents who may be struggling.

Along with helping families have access to food, with support from the community, we have also been able to provide food baskets at both Thanksgiving and Christmas; and to sponsor winter clothing and Christmas gifts for children.

We look forward to continuing this important outreach in 2018.

If you wish to con-

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.

## TEACHING STUDENTS, TOUCHING THE FUTURE

important endeavor with time, money or donations. the Pantry and Thrift Shop is open Wednesdays from 3-6 p.m. and Saturday 10 a.m. – 2 p.m. Donations may be dropped off during those times. Food collection boxes are located at the Town Offices in the Academy Building and at the Gilmanton Year Round Library. Monetary donations may be mailed to the Gilmanton Food

FUTURES

Box 16, Gilmanton, NH 03237. New volunteers are welcomed.

Our Thrift Shop is located at 1817 NH Route 140 in Gilmanton Iron Works. Parking is available in the Harvest Bible Church parking lot.

Phone: 364-0114. Check the Gilmanton Community Sharing and Information page on FaceBook for our Thrift Shop monthly sales and special events.



START THE CONVERSATION TODAY AT TEACHEARLY.ORG

#### **North Country Notebook**

and Karl Strong trap deer tomorrow," she said. Permission, I knew,

I had been tipped off on this little charade. Homework would wait and home chores were done. In fact, my pack

At 4 a.m. the next morning, a truck pulled into the yard and I was out the door. Soon I was

in the warm confines of

a Fish and Game truck,

sandwiched between two

big (to me) wildlife guys

on their way to see what

the deer of the Kilken-

nv basin could tell them

about the health of New

nothing at all about wild-

life management (some

say I still don't), and was

++++

Hampshire was in the

midst of its highest-ev-

er deer kills---10,000 one

year, 12,000 the next.

Hunters, guides, lodge

owners and the many

At that time, New

just happy to tag along.

As for me, I knew

Hampshire's deer herd.

was a given.

was packed.

### Remembering a close race I wouldn't want to run now



By John Harrigan Columnist

The year was 1960. I was a scrawny, 13-yearold kid lugging firewood into the kitchen one afternoon when the phone rang just before suppertime. Because I was there, I grabbed it.

It was Dave Patrick, a wildlife biologist for Fish and Game and a family friend.

"Let me speak to your mother," he said.

She wiped her hands on her apron, took the receiver, and then turned to me.

"Mr. Patrick says that if you're clear you can come along and help him



COURTESY

Wintering deer congregate in yards, where mature softwoods shield against wind and snow, hardwoods are available for food, and well-trampled trails increase their chances of escaping coyotes and free-running dogs.

businesses catering to hunters were happy, but biologists were not.

The high hunting season kill reflected a burgeoning deer population enabled by a succession of mild winters. In northern New England, winter is the great leveler concerning how many deer will be around in summer and fall. Road

kills, free-running dogs, coyotes, disease and the hunting season all take their bites, but in the end the weather calls the tune.

Wildlife experts were worried about the boomand-bust cycles in the deer herd. The state still featured just two hunting zones---one geared for the region north of the





BY MARK PATTERSON If you're looking for new advisor or just meeting with your current advisor, I have what I believe are five relevant questions that need to be asked and answered honestly. 1) Does your advisor and their firm act in a fiduciary capacity, in other words, do they work for you, the client? If yes, have them put it in writing. 2) Does your advisor really know the purpose and needs of the money you have invested with them and their firm? Is your portfolio custom designed for you or a model portfolio for the masses?

with fund companies, and if so, were you informed by the advisor or was it buried in their disclosure documents?

4) Is your account held with a third-party custodian that gives you a transparent view of your accounts and your accounts performance?

5) Is your advisor well-versed in asset management or are they being paid a fee to manage the relationship with you?

gage in revenue-sharing client agreement that we work in a fiduciary capacity for our clients. If your advisor and their firm are in fact working for you in a fiduciary capacity they will have no problem furnishing that in writing.

> I've stressed very recently that your money must be invested not only with proper risk tolerance, but with the proper purpose. Many advisors are good at accumulating money through various funds stocks or bonds. It is key to your financial well-being to understand that when you are relying on your assets for income you must manage them not for accumulation but for distribution. Many of the investment vehicles that are there for accumulation are not suitable for distribution those assets as income. That's why I say to those who have left 401(k)s or 403B plans in place after they leave a job and heading for retirement, redirect that money to an IRA where you have multiple choices for investing that money for the proper purpose. I

have yet to see a 401(k) or 403B that is suited for distribution of assets as income.

Revenue-sharing is one of my pet peeves that I believe is a very disingenuous means of collecting more money for the company coffers at the client's expense.

Very few advisory firms hold custody of client funds. TD Ameritrade institutional, Fidelity, Charles Schwab and Pershing are top custodians for client funds that most advisers use to hold their client's money. My question number five is a bit self-serving, but I believe that most people should work directly with the asset management firm as opposed to an advisor who charges a fee to manage the relationship but then passes on your money to other money managers who charge you a fee in addition to your advisory fee.



A Polaris snowmobile of about the vintage used in the Kilkenny forays. Early models had throttles that sometimes stuck and were infamous for running away from dismounted operators.

notches, the other for the two-thirds of the state to the south. Wildlife research and management were in many ways still in their infancy.

Karl and Dave had been working with local game wardens and loggers to lure deer into places where they could be netted. They did this by felling middle-aged hardwoods and small spruce and fir near yarding areas. The deer were desperate to browse the growth-tips of hardwood limbs, and the tops of spruce and fir---all that were left, because the deer had eaten everything they could reach.

Softwood tips, I remember Karl and Dave telling me, are starvation food, about as much good to a deer as an apple is to a rabbit.

It's odd that I don't remember much about the netting procedure. All I know is that when we got to the study site, three or four deer were thrashing around in nets, visibly upset about things but seemingly otherwise okay. I helped wrestle these hapless animals to the ground so bone marrow, age, temperature and other data could be gathered before they were set free.

#### +++++

What I do remember is that one of the wardens was on something I had scarcely seen before, a snowmobile. It was a red Polaris, driver up front, engine in the rear.

I studied the thing as it motored around the work site, emitting plumes of blue. It seemed to me to be, well, a bit lethargic, phlegmatic, even.

We were packing up to head back out, and I was a petty lean and mean (I thought) teenager and, you know, full of it, and so I asked Dave, who was driving the snowmobile SEE NOTEBOOK, PAGE A16



3) Does your firm en-

These five questions represent a good place to begin if you are interviewing a potential new advisory firm or if you are meeting with your current firm.

Most advisers will claim that they work for you in a fiduciary capacity, however that is not often the case. It's not that your advisor is lying to you, they probably just don't realize that working for you in a fiduciary capacity should be well specified and not just a general feeling. That's why say, get it in writing. My firm, MHP Asset Management, states in our

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

**Come support the Laconia-Winnisquam Wolfpack Hockey Team!** 

When:	Tuesday, January 30th
Time:	5:00pm to 7:00pm
Where:	McDonald's – Tilton Location
What:	Come suport the Laconia- Winnisquam Wolfpack Hockey Team by eating at McDonald's in Tilton on Tuesday, January 30th between 5pm-7pm. Our Team will receive 20% of the sales, no coupon necessry; eat-in, take-out or go through the drive-thru, it all counts!



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Alec

#### Rawlind "Joe" Joseph LaQuire, 72

FRANKLIN — Rawlind "Joe" LaQuire, 72, a lifelong resident of Franklin, died at his home in Franklin, Monday, Jan. 15, 2018.

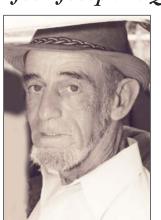
Joe was born in Franklin, May 24, 1945, son of the late, Lloyd C. and Helen C. (Whittier) LaQuire. He attended schools in Franklin. He started working at the Old Getty Station, as he called it, pumping gas. He then fell into the mason trade, where he worked building dorm rooms for Plymouth State College. There, he made a friend of one of the carpenters, who took him under his wing and taught him his life's trade, carpentry.

Joe worked for a few area companies before starting his own company in the mid '80's. He enjoyed caring for and running his classic cars. He and his wife enjoyed cruise nights for several years. He was often seen in his garage, working on his cars as folks passed by his home. Many of his closest friends were people he happened upon broke down, and offered his assistance to. He always had one of those or some of this to lend out. He never judged anyone by the way they dressed, how much money they had, or the car they drove unless it was a Ford, as he was and devoted Chevy man.

His special interests were found in the out-

FRANKLIN — Jane L. Jackson, 64, of Central Street, died Friday evening, Jan. 5, 2018 at her home surrounded by her loving family.

Jane was born Feb. 27, 1953 in Laconia, daughter to the late Ar-



doors. He was an avid hunter and fisherman. Ice fishing in particular was his favorite and he always had a story or two to share from his last trip out.

Though he sometimes forgot his children's names or mixed up his grandchildren, he could tell you every car and motorcycle he owned, the motor in it, how it handled and any "adjustments" he made to it.

Joe had many nicknames throughout his life, but Grampa Joe, given to him by friends of his grandsons, was by far his favorite. He loved to share his knowledge of cars, motorcycles, building, hunting and fishing and the younger crowd made for an eager audience. Joe had an exciting racing career starting when he was very young. He raced at all the area tracks, including Bryers (NHIS) back when it was dirt, Norway Pines, Lee, Claremont, Canaan and WMMS.

He was predeceased by sisters Doreen LaQuire (1956), Bernice H. Cote (2010) and a grandson, Joe Nelson (2014). Joe lost the love of his life, his wife of 51 years, Sheila M. (Orcutt) LaQuire, who died in January of 2016.

Though his love of motors is more than evident, his biggest sense of pride came from his family. His eyes would often tear up when speaking of them and their accomplishments.

He leaves sons Rawlind "Chip" LaQuire, Jr. and companion Tina Clinginpeel of Franklin and Armond LaQuire of Concord; daughter Tina Nelson and her husband Gary, Sr. of Franklin; grandchildren Amv Woods of Franklin, Tammy Nelson of Tennessee, Tech Sgt. Gary Nelson, Jr. and his wife Francesca of England and Katie Nelson of Franklin; nine grandchildren and two great, great-granddaughters.

He also leaves a sister, Lucille Bacon of Franklin, and brother Lloyd C. LaQuire of Boscawen.

Calling hours were held Saturday, Jan. 20, 2018 from 11 a.m. to 1 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton.

Spring burial will be in Park Cemetery in Tilton when weather permits.

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

son of Wisconsin.

spring.

Services will be in the

Wilkinson-Beane-

Simoneau-Paquette

Funeral Home & Cre-

mation Services, 164

Pleasant St., Laconia, is

assisting the family with

#### Jane L. Jackson, 64

Region, and going for rides. Jane also loved the outdoors, especially sitting outside during nice weather.

Jane is survived by her beloved caretaker for the past 30 years, Gladys Mooney, as well passed away peacefully from age-related causes on Jan. 14, 2018 at The Birches Assisted Living Center in Concord, where he was a resident. Leo was born in Ber-

LaFrance,

CONCORD

-Leo

87,

lin on Sept. 2, 1930 to Alphonse and Marie Alma (Montminy) LaFrance. Leo met the love of his life, Marguerite (Bagley) LaFrance, as a teenager when he made twice weekly deliveries of ice to the Bagley home. Leo and Marguerite married at the age of 21 and lived in Berlin until 1963, when they moved to Laconia, where they resided for the next 52 years. They were married for 66 years until Marguerite preceded him in death on Aug. 26, 2016.

Leo grew up as the fourteenth of sixteen His father children. died when he was nine, which led by necessity to the development of a lifelong, strong work ethic. As a young teen, Leo worked long hours hauling blocks of ice (pre-refrigeration) to help support his family while his older brothers were on active military duty during World War II. He spent his first two years of high school preparing for the priesthood at St. Charles Seminary in Sherbrooke, in Quebec until returning to Berlin to attend Notre Dame High School where he was elected president of his 1949 graduating class. Leo was well known as a hard-working athlete, excelling at hockey and baseball. He was captain of Notre Dame's state champion hockey team and he played hockey after high school semi-professional for teams.

After a short stint as hosiery mill manag-

#### Leo Alec LaFrance, 87

er in Franklin, Leo was engaged in the wine and liquor distribution business for over 30 years, traveling extensively throughout New Hampshire and Maine. He was also active in the community, with a focus on educating children in Laconia. He was a founding member of, and served as Chairman of, the Board of the Holy Trinity Catholic School and later served as a member of the Laconia School Board.

Leo left ample time for fun with his family on Lakes Winnisquam Winnipesaukee. and He also had a passion for tennis, playing every Tuesday evening up through his late seventies with a spirited sense of competition among lifelong friends, many of whom eventually and affectionately called themselves The Grumpy Old Men's Club.

In all aspects of work and play, Leo will be remembered by his family and friends for his even temperament, his wry and understated sense of humor and, most notably, for his absolute belief in the values of hard work, education, family loyalty, and the importance of service to one's family, church and community.

Leo leaves four sons (David LaFrance and his wife Jill of Kirkwood, Mo., Shawn LaFrance and his wife Rebec-

ca Farver of Concord, James LaFrance of Gilford, and Thomas and his wife Lynn of Chicago, Ill.); ten grandchildren (Jane of Kirkwood, Mo., Matthew and his wife Meghan of Irvine, Calif., John and his wife Danielle of Conroe, Texas, Christine of Chicago, Ill., Stephen of Boston, Mass., Ethan of Philadelphia, Pa., Aidan of Concord, and Ryan, Joshua and Emily of Gilford); and six great-grandchildren (Kaden, Kai, Nichole, Ellie, Trey, and Luke LaFrance). Leo is also survived by his sister Therese and brother Robert, both of Berlin.

In addition to his parents, Leo was preceded in death by six brothers (Antonio, Telesforre, Roland, Maurice, Lucien and Normand LaFrance) and seven sisters (Florence, Rose, Annette, Cecile, Doris, Laurette and Lorraine LaFrance).

There will be no calling hours.

Leo and Marguerite were parishioners of St. Joseph's Church in Laconia for decades. A Mass of Christian Burial was celebrated at 11 a.m. on Saturday, Jan. 20, 2018 at St. Andre Bessette Parrish - St. Josephs Church, 30 Church St., Laconia, followed immediately by interment in Sacred Heart Cemetery, Garfield Street, Laconia.

In lieu of flowers, a charitable contribution can be made in Leo's memory to Holy Trinity School, 50 Church St., Laconia, NH 03246.

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

thur and Sophia (Pliska) Jackson. She especially enjoyed sharing coffee with friends, shopping at various stores throughout the Lakes

as Gladys' children, TJ and Terry, and Gladys' grandchildren. Jane is also survived by two sisters, Susan Ouellette of Tilton and Silvia Jackthe arrangements. For more information and to view an online memorial, please visit www. wilkinsonbeane.com.

## Minnisquam Echo What can I do for you?



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#### Danny Richard Lemieux, 61

FRANKLIN — Danny Richard Lemieux, 61, passed away peacefully Dec. 27, 2017 at the hospice house in Concord. Originally from Manchester, he spent the remainder of his years in Franklin.

Born Dec. 18, 1956, he was the son of Robert and Theresa Lemieux, both deceased.

Family members include a daughter, Katie Lemieux of Northfield; a granddaughter, Zoey, also of Northfield; three brothers, Roland Lemieux of Tyngsboro,



Mass., Norman Lemieux of Franklin, and Bobby Lemieux of Loudon; plus several nieces and nephews, and great nieces and nephews. He leaves behind several friends, and will be missed by all who knew him.

Danny enjoyed spending time with family, enjoying time with his new granddaughter Zoey, born in June of last year, watching tv, surfing the internet, and fishing, until his health started declining. He lost his battle with COPD. There will be no calling hours. Cremation Society is in charge of his cremation.

A celebration of life is planned for a later date.



#### Joel E. Nordholm, Jr., 90

TILTON — Joel E. Nordholm, Jr., 90, a longtime resident of Tilton, passed away on Thursday, Jan. 4, 2018, at the New Hampshire Veterans Home in Tilton. His passing was peaceful.

Joel was born on Feb. 20, 1927, in Franklin. He was the son of Dr. Joel E. Nordholm, Sr., a dentist, and Beatrice (Horne) Nordholm, who was the Director of Music at Tilton School. They resided on Winter Street, in Tilton.

As a young boy, Joel was a member of the Tilton & Northfield Boys Drum Corps, when he was three years old, playing the drums. In July of 1945, he volunteered to serve in the U.S. Navy. He was discharged in 1946. He attended UNH and graduated with a Bachelor of Science degree in 1950. Upon graduation, he moved to New York State to take a position as Associate Agricultural Agent for Lewis and Steuben counties.

He married Elaine Irene Peterson, from Rochester, in 1951, whom he met while in college. They had two daughters, Susan Elaine, and Holly Jo, and moved back to New Hampshire



in 1958, when Joel took a sales position with American Cyanamid Company. His territory eventually included New Hampshire, Vermont, Maine, Massachusetts, Connecticut, Rhode Island, and part of New York State after 10 years. He then became a New Hampshire County Agricultural Agent. He also taught school for a year in Claremont.

Joel's true passion had always been working with dogs, specifically raising, training, and racing Alaskan huskies. He signed his first AKC litter registration when he was only 12 years old. Working with these sled dogs continued throughout his life when he eventually sold the kennel to W. Averill Harriman's family, but stayed on as breeder/trainer/racer. In 1960 he began to craft handmade wooden racing sleds to sell.

In 1999, he represented the State of New Hampshire, as a certified Master Craftsman, at the Smithsonian Folklore Festival in Washington, D.C.

His wife, Elaine, predeceased him 25 years ago. His sister, Elaine Nordholm Leighton, also predeceased him.

He is survived by his two daughters, Susan Elaine Nordholm of Williamsburg, Va., and Holly Jo Dance, wife of Walter Forrest Dance IV, of Carson, Va., and a nephew, Blaine Leighton, Jr., of Jacksonville, Fla.

A memorial service will be held on Saturday, Jan. 27, 2018, at 1 p.m., at the Tilton-Northfield United Methodist Church, located at 440 W. Main St., in Tilton.

In lieu of flowers, memorial donations may be made to the New Hampshire Veterans Home in Tilton, where your donations will be specially earmarked for the baseball trips made possible through their Recreation Department.

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

#### Barbara J. Dagney, 63

GILFORD — Barbara J. Dagney, 63, lost her brave battle with cancer on Sunday, Jan. 14, 2018 at her home, surrounded by loving family. Anyone that knew

Barbara knew that she did everything on her own terms, and this held true even in her death. Barbara was living with her daughter, Kimberly Lesnewski, and son-inlaw, Mark Lesnewski, in Gilford. Barb's passion for health care was evident from her early days as an EMT. It continued to grow throughout the highlights of her career. Her affinity for the medical field was displayed by her dedication to the patients and her fellow colleagues while serving as an office manager for Total Vision Eye Care, Colchester Internal Medicine, and Windham Medical Group located in Connecticut.

Barb was happiest spending time in her garden, going to NA-SCAR races, fishing, and



camping on the beach with friends and family.

Born on Nov. 23, 1954 in Orleans, Vt., Barb was the youngest of three children.

She was predeceased by her parents, Richard and Kathleen Calkins, and her brother, Steve Calkins.

She is survived by her daughter and son-in-law, Kimberly and Mark Lesnewski, and her daughter Jennifer Harward, as well as her grandchildren, Dylan Lesnewski, Mikhayla (Lesnewski) Torgerson, Codey Lesnewski, Devin Scott, and Daniel Harward. She has two great-granddaughters, Scarlett and Amelia Torgerson. She is also survived by her sister and brother-inlaw, Paula and Edson Calderwood, as well as her nieces, Christy, Heather, Heidi and Summer and her nephew Brett; and her former husband and friend, Michael Dagney.

A celebration of life will be held on Saturday, Jan. 27, 2018 from 1-4 p.m. at 1 Irish Setter Lane, Gilford.

In lieu of flowers, Barbara requested donations be made to Anderson-Ganong Cancer Center, 80 Highland St., Laconia, NH 03246.

Your time as a caterpillar has expired. Your wings are ready. Now you will fly with the butterflies.

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

### Area residents named to Dean's List at University of New England

BIDDEFORD/PORT-LAND, Maine — Nikolai J. Fernandez and Colin W. Shaw of Belmont have been named to the Dean's List for the 2017 fall semester at the University of New England. Dean's List students have attained a grade

#### HALL MEMORIAL LIBRARY

Monday, Jan. 29 Chess Club, 3-5 p.m. Veterans Business Workshop, 6-7:30 p.m.

Economic Specialist Miguel Moralez provides information and tips on how to start and/or grow a small business. For Veterans Only... Free advice from the U.S. Small Business Administration Scrabble, 6 p.m. Adults Only

point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, an innovative educational community with two distinctive coastal

YAH Book Group, 4 p.m.

"The Outsiders" by S. E. Hinton

**Friday, Feb. 2** Sit and Knit, 2-5 p.m. Maine campuses, a vibrant new campus in Tangier, Morocco, and a robust offering of degree and certificate programs online. UNE is home to Maine's only medical and dental schools-part of a comprehensive health education mission built on a pioneerinterprofessional ing approach that includes pharmacy, nursing and an array of allied health professions.

#### Sleep Well, Do Well

For kids to do their best in

*Comedy legend Lenny Clarke returns to Pitman's Feb. 10* 

LACONIA – After two straight sell out performances at Pitman's Freight Room in Laconia, comedy legend Lenny Clarke returns Saturday, Feb. 10 for an 8 p.m. engagement. Tickets are \$25 in advance and \$30 at the door. For tickets, call Pitman's at 527-0043 or 494-3334. Tickets may also be purchased at the door the night of the show if not sold out in advance. For additional information on this show check Pitman's Web site at www.pitmansfreightroom.com or for comedy information email msmith789@comcast. net. Pitman's is a "bring your own food and



was overwhelming so we brought him back again in July and he sold out both shows.

"People love Lenny," added Mitchell. "It's not just that he's a great act, but he is a genuinely warm and likeable person."

Clarke sells out virtually everywhere he plays and is a well-known national act playing Las Vegas, Atlantic City and appearing in film and television. He has a prominent roll in the current hit film, "Stronger," which centers around the Boston Marathon bombing and he had a starring role in the hit TV series "Rescue Me."

drinks venue."

Also appearing with Clarke will be New England favorites Mike Koutrobis and Jack Walsh.

"We brought Lenny here the first time in Dec. of 2016, said Pitman's owner Dick Mitchell. "The response

**Tuesday, Jan. 30** Spanish Club, 10 a.m.

Tech Tuesday, 2-4 p.m.

Wednesday, Jan. 31 Story Time, 10:30 a.m. Magic the Gathering, 4 p.m. Saturday, Feb. 3 Let's Go Lego, 10 a.m.

**New Items** "Carnegie's Maid: A Novel" by Marie Bene-

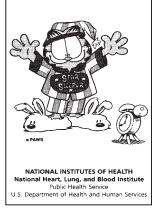
dict "The Girl in the Tower" by Katherine Arden

"The Immortalists" by Chloe Benjamin "Missing Isaac by Valerie Fraser Luesse "Promise not to

Tell" by Jayne Ann Krentz "Unbound" by Stu-

art Woods

school or at play, they should get at least nine hours of sleep every night. **Kids can be Star Steepers tike Garfietd.** Visit http://starsleep.nhlbi.nih.gov for sleep tips and fun activities.





Public Lottery closes March 9th Drawing: Mid-March

www.mountainvillagecharterschool.org 13 Route 25 Plymouth, NH 03264 | 536-3900



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The Valley Inn



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THE CLASSIFIEDS Your Tickets to Success

## **Blue Water Mortgage welcomes** newest licensed loan officer

Experienced finance professional will focus on mortgage loans for the Lakes Region

HAMPTON — Blue Water Mortgage Corporation, an independent mortgage broker serving Massachusetts, New Hampshire, Maine, and Connecticut, is pleased to welcome loan officer Jonathan Ferrante to the team.

With a robust background including a Bachelor's and Master's degree in finance and experience as a licensed financial planner, Ferrante is highly experienced in financial analysis and management practices. He also has experience

as a licensed realtor, mortgage loan officer and construction lender in his home state of Florida, which has given him the advantage of a highly in-depth understanding of homeownership.

"I grew up spending my summers with my family in the Lakes Region of New Hampshire, so I know the area very well," said Ferrante. "Now I am happy to help people find their dream lake homes where they can spend their summers!"



Jonathan Ferrante

Ferrante is licensed in New Hampshire, Massachusetts, Maine and Connecticut. He'll focus primarily on mortgage

gion of New Hampshire, including Winnipesaukee, Winnisquam Lake, Squam Lake and Newfound Lake.

With his vast experience, Ferrante has developed the knowledge and expertise needed to assist homebuyers throughout every phase of the loan process, including negotiating terms that are on budget and ensuring that closing goes smoothly.

"I've found my home at Blue Water, and I'm excited to help others

loans for the Lakes Re- find theirs," said Ferrante.

> As a premier home loan broker, Blue Water Mortgage has closed more than 17,000 loans and achieved more than \$3.8 billion in volume since the doors opened in 2002 in Hampton, New Hampshire. Since 2014 alone, Blue Water Mortgage has closed over a billion dollars in volume and averages 1,200 closed loans a year for their clients and realtor partners in Connecticut. Maine, Massachusetts and New Hampshire.

**About Blue Water Mortgage Corporation** 

Blue Water Mortgage Corporation is an independent mortgage broker serving Massachusetts, New Hampshire, Maine and Connecticut. With more than 100 years of collective mortgage experience among the team, Blue Water has the knowledge, expertise and ability to close loans on time with the best terms and lowest rates for their clients. For more information. visit bluewatermtg.com.



## Pitman's welcomes guitarist Chris Fitz

LACONIA - Pitman's Freight Room, located on New Salem Street in Laconia, welcomes blues guitarist Chris Fitz Friday Jan. 26, at 8 p.m., \$20 in advance via Web site or reservation, \$25 at the door.

Chris Fitz broke into the Boston music scene back in 1994 after a five-year stint in the San Francisco area. He honed his blues guitar chops by floating around all the blues clubs in the Bay Area and finding inspiration in the local and national blues artists who frequented them.

Upon moving back to Boston, his hometown. he wasted no time hitting the various blues jams around the city. His blistering guitar work soon began to make an impact!



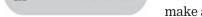
**Chris Fitz** 

More than 20 years and thousands of gigs later, the Chris Fitz Band, with Fitz as band leader/singer/songwrit-

"Fretless Dave Kendarian" on bass, remains one of the premier "original" blues and roots acts in all of New En- which he plays like he 527-0043 or visit www. gland. Joining the band is

keyboardist Ben Knight, who has been tearing up the local music scene with his keyboard, was playing the drums! Admission \$20 in ad-

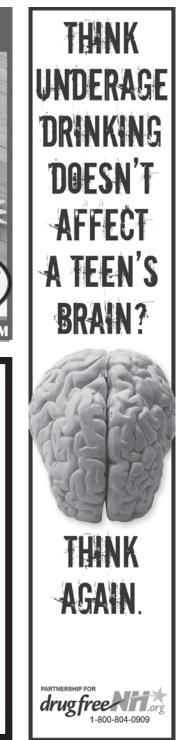
vance, \$25 at the door. Doors open at 7pm and we are a BYO Venue. For reservations, call



er/guitar player, Dan Bunge on Drums and

pitmansfreightroom. com.





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WELL DRILLING

### Streetcar Company hosting auditions for "Big River"

GILFORD — Community theatre in central New Hampshire has been alive and well for a long time. Community Players of Concord is celebrating 90 vears! Franklin and Pittsfield both have active groups locally and The Tilton area has a brand new well received company in One Light Theatre. Streetcar Company is the longest running community theatre group in the Lakes Region and this spring they are hoping to broaden the scope of the kind of show's local audiences can see and performers can participate in.

"It's not a surprise to anyone that this area is not very ethnically diverse," company president J Alward notes. "Because of this, groups have been limited to productions that either feature all white casts or a severely limited amount of characters of other racial backgrounds."

This year, St. Car wants to take a leap of faith and produce a community version of a play specifically centering on both white and black characters.

On Feb. 4 & 5, the company will hold open auditions for the musical "Big River," which tells the classic story of Huckleberry Finn and his friend Jim. Theirs is a story of worlds colliding, social injustice, prejudice, honor and in the end understanding. Huck is a poor, white, young man and Jim is a slave. The musical with songs and lyrics by Roger Miller tells the Mark Twain story of their escape down the river and all the people they meet along the way. It is a story of misunderstanding, fear, compassion, growth and eventually over coming. Through

their travels they meet people who treat them poorly and who are kind. They meet other black people and other white people and prejudice is felt in many directions not always because of race but sometimes due to class, or gender or education.

Alward continues, "Up until now, community groups in this area have been hesitant to try any show with a diverse cast. Recently, we have seen a more open attitude toward Color Blind casting. Progressive casting is now being seen in the Broadway version of 'Frozen' and in several recent mainstream movies. The Broadway hit of a couple years ago, 'Hamilton,' really brought the idea into the limelight, and we feel as though the timing is right to give that type of thing a try in this area." Streetcar Company

COURTESY Bank of New Hampshire Prestige Plus members attend an identity theft and fraud prevention seminar.

#### Bank of New Hampshire Prestige Plus members attend identity theft and fraud prevention seminar

GILFORD — Bank of New Hampshire's Prestige Plus members recently attended an Identity Theft and Fraud Prevention seminar held at the Bank's Operations Center in Gilford.

The seminar was

complish that to protect themselves from identity theft. Prestige Plus members also learned about safeguarding their personal information, IRS fraud calls, ATM skimmers, computer safeguards, online banking protections, checking credit reports and many other identity theft and fraud preventions. Bank of New Hampshire offers seminars to its Prestige Plus members at no charge. To learn more about Bank of New Hampshire's Prestige Plus program, visit BankNH. com or contact Valerie Drouin. Senior Vice President - Prestige Plus Manager at 527-3207 or DrouinV@banknh.com.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and Southern Maine. With 24 banking offices and assets exceeding \$1.5 billion, Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www. BankNH.com.

has always and will always welcome anyone and everyone who wants to be involved in one of their productions. "Big River" will be no different. People of all backgrounds, ages 10 and up are enthusiastically encouraged to come try out. No experience is required to audition. What is different this time is that the production has roles that are specifically non white characters that will be filled by the best possible performer regardless of race. The St. Car board of directors is well aware that this may be met with positive and negative audience and community reactions. The company welcomes feedback and input into the production and will offer a post-show talk back to focus on the content, artistic interpretation, casting choices and other areas of concern from the production.

Alward notes that "this is show is a chance for our community to have the opportunity to do some great theatre that has so far been off the table in New Hampshire."

The production team for this show includes J. Alward as director, whose credits include "Les Mis," "Mary Poppins," "Agnes of God" and "Jekyll and Hyde"; Frank Stetson, Assistant director; Phil Breton, accompanist; Erin Lovett Sherman with choreography; Oriana Filiault as costumer; Mark Lambert building sets; and Raelyn Cottrell as producer.

Auditions will take place at the Methodist church at 18 Wesley Way in Gilford on the 4th and 5th of February at 7 p.m. Those auditioning should come with sheet music and be prepared to sing one verse of a song of their choice (no pop music please!) with a provided accompanist. Performers will also be asked to read, dance and participate in some acting exercises. Shows are at the Interlakes Community Auditorium during the last week in April. Questions or concerns should be emailed to the director, at alward@ metrocast.net.

#### Belmont man sentenced to 41 months in prison for firearm and drug offenses

CONCORD — Acting United States Attorney John J. Farley announced this week that Paul Channel, 27, of Belmont, was sentenced to 41 months in federal prison for possession of a firearm by a convicted felon, possession of a firearm with an obliterated serial number and possession of a controlled substance – fentanyl.

According to court documents and statements made in court, on March 25, 2017, after a telephone call from a concerned citizen, an officer with the Manchester Police Department stopped Channel while he was driving a vehicle on Elm Street. The officer conducted a pat- frisk of Channel and located three syringes and a clear plastic baggie containing a controlled substance that subsequently tested positive for fentanyl. Channel did not have a prescription for the fentanyl. The police also located a firearm with an obliterated serial number in Channel's vehicle. Channel is prohibited from possessing a firearm because he is a convicted felon.

41 month prison sentence, the Court ordered Channel to serve 3 years of supervised release.

"Stopping violent crime is one of the highest priorities of the U.S. Attorney's Office," said Acting U.S. Attorney Farley. "Through the Project Safe Neighborhoods program, we work with our law enforcement partners to keep guns out of the hands of criminals. By prosecuting those who possess guns illegally, we will reduce the risk of violent crime and make our communities safer."

This case was investigated by the Manchester Police Department and the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF). Assistant U.S. Attorney Debra M. Walsh prosecuted the case.

The case is part of ATF's Project Safe Neighborhoods initiative, which is a federally-funded program intended to reduce gun violence through law enforcement training, public education, and aggressive law enforcement efforts to investigate and prosecute gun-related crimes.



presented by Bank of New Hampshire's Ralph Wegner, Assistant Vice President - Information Security Officer. Fraud and identity theft is a global problem and is recognized as the fastest growing crime. In the worst cases of identity theft, the burden of proof is on the victim. During the seminar, Ralph explained why Prestige Plus members need to take precautions and how they can ac-

Channel previously pleaded guilty on Oct. 2, 2017. In addition to the



# **SUPER SENIORS** The importance of staying active for seniors in assisted living

As seniors age, it's important for them to stay active to help maintain their health and mobility. Physical therapy is a great way for seniors to maintain a more active lifestyle as it can help them retain their independence and increase

their strength and balance. It can also help manage long-term illnesses and alleviate pain from arthritis, hypertension and other disorders.

At Golden View Health Care Center's assisted living options,

in-house therapy program where on a long-term or short-term basis. they work with physical therapy, occupational therapy, and speech therapy. These therapies can help with managing long-term illnesses, as well as help maintain balance

seniors take advantage of our and strength, and can be accessed Not all assisted livings have this added benefit so it is important to inquire about the availability of these services when shopping around.

Physical therapy, which focuses on large muscle movements to increase or maintain muscle tone and endurance, can help improve the abilities of assisted living residents with poor balance or decreased strength. Working with physical therapy can help decrease the risk for falls and allow seniors to keep preforming their daily tasks as independently as possible. Consistent physical activity promotes better blood flow and can increase quality of life by helping to reduce physical pain for many seniors with arthritis, hypertension and similar disorders.

Occupational therapy focuses on fine motor skills and hygiene tasks. Occupational therapists will often help assisted living residents with mobility deficits learn new ways to do their everyday tasks with or without the help of adaptive equipment. Working with occupational therapy can help seniors regain confidence and maintain their independence in a safe way.

Speech therapy can be beneficial to assisted living residents with dementia or who have had a stroke as speech therapists will work with them on safety concerns, language deficits, and other cognitive issues. Speech therapists also play a big part in helping residents who have trouble swallowing or chewing food do so in a safer way.

Some of the benefits of onsite programs such as in Golden View's assisted living is that seniors can easily access the in-house therapy department for one-on-one therapy sessions in the comfort of their own familiar surroundings with staff employed directly by Golden View. Because therapy is

done in-house, seniors and their families don't have to make and manage appointments or arrange transportation. There's also the benefit of working with the same therapists each session. Working with a therapist they know and trust can be very important for seniors, and allows for a more individualized plan of care. Because the therapists are in-house, they are able to work with nursing staff, dietary staff and caregivers to create a cohesive plan of care for each resident that focuses on wellness, independence, and safety.

For many assisted living residents, therapy is the best way for them to increase their overall health, strength and balance, decrease their risk of falls, alleviate pain, regain confidence, maintain independence, and much more.

Those interested in learning more about assisted living at Golden View, may call Becky at (603) 279-8111, ext. 4194 or visit www.GoldenView.org.



Call: Leigh Hofmeister

Today is a great time to START the discussion!

**Director of Community Relations** 153 Parade Rd Meredith NH 03253 Phone: (603) 279-3121 Email: Leigh@forestviewmanor.com

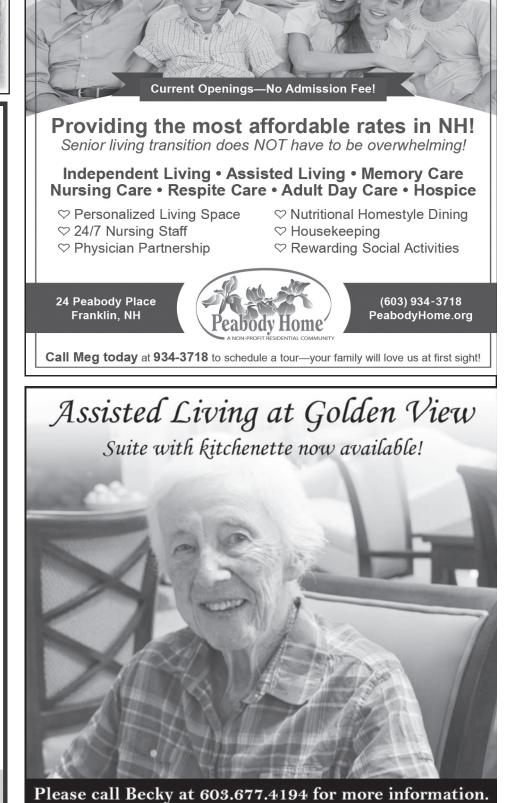
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For information or an application contact: **Beno Management Company LLC** 603-744-3890 or 711 NH Relay



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## Living Mel SUPER SENIORS The Cost Of Long-Term-Care

By Edward H. Adamsky,

Attorney at Law A major newspaper headline says that Dementia care could cost \$730,000! That's a scary number that should make you want to plan for your aging needs. However, is it really a valid estimate? The newspaper got that number by using Genworth Financial's figure of \$91,250 for full-time (24 hour) care for eight years. Many nursing homes charge \$10,000 to \$12,000 per month so only five years of care could add up to that headline number.

Five to eight years of full-time care is a possibility, but it's really a worst-case scenario. Most people with dementia live at home for many years with help from family and paid caregivers. Only when they are really bad, which is often close to the end of their lives, do they go to a full-time nursing home. A better estimate is that most individuals with dementia will spend between \$100,000 to \$200,000 on their care with only a few spending anywhere near that \$730,000 number. Still, even \$200,000 is a lot of money, so you need to plan for your care needs.

Some people with advanced dementia still have relatively healthy bodies, and they may live a long time while needing full-time care. But more often than not, dementia symptoms coincide with bodily failures. The mind controls not only the voluntary functions, but also the autonomous systems such as heartbeat and breathing. In the end, dementia is always fatal as the brain no longer works to keep the body alive.

Some of the worst cases,



in terms of living a long time with severe mental impairment, are with early onset dementia. Dementia may occur in a person with a fairly strong body and perhaps a strong will to live. Such a person could live for years while needing expensive care. On the other hand, many older people who get dementia already have other health issues that will most likely shorten the time under care. Not that this is comforting, but it does lower the estimates of the cost of care.

The key issue is that, if you have money, you have to pay for your care. If you have no money then the Medicaid program will most likely pay for your nursing have the funds allocated to pay for your care. You can do this by saving a whole lot more than you thought you might need for retirement, or you can consider purchasing Long Term Care Insurance. That way you can leverage your premium dollars into a larger amount of money from the insurance company if you do need care.

home care. A better choice is to

What it may cost to care for you or your loved one is pretty hard to estimate. Many people need no long-term-care at all, while others could hit that three-quarters of a million dollar mark. Whatever the risk, it makes sense to see your local Elder Law Attorney and arrange the right plan for you.

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> rom left to right Patti Thompson, Pam Baker and Patty Stewart Debunking The Broker Myth by Patty Stewart

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Already have cabin fever and thinking about spring? We kick off our season in March when we head south on our Southern Coastal Discovery Tour (March 14-25). For a shorter tour, join us for our Taste of Providence & the Celtic Woman Tour (April 7-9). Get a "taste" of Providence during this weekend getaway ~ from Federal Hill's famous Italian cuisine to the Celtic Woman concert at the Providence Performing Arts Center. Art lovers will enjoy our Pennsylvania Arts



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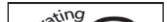
& Architecture Tour (April 30-May 6), which highlights Pennsylvania's incredibly varied art & architecture from Frank Lloyd Wright's masterpiece Fallingwater, to the vibrant art scene in Pittsburgh. See why Harper's Bazaar named Pittsburgh one of the "Best Places to Travel in 2017." We have over 20 tours

planned for 2018 including: day trips to see shows in Boston and Ogunquit; the Ottawa Tulip Festival; the Canadian Maritimes; Tanglewood & the Berkshires; Churchill, Manitoba considered to be the Polar Bear Capital of the World; Plymouth, Salem & the Cape Cod Canal; Martha's Vineyard; Veteran's Day in Washington, DC and so much more!

With so many new and exciting adventures on the horizon there should be something that will suit you! What are you waiting for? C'mon, join the fun!

Kelly Cooke is the Owner Terrapin Tours, loves traveling and has almost 20





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## **My Hannaford Rewards gives** grocery shoppers a game-changer Reinvents supermarket loyalty programs, provides customers with savings in every aisle on the items they buy most

REGION — Hannaford Supermarkets announced this week the launch of My Hannaford Rewards, a reinvention of grocery store loyalty programs that adds rewards for store-brand items and leaves prices untouched.

Shoppers who choose to participate earn a two percent reward on every store-brand item purchased -- including fresh meat, seafood and deli items, as well as thousands of packaged products across the store. About 5,200 fresh and center-store items qualify for rewards in an averaged-sized Hannaford store. Shoppers also will receive person-

alized coupon offers for the national- and regional-brand products they buy.

"My Hannaford Rewards is a new way to thank customers, with a two percent reward on private-brand items and coupon offers that are meaningful to them as individuals," said Hannaford President Michael Vail. "The things that people love about Hannaford – including great fresh food, low everyday prices and excellent service - are our foundation. My Hannaford Rewards builds on that to provide customers with additional benefits for the shopping they do each week."

The program is different from traditional supermarket loyalty programs because instore prices remain the same for all customers whether they enroll in My Hannaford Rewards or not. By contrast, club models or two-tiered loyalty programs require customers to subscribe to access a better level of

store pricing. My Hannaford Rewards has been launched in all 181 Hannaford stores across the Northeast. As an additional "thank you" for participating in My Hannaford Rewards, the first 400,000 customers who sign up will receive free-grocery offers.

It is easy to join and easy to use. Customers can sign up in one of three ways:

Download the app from iTunes or the Android App Store and use it as your gateway to sign up for the program, and to access the many benefits of Mv Hannaford Rewards.

Go to Hannaford. com and sign up right through the website.

Visit any Hannaford store, where you can sign up in person.

Users earn rewards every time they shop by scanning their app or entering their phone number at the register. These rewards may be redeemed quarterly,

with the total earned being deducted from the customer's bill during their next shopping trip.

The two percent reward applies to all Hannaford, Taste of Inspirations, Nature's Place, Home 360, Cha-Ching, Etos, Companion, Care-One and Healthy Accents products.

Customers also receive personalized coupon offers for national- and regional-brand products on a regular basis, reducing the price of those items at the time of purchase.

Earlier this year, Hannaford launched Mv Hannaford Rewards among associates and as a pilot in 11 stores around Burlington. Vt. In each case, enrollment and use of the program far surpassed expectations, as participants enjoyed the benefits of regularly shopping with My Hannaford Rewards.

#### **About Hannaford Supermarkets**

Hannaford Supermarkets, based in Scarborough, Maine, operates 181 stores in the Northeast. Stores are located in Maine. New York, Massachusetts, New Hampshire, and Vermont. Hannaford employs more than 26.000 associates. Additional information can be found at www.hannaford.com.

#### Harvard Pilgrim announces addition of **LRGHealthcare to ElevateHealth Provider Network**

— Har-LACONIA vard Pilgrim Health Care has announced the addition of LRG-Healthcare to the ElevateHealth providnetwork effective er December 1. LRGHealthcare includes Lakes Region General Hospital, Franklin Regional Hospital, and 16 affiliated medical practices.

"We are very pleased to add LRGHealthcare our ElevateHealth to network, which significantly strengthens our presence in central New Hampshire and provides improved access to care for Lakes Region businesses and residents," said William Brewster, M.D., Vice President of Harvard Pilgrim Health Care New Hampshire. "Our ElevateHealth and ElevateHealth Options

plans are designed to improve the quality of care and lower premiums for our New Hampshire members."

The addition of LR-GHealthcare increases the ElevateHealth New Hampshire hospital count to 20, plus one in Vermont. This change also moves all LRG-Healthcare-affiliated providers from tier 2 to tier 1 for ElevateHealth Options, lowering the out-of-pocket expense for members.

"Employers in Belknap County now have more than 70,000 docthe ability to purchase plans for their employees that offer lower premium costs while still accessing local providers," said LRGHealthcare President and CEO, Kevin W. Donovan. About Harvard Pil-

grim Health Care

Harvard Pilgrim and its family of companies provide health benefit plans, programs and services to more than 3 million customers in New England and beyond. A leading not-forprofit health services company, we guide our members - and the communities we serve - to better health.

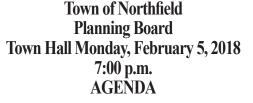
Founded by doctors nearly 50 years ago, we're building on our legacy. In partnership with our network of tors and 182 hospitals, we're improving health outcomes and lowering costs through clinical quality and innovative care management. Our commitment to the communities we serve is driven by the

passion of the Harvard Pilgrim Health Care Foundation. Through its work, low- and moderate-income families are gaining greater access to fresh, affordable food—a cornerstone to better health and well-being.

To learn more about Harvard Pilgrim, visit www.harvardpilgrim. org.

#### **About LRGHealthcare**

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRG-Healthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.



- 1. Minutes- January 8, 2018
- 2. Steven Partridge Scribner Rd Zoning
- 3. Chris Hunt Request for Rezoning of Parcel in C/I District off
- 4. On Scribner Road
- 5. Other Business

Respectfully, Jason Durgin, Chairman





**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. 111 with any questions regarding the submission process.



## Classified: It's Auto-matic





#### NOTICE TO BELMONT RESIDENTS Declaration of Candidacy for the March election will be accepted at the Town Clerk's

Office between the hours of 7:30 AM to 4:00 PM from Wednesday January 24, 2018 through Friday February 2, 2018. On Friday February 2, 2018 we will be open 7:30 AM-5:00 PM

Only Declarations will be accepted between 4:00-5:00 PM on February 2nd.

The following Positions are open:

POSITION	OPENINGS	TERM						
Selectmen	(1)	3 Year Term						
Budget Committee	(4)	3 Year Term						
Budget Committee	(2)	2 Year Term						
Cemetery Trustees	(1)	3 Year Term						
Library Trustees	(1)	3 Year Term						
Planning Board	(2)	3 Year Term						
Town Moderator	(1)	2 Year Term						
Trustee of Trust Funds	(1)	3 Year Term						
Zoning Board	(2)	3 Year Term						

LACONIA — The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers the film, "Loving," as the February selection for the International Film Series. "Loving" will be shown on Monday, Feb. 5 at 6:15 p.m.

Richard Loving, a white construction worker fell in love with Mildred Jeter, a black woman. They grew up together in Virginia, part of a group of black and white children who

played together throughout their childhood in the 1940s and 1950s. This is their true story of their falling in love and marrying at a time when such marriages were called miscegenation.

In 1958, Richard and Mildred drove to Washington, D.C. to marry where such marriages were legal. Upon returning to Virginia Richard built their home near where they grew up. Soon after, the sheriff came to arrest them for an illegal marriage.

They were sentenced to a year in prison. The judge suspended the sentence on condition that they not return to Virginia for 25 years.

They moved to Washington, but returned over the years at various times to be with family and eventually were arrested again. This is the story of their long fight in Virginia for a legal marriage that had to go all the way to the Supreme Court. After a long fight, the Court unanimously found anti-miscegenation laws illegal across the nation.

It seems so appropriate that the last name of this couple is Loving. Throughout the legal Richard wrangling, found the whole process absurd. He simply loved his wife and she loved him. They just wanted everybody else to go away and leave them alone.

Historically, this time period includes the March on Washington where Dr. Martin Luther King, Jr. gave his

"I have a dream" speech. The March inspired Mildred to take on the fight. Attorney General Robert Kennedy asked the American Civil Liberties Union to take on the case. This 2016 British-American film acknowledges the importance of Black History Month in the U.S.

This is another in the International Film Series shown monthly from September through June at the Laconia Library. Check the International Film Series

shelf at the library for this and other films shown over the past several years. Order films from this series through your own library if you do not live in Laconia!

WINNISQUAM ECHO

The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information contact Len Campbell at lcampbell@ nh-cc.org.

## **Peabody Home seeking volunteers**

FRANKLIN — Peabody Home in Franklin is an independent not-for-profit senior living community offering memory care, nursing care, assisted living and independent living opportunities. The Peabody Home and its residents are currently welcoming new volunteers. Are you looking to build new friend-

ships, use your skills to benefit others and make a difference? Whether pet therapy, music, or conversation join the Peabody Home community today.

The volunteers at Peabody Home are such a valued part of our community, read a book, play a game, take a walk, share a talent...our residents will welcome you in.

Contact Angela Mundy, Activities Director at Peabody Home, at 934-3718. Volunteering strengthens communities, improves lives, allows you to connect with others that in turn transforms your life and builds friendships. Consider volunteering with us today.

LACONIA — Are you or someone you care for living with diabetes? Would you like to learn tools and strategies to better manage and live well with this disease? If

so, the Living Well with

Diabetes workshop is for

you.

Living Well with Diabetes

manage diabetes with the "Living Well with Diabetes" workshop presented by LRGHealthcare. A free six-week workshop will be offered on Monday's from 10 a.m. - noon beginning Feb. 5 at the Lakes Region General Hospital in Laconia. Those attending the workshops will apply skills for living a full, healthy life with diabetes, learn to set weekly goals and develop a practical step-bystep plan for improving diabetes care. Weekly topics include managing blood sugar levels, healthy eating, physical activity, relieving stress, and more!

Workshop leaders will guide participants through this proven program developed by the Stanford Universitv School of Medicine. These sessions are ideal for anyone living with diabetes or a caregiver of someone with diabetes.

For more information or to register for this upcoming workshops, please call LRGHealthcare Education Services at 527-7120.

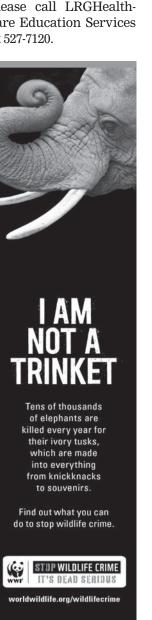
Learn how to better

Course Title	Dau(e)	Start data	Times	# wooke	Coet	Location	Instructor Namo
Arts & Crafts							
ading & Coloring Techniques with Eye Shadow	Thurs	1/25/2018	6:00-8:00	4 weeks	\$45.00	LHS-514	Ellen Olson
tro to Pastel Painting	Thurs	3/15/2018	6:00-8:00	4 weeks	\$55.00	LHS-509	Elizabeth Keefe
il Painting Studio	Tues	3/6/2018	6:30-8:30	6 weeks	\$70.00	LHS-509	Carole Halsey Keller
ewing: Learn Paper Piecing	Tues	3/6/2018	6:30-8:30	4 weeks	*\$40.00*	LHS-514	Ardy Eaton
Cooking							-
hinese Cooking	Thurs	3/15/2018	6:00-8:30	5 weeks	*\$60.00*	ctc-H220	Yan Li
asy Cooking: Quick, Healthy & Delicious	Wed	1/24/2018	5:30-7:30	3 weeks	*Free*	ctc-H220	Elizabeth White RD,LD
Health & Wellness	ineu	1,24,2020	5.507.50	5 WCCK5	nee	tterneed	Lindberr Wine Rojeb
bundance and the Law of Attraction!	Tues	1/23/2018	6:30-8:00	1 week	Free	LHS-603	Celeste Lovett
cupuncture, Herbs, & Holistic Medicine	Tues	1/23/2018	7:00-8:30	1 week	Free	LHS-608	Brian Paterson, ND
elly Dancing Fun & Exercise for Beginners	Mon	2/12/2018	6:15-7:30	10 weeks	\$65.00	LHS-Café	Andrea Aldrovandi
Iolistic Roots to Healthy Living & Life Style Choices	Tues	2/6/2018	7:00-8:30	6 week	Free	LHS-608	Brian Paterson, ND
ntro to Exercise	Mon	1/22/2018	6:00-6:30	8 weeks	\$45.00	LHS-916	Downtown Gym
ine Dancing	Thurs	3/22/2018	6:30-7:45	5 weeks	\$45.00	LHS-Café	George Maloof
fah Jongg Made Easy and Fun	Wed	1/24/2018	7:00-9:00	5 weeks	\$50.00	LHS-514	Sharon Fleishman
Aindful Movement and Meditation with Chi Kung	Mon	1/29/2018	6:00-7:30	6 weeks	\$50.00	ctc-H235	Richard Hochsprung
'ai Chi Chih	Wed	1/29/2018	5:15-6:30	8 weeks	\$70.00	ctc-H235	Nancy Frost
ai chi chin /oga for Everyone: Beginning	Tues	1/24/2018	5:00-6:15	8 weeks	*\$55.00*	ctc-H225	Bonnie Morin
oPe ioi raci foiici ncEiiiiiiiE	1005	123/2010	3/00/0/13	o weeks	400.00°	41-11223	
Informational Classes/Seminars							
state, Wills, Trusts & Guardianship Planning	Tues	1/23/2018	7:00-9:00	1 week	Free	LHS-613	Kristen Gardiner
st Time Homebuyer Seminar	Thurs	2/1/2018	6:00-8:00	1 week	Free	LHS-613	Donald McLelland
avvy Social Security & Medicare Planning	Wed	1/24/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
mart Retirement Strategies	Wed	1/31/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Vealth Planning 101	Wed	2/7/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Inderstanding Your Taxes-Putting the fun in refund	Mon	1/22/2018	6:00-8:00	2 weeks	Free	LHS-614	Cary Gladstone(Granite United Way)
Language							
rench for Beginners (Conversation)	Mon	1/22/2018	7:00-8:15	10 weeks	*\$50.00*	LHS-201	Marta Burke
talian Travel & Language	Tues	3/6/2018	6:00-7:45	4 weeks	\$50.00	LHS-205	Lorraine LoRusso
panish for Beginners	Mon	1/22/2018	6:00-7:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
panish Intermediate Level I	Mon	1/22/2018	7:00-8:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
panish Intermediate Level II	Mon	1/22/2018	8:00-9:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Learning a skill							
Oog Obedience: Beginning	Wed	3/21/2018	6:00-7:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Oog Obedience: Advanced	Wed	3/21/2018	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
ly Tying	Mon	1/22/2018	6:30-8:30	9 weeks	*\$50.00*	LHS-509	Mike Cox
enealogy: Problems Finding your Family Roots?	Thurs	1/25/2018	6:30-8:30	4 weeks	\$30.00	LHS-205	Chuck North
Velding Basics: ARC, GAS, MIG & TIG	Tues	1/23/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAb	Rick Hewitt
Velding Basics: ARC, GAS, MIG & TIG	Wed	1/24/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAb	Rick Hewitt
Velding: Advanced MIG, TIG, Stick, Fabrication	Thurs	1/25/2018	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAb	Rick Hewitt
Voodworking	Tues	1/23/2018	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Fellona
	* * Additiona	al Supply/book f	fee or pre-class	requirement	t is additional	in this course.	
Check out our other great offerings	: A.B.E F	ree Adult B	asic Educat	tion Tueso	day & Thu	rsday nights 6:00	-8:30
	HISET /F	ormerly GE	D) Pren- Fr	ee Tuesda	v & Thurs	day nights 6:00-	R:30
	E.S.L FI	ree for those	e learning	English Tu	esday & 1	Thursday nights 6	:00-8:30
	A.D.D	Free for Adu	ults with D	evelopme	ntal Disab	oilities Tuesday &	Thursday nights 6:00-8:30
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#### Learnin Adult Education Winter (Enving 2010 Envishment Catalog

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Child Car Safety

## Public open house to be held at **Lakes Region Mental Health Center**

LACONIA — After more than six months of construction, Lakes Region Mental Health Center (LRMHC), formerly known as Genesis Behavioral Health. opened its doors on Tuesday, Jan. 2 at their newly renovated building located at 40 Beacon St. East in Laconia. A Lakes Region Chamber of Commerce Meet & Greet and Public Open House Celebration will be held at the new medical facility on Thursday, Feb. 1 from 4:30 – 6:30 p.m. The general public is cordially invited to attend, enjoy refreshments and tour the building.

"This building gives us an opportunity to demonstrate to our staff, our patients and the community the significance that mental health treatment has in all our lives," said Maggie Pritchard, Execu-



COURTESY

Left to right: Joe Driscoll, VP, Board of Directors; Ed Drury and Dawn Lacroix. LRMHC staff; Maggie Pritchard, Executive Director LRHMC; Shane Moorehead, CCI Project Team; Sunshine Fisk, CFO, LRMHC; Nancy Marineau, Genoa Pharmacy; Mark Bolstridge, CCI Project Team; Jeff Downing, President, CCI ; Scott Myers, Laconia City Manager. Missing in the photo: Ed Engler, Laconia City Mayor; Allan Clark, Project Manager, REI Service Corporation; and Amelia Brock of Samyn-D'Elia Architects, P.A.

tive Director of Lakes important project for Region Mental Health us; having a centrally Center. "It has been an located state-of-the-art

medical facility for our patients and for the community will allow us to close service gaps, enhance the quality of care, expand the services available to our patients, develop more effective private-public partnerships between LRMHC and its stakeholders and community partners and make access to care easier for those that need it. It is reflective of our mission and our commitment to provide integrated health care

to the residents of the dren, families, adults Lakes Region. Patients should feel respected and well cared for with our evidence-based services and well trained staff and the building has been transformed to reflect those sentiments. Additionally, relocating 150 professional employees to the central downtown area will contribute to the region's overall wellbeing and economic vitality."

Lakes Region Mental Health Center worked with Samyn-D'Elia Architects, P.A. of Ashland, REI Service Corporation of Manchester and Conneston Construction, Inc. of Laconia to complete the project. The consolidation of four locations into one and the renovation of the new building provides for a much more efficient operation with improved access to clinical services.

The Lakes Region Mental Health Center, Inc.is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, corporation, LRMHC has two campuses, in Laconia and Plymouth, that serves nearly 4,000 chil-

and older adults each year. LRMHC provides **Emergency Services 24** hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported emplovment: substance use disorder treatment; and specialty services evidence-based and practices for children and their families. including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

### **Roche Realty Group, Inc.'s Top Producer in Sales and Rentals for 2017- Kevin Shaw!**

LACONIA — Roche Realty Group, Inc., with offices in Laconia and Meredith, would like to congratulate Realtor® Kevin Shaw as their top agent in sales and rental income for 2017 with \$19.7 million in sales and rental volume, up from \$15.7 million in 2016!

When asked about his plan for 2017 and how he achieved this, Shaw explained that the key to he was also chosen by mountain biker, swimhis success is teamwork and having a good base of people around him, including other Realtors<sup>®</sup>, staff, finance, and closing companies. "We Shaw states, don't necessarily sell homes; homes sell themselves. The key is to listen to your clients. A good agent will listen to their clients and find out what their wants and needs are. The reward of being a Realtor® is seeing your client happy, in a home that fits their family and lifestyle perfectly."



**Kevin Shaw** 

Region and Lake Winnipesaukee. Kevin is also the Property Manager for many homeowners and oversees their yearly, weekly or seasonal property rentals.

Shaw is an active member of the community, and has coached soccer and baseball in Gilford at both the middle and high school levels. He is an avid skier, non-profit

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2017 was an exciting year for Shaw, not only in sales and rentals;

the national magazine "Top Agent Magazine" as their Top Real Estate Agent and was featured on the front cover of the publication.

In the business since 2000, Shaw has been one of the top five agents at Roche Realty Group for the past 9 years. His hard work has paid off as he is now Roche Realty Group's top agent in sales income for 2017. One of the advantages that Kevin has selling property in Central New Hampshire is being born and raised in the Lakes Region with a comprehensive knowledge of the topography of the

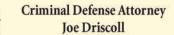
mer and loves sports and boating.

Since 1997, Roche Realty Group has sold \$1,983,000,000 of New Hampshire properties, involving 7,372 transaction sides and has ranked in the Top 10 Real Estate Firms in the entire State of New Hampshire out of 2,392 firms statewide reporting sales during this 21-year period\*

You can reach Kevin Shaw at the Laconia/ South Down Shores office of Roche Realty Group, by calling 528-0088 or 387-4478 or by email, kshaw@rocherealty.com.



We can help you with DUI's, Felonies, Misdemeanors, Drug Offenses and Violations.





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## **Orson Welles shines on both sides of** the camera in "The Stranger" on LRPA

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Jan. 26 & 27) for our "LRPA After Dark" presentation of 1946's suspenseful thriller "The Stranger," starring Orson Welles (who also directed), Loretta Young and Edward G. Robinson.

Wilson (Robinson), an investigator with the Allied War Crimes Commission, is looking for Franz Kindler (Welles), a notorious Nazi war criminal — the mastermind behind their death camps — who has made his way from Germany to a sleepy Connecticut town. There, he has carefully constructed a new identity. He is now living incognito as Charles Rankin, a college professor and antique clock enthusiast who will soon marry lovely Mary Rankin (Young), the daughter of a respected judge. His cover is intact until Wilson, tailing another escaped Nazi prisoner, begins to suspect that there may be more to Professor Rankin than meets the eye.

Released in 1946, "The Stranger" holds the distinction of being the first American feature film to include documentary footage of Nazi concentration camps. "The

Stranger" is by far the least well known, and perhaps most conventional, of Orson Welles' movies. In fact, he only took on the project to prove to studio executives that he could direct a film that came in on time, within budget and without any problems, unlike his earlier masterpieces "Citizen Kane" and "The Magnificent Ambersons." Welles readily accomplished that task, although the artistic and personal compromises he was forced to make on "The Stranger" resulted in it being his least favorite film.

Despite all of Welles'

misgivings, "The Stranger" is a tense and suspenseful thriller with exceptional performances from its entire cast. Variety reviewed it as " ... socko melodrama, spinning an intriguing web of thrills and chills." If you love American film noir, this is the one for you. So grab your popcorn and join LRPA after dark for this thriller from the past.

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

About Lakes Region **Public Access** 

**Television (LRPA)** 

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast channels 24 (education), 25 (information and entertainment) and 26 (government) to nearly 12,000 viewers in our member municipalities of Belmont, Gilford, Laconia, Meredith and Northwood, and around the world via Live Stream at www.lrpa.org.

Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that:

• fosters free speech and the open exchange of ideas,

• encourages artistic and creative expression,

promotes a well-informed public through governmental transparency, and

• unites our communities through the power of media and technology.

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

#### NOTEBOOK

CONTINUED FROM PAGE A5

out, how fast he figured it would go, and how far it was (about two miles). and I said "Give me one minute's head start," and took off on my snowshoes at as much of a dead run as snowshoes will allow,

#### and beat the machine out to the road, although by then every top layer was unbuttoned.

Which says something about the feeble state of snowmobiles at the time, or the wonderful state of me, or maybe a little bit of both.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

#### BELMONT

CONTINUED FROM PAGE A1

they made contact with the individual and learned he had been involved in an argument with another male who ultimately struck him in the head with a baseball bat. Transported to Lakes Region General Hospital, the victim's injuries required several

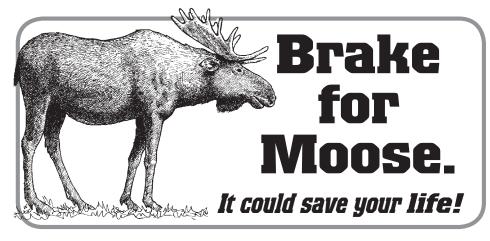
surgical staples. In the meantime, Belmont Police sought to uncover all that had transpired in the events leading up to the attack

"Officers gathered enough information to be able to identify the other party involved and, after an investigation, we are seeking an arrest warrant for First Degree Assault (a felony)

and Criminal Threatening (a misdemeanor) on the other party," said Mann.

While the two incidents are believed to be unrelated, anyone with information on either of them is encouraged to contact Belmont Police Department at 267-8350.

Callers may remain anonymous.



**Emily Holt named to UVM Dean's List** 

BURLINGTON, Vt. -Emily Holt has been named to the dean's list for the fall 2017 semester at the University of Vermont. Holt, from Sanbornton, is majoring in Neuroscience in the College of Arts & Sciences.

To be named to the dean's list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school.

#### **About UVM**

Since 1791, the University of Vermont has worked to move humankind forward. Committed to both research and teaching, UVM professors -- world-class researchers, scholars, and artists -- bring their discoveries into the classroom and their students

into the field. Located in Burlington, Vermont, one of the nation's most vibrant small cities and top college towns, UVM is a Public Ivy and top 100 national research university educating 10,513 undergraduate students, 1,542 graduate students, 826 certificate and non-degree students, and 459 M.D. students in the Larner College of Medicine.

#### Kylie Francis O'Connell named to Husson University's Fall 2017 Dean's List

during the period.

BANGOR, Maine -- Belmont resident. Kylie Francis O'Connell, has been named to Husson University's Dean's List for the Fall 2017 semester.

enrolled in Husson's Bachelor of Science in Psychology program. Students who make the Dean's List must carry at least 12 graded credit hours during the semester and earn a grade point average of between 3.60 to 3.79

For more than 100 years, Husson University has prepared future leaders to handle the challenges of tomorrow through inno-O'Connell is a ju- vative undergraduate ior who is currently and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite

education centers in Southern Maine, Wells, and Northern Maine advanced provide knowledge in business; health and education; pharmacy studies, science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.



Like everyone, you want to enjoy a comfortable lifestyle when you retire. But a successful retirement doesn't just happen - it requires a lot of planning. And that's why it's a good idea to draw up a "pre-retiree checklist."

Such a checklist might look like this:

· Twenty years before retirement: Try to estimate a "price tag" for your retirement, incorporating a variety of factors-where you might live, how much you might travel, what activities you'll pursue, and so on. Then, assess if your retirement savings are on track to help you meet your expected costs. From this point, monitor your progress every vear.

· Fifteen years before retirement: Although you're still fairly far away from retirement, you'll want to bring your goals and challenges into a clearer focus. For starters, try to establish a firmer target goal for the assets you'll need during retirement. Also, consider your legacy goals and start developing your estate plans, if you haven't already done so. You might also explore methods of dealing with potentially enormous long-term care costs, such as

an extended stay in a nursing home. Solutions to long-term care may become much more expensive later in life.

• Ten years before retirement: At this stage, in addition to reviewing your target asset and spending levels, you'll want to get more precise about how much income you can expect as a retiree, whether through your investments or retirement accounts (such as your 401(k) and IRA), or through some type of part-time work or consulting. Maintaining an adequate income flow is extremely important, because you could spend two or three decades as a retiree, and some

of your expenses - health care in particular - will likely rise during the later years. It's important to plan for health care and long-term care, given the costs and ability to qualify for coverage later in life.

• Five years before retirement: Re-evaluate your investment mix to help reduce the risk of having your portfolio vulnerable to a market downturn when you plan to retire. Generally speaking, stocks and other growth-oriented investments are more volatile than bonds and other income-producing vehicles. So, you may want to consider shifting some - but certainly not all - of your investment dollars from the "growth" portion of your portfolio to the "income" side.

· Two years before retirement: This close to retirement, you'll want to pay particularly close attention to health-care expenses, so you may want to investigate Medicare supplemental policies. You'll also want to ensure that you have an adequate emergency fund to cope with unexpected costs, such as major home repairs. In addition, you'll want to think about whether you should take Social Security right away or if you can afford to wait until your monthly checks will be bigger.

• One year before retirement: Now it's time for some key decisions: How much can vou withdraw each year from your 401(k), IRA and other retirement accounts without running the risk of outliving your money? Have you lined up your health care coverage? And, finally, are you really set on retiring in a year or could you delay retirement to improve your financial picture?

This checklist isn't exhaustive - but it can give you a good idea of the various issues you'll need to consider on the long road to retirement. And the sooner you start planning for that journey, the better.

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



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#### PROGRAM

CONTINUED FROM PAGE A1

fill medicines in syringes and do lots of things that are involved in the care of animals," Skeats said.

It isn't all about dogs and cats though. Lakeside Animal Hospital also welcomes gerbils, guinea pigs, rabbits and even lizards, making every day a true adventure in animal care.

Best of all, Skeats is encouraged to ask questions and gets advice from the veterinary staff as to what courses and colleges might best meet her future goals.

"Everyone there is very friendly and willing to help. It's been a great experience," she said.

Her current plans are to attend Lakes Region Community College for a couple years after graduating from WRHS in June. From there she hopes to complete her undergraduate studies at the University of New Hampshire before moving on for a postgraduate degree in Veterinary Medicine.

Another ambitious student in the ELO program this year is senior

Emily DeCormier of Tilton who is interested in a career as an EMT/Paramedic.

"To me, college is somewhere you really have to want to go. I want something where I'm moving, having a handson learning experience though." DeCormier said. "I love adrenaline. I'm a three-sport athlete and just want to help people when I graduate high school."

She said some of her brother's friends are firefighters and she is interested in working in a field like that where she can begin to make a difference in her community right away.

Through the ELO program she now spends part of her day with the Tilton-Northfield Fire & EMS crews where they are introducing her to their careers in fire, rescue and emergency medical care.

"They're showing me all the equipment they have, explaining what it is and what it's all used for," said DeCormier.

In addition to that introduction, she also has the chance to ride along on some of their calls and helps with their

daily maintenance routines.

"I'm so excited to be part of this and just want as many hands-on opportunities as I can get. I'll mop the ambulance floors and do whatever they need to be done," she said.

DeCormier said that since TNFD staff also encourages her to ask questions, she went into the program with a notebook filled with questions about their careers.

"They've been wonderful. It was really the little things they did to welcome me that had me most excited," DeCormier said. "They opened the door to me and I was nervous, but I was really excited to get into their 'classroom' at the same time."

She said that if she is still this excited at the end of her ELO experience, she knows what she will be seeking as a career after graduation.

"If not, I'll explore other options. This is at least helping me be more decisive about my future," said DeCormier.

Principal Tom Laliberte said the district is

#### trying to accelerate internships through ELO where students not only get those hands-on experiences but receive credit towards graduation as well.

"This is all about real world experiences for our kids," he said. "They don't just go out and watch people in careers they might be interested in. They participate then come back here to show us they're competent in what they've learned."

#### DEER

tors to find them," said Bergeron.

CONTINUED FROM PAGE A1

Numerous deer gathering at one location can also create a health crisis for them. As deer eat they are typically drooling, urinating and leaving fecal droppings behind that can transmit parasites, bacteria and viruses to other nearby deer.

One other serious health issue also develops from well-meaning people who feed wild deer.

winter months In the White-Tailed Deer are generally "woody" browsers, feeding on shrubs and trees, like Hemlock and other late season buds. If conditions are right and

competency, That Larson added, is an important part of the ELO program. Besides researching and applying for an internship in the career option of their choice, they must also keep a journal about their learning experience then make a panel presentation at the end.

"It can take place any time of the year, including over the summer, but it gives students the flexibility of doing some-

snow isn't too deep or

iced over, they will also

dig for acorns until

spring brings new plant

growth and fresh fruits

(much like a cow) and

their digestive systems

adjust through the sea-

sons. Corn and apples

introduced rapidly to

their diet in the winter

months can actually

kill them because their

stomach can't always

adjust to that quick

change," Bergeron said.

there were actually 12

deer found in South

Hampton just a few

years ago who died

from being fed foods

they weren't used to in

least, the destruction of

habitat can occur when

Last, but by no means

the winter.

Sadly, he added,

"Deer are ruminants

to their territory.

thing they're interested in that fits in with their schedule," he said.

Last year 12 students took part in the ELO program and Larson hopes to see it continue to grow by two or three more students each vear.

"It's amazing to see how excited they are about what they get to do through ELO. It's a really great experience for not only them but myself as well," he said.

deer become accustomed to leaving their winter yards to visit feeding sites provided by humans.

"This is really important. We monitor deeryards, but many of them are on private property. When landowners see deer aren't using those areas because they're searching for food elsewhere, they go ahead and log the trees that had once provided shelter for the deer. That destroys the habitat and that's a real concern to us," Bergeron said.

To learn more about wildlife activities, preservation and conservation efforts in New Hampshire, please visit the Fish and Game Web site at www.wildlife. state.nh.us.

## of MUSIC THE TEMPEST TRIO Saturday February 3 7:30 PM **First Congregational Church** 115 S. Main St. Wolfeboro

#### FRANKLIN

CONTINUED FROM PAGE A1

work. They help youth develop lifelong skills, send students to college, meet the needs of today's veterans, soup kitchens, and fund projects that improve the quality of life in local Elks communities

Asked about how the mission of the Elks matched up with the sponsorship of the garden, Exalted Ruler of the Franklin Lodge #1280, Steve Bourdeau says, "We feel strongly that people who helped them to die with dignity and peace. We are grateful the Elks recognize this and are showing such wonderful support."

Watts Water Technologies has also come forward as a Founding Donor of the garden, named in memory of Kathy Wilson and Kathy Teuscher, two dedicated Franklin VNA & Hospice employees who started the Hospice program. The project, designed with both a garden area with benches set off from the path as well as Kathy's rock, a stone meditation circle, will emphasize a brick patio central to the Garden where anyone can purchase a memorial brick engraved with the name or message of their choice. A ceremony is planned for the spring to officially dedi-

cate the garden and provide an opportunity to see the new patio.

Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information

multiple demonstrations of Charity, Justice, Brotherly Love and Fidelity will not only impress upon others that this is a noble and necessary pursuit, but by adding Franklin VNA & Hospice to the other agencies and services we currently partner with, we can only improve the lives of those whom we touch through these acts."

The Elks take that demonstration literally as it is not only monetary support that they will be providing to help develop the garden, but also in-kind donation of labor for the construction of the patio and plantings.

Winnisquam Regional High School's Agricultural program students have also been involved from the garden's inception in the physical work of creating the space. Barbara Normandin, Executive Director at Franklin VNA & Hospice couldn't be more pleased.

"There is value in creating space for memory and in recognizing the work of Hospice. Hospice is a work that is both extraordinarily difficult emotionally as well as being extraordinarily rewarding, and to do it, and do it well, takes a different kind of dedication than other jobs," Normandin said. "This garden is a place to honor the memories of those who have died and also to honor and support the

on sponsoring a Memorial Brick or partnering with them for a stronger level of support for the Teuscher- Wilson Hospice Garden, call Franklin VNA & Hospice at 934-3454 or visit www. FranklinVNA.org.



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THE WINNISQUAM ECHO SalmonPress.com

## **Impressive day for Raiders at UNH**

#### BY BOB MARTIN

Bob@Salmonpress.news

DURHAM — The Red Raiders' indoor track team had a big day at the Division 3 meet at the University of New Hampshire, with the boys' and girls' teams both coming away with wins.

The boys' team was led by Hunter Dupuis, who placed first in the 55 meters with a time of 6.8 seconds. Dupuis also won the 300 meters with a time of 38 seconds. which tied the school record. This qualified him for the state meet.

Nick Randos placed first with a time of 2:41.1 in the 1.000 meters. This was a personal record and qualified him for the state meet.

Ian Remenar placed third with a time of 9.1 seconds in the 55-meter hurdles. In the shot put, Zack Duclos tied for second with a throw of 37 feet, 1.25 inches. This was a personal record and a prestate meet qualifier. Tom Pare threw 36 feet,

11.75 inches for fourth place and a personal record.

The boys' 4 X 400-meter relay team placed third with a time of 4:08.6. It was made up of Randos, Pare, Micah Edgren and Kaleb Brown. The 4 X 160-meter relay team was first with a time of 1:20.6. It was made up of Marc Forgione, Connor Dupuis, Hunter Dupuis and Remenar.

The girls' team was led by Sana Syed, who set a school record with her first place time of 9.4 seconds in the 55-meter hurdles. Syed also placed second in the long jump with a leap of 13 feet, 8.75 inches.

Alice Riley also had a great day with a second place finish in the 3,000 meters with a time of 11.25.5. This was a pre-state meet qualifier, as well. Riley was also second in the 1,500 meters with a time of 5:22.4.

Other highlights for the girls' team was a fourth place finish in

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the long jump for Gabriel Day with a leap of 12 feet, 11.75 inches. Amber LeMay placed sixth with a jump of 12 feet, four inches.

In the 55 meters, Day placed fifth with a time of 8.0 seconds. In the 1,000 meters, Jessica Hutchinson was fifth with a time of 3:24.1,

which was a personal record and a pre-state meet qualifier. In the 600 meters, Makayla Palmer was sixth with a time of 2:02.5, which was a personal record.

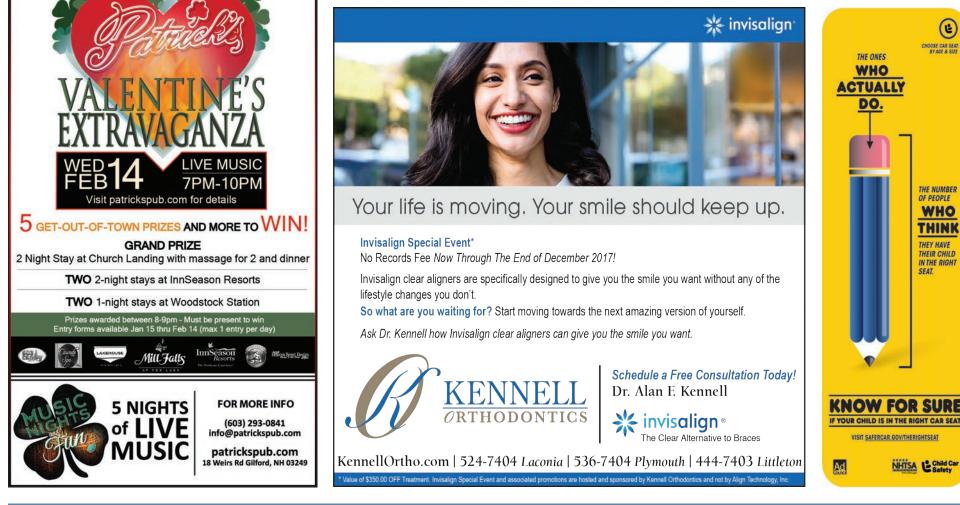
The girls' 4 X 400-meter relay team placed third with a time of 4:44.1. The team is made up of Hutchinson, Palmer, Riley and Aurora Couto. The 4 X 160-meter relay team also did well, with a season best time of 1:37 for third place. The team included Day, Syed, LeMay and Skyler Ruelke.

In all there was a school record, three state meet qualifiers,

six pre-state meet qualifiers, 29 personal records, one relay team season best and five relay leg personal records. The girls' team won with 46 points and the boys' team took the win with 57.5 points.

**BOB MARTIN** 

For complete results from the meet log onto lancertiming.com.





Jessica Hutchinson (1) helped Belmont High School to win the Division 3 meet at UNH last weekend.

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#### SPORTS





**BOB MARTIN** 

Freshman Bobby Brodeur makes a nice save for the Belmont/Gilford hockey team.

Cole Champoux of Laconia/Winnisquam goes after Brady Logan of Belmont/Gilford in a 9-3 loss for the Wolfpack to the Bulldogs.

## **Bulldogs battle past Wolfpack**

#### BY BOB MARTIN

Bob@Salmonpress.news

LACONIA — Coach Dave Saball knew it wasn't going to be smooth sailing to start this season, but things are starting to come together for the Belmont/ Gilford hockey team, as the squad is starting to click together.

Last week the Bulldogs had the difficult task of facing perennial powerhouse Kennett, but also hosted a struggling Laconia/Winnisquam team. Belmont/ Gilford came away with a 6-0 loss to Kennett on Jan. 18 and bounced back with a 9-3 win over the Wolfpack on Jan. 20.

Saball said the Kennett game was a tough one, with the defending Division 3 champion bringing back a fantastic team this season.

"They have three very strong lines," Saball said. "We played them tight most of the way through, but they were just that strong of a team. They won last year, they didn't lose anyone, picked up

said he was happy to see his team skating fairly well with the team. He said the second period was a killer for the Bulldogs, as the team allowed four goals and put the game out of reach.

The game against Laconia/Winnisquam was a blowout, but it didn't start off that way. Laconia/Winnisquam took a 1-0 lead with Cole Reid scoring his first of three goals for the Wolfpack. The Bulldogs then tied the game with 5:02 left in the first period with a goal by Miles Defosses, assisted by Harrison Parent. This was the first of four goals on the day for Defosses.

Parent then scored 10 seconds later to make it a 2-1 game. It was assisted by his brother Hayden Parent.

Laconia/Winnisquam showed some fight and tied up the game 2-2 in the second period with another goal by Reid, unassisted. The tie didn't last long, however. Defosses scored again with 10:12 left in it 6-3. This would be all an assist by Harrison Parent. This started a scoring onslaught by the Bulldogs.



**BOB MARTIN** 

Harrison Parent has been an offensive force for the Bulldogs this season, including a game with couple of goals against Laconia/Winnisquam.

second period Zack Gilbert scored, with assists by Cam Jarvi and Joey Blake. With 7:05 left in the period, Harrison Parent scored his second goal of the day with an assist by Hayden Parent to make it 5-2.

The third period started off with a quick goal by Defosses, assisted by Hayden Parent to make it 6-2. The Wolfpack didn't lay down and quit, however. Reid scored his third goal to complete the hat trick with 12:37 left in the period to make the second period with the Wolfpack could managainst freshman age goalie Bobby Brodeur. With 12:04 left in the game J.T. Alfieri scored with assists by Blake Jarvi. Defosses and scored his final goal of the day with 8:25 left, assisted by Troy Gallagher and Harrison Parent. With 1:26 left in the game Broedy Gagnon scored with an assist by Harrison Parent.

of play is necessary for the team to make a push in the second half of the season. He also took the time to commend the Laconia/Winnisquam team, which Saball said has come a long way since last year.

"They actually fought us pretty tough," said Saball. "They came in and played us hard and got a lead on us, but I think we kind of wore them down. But they never quit and they gave it all they had."

Saball said the team is coming along, but he said this is a process that could take some time. He said the players are starting to find their roles, with many playing new positions this season. He said it was great to see Defosses come away with a big four goal game, and the Parent brothers continued to shine.



Troy Gallagher had an assist against Laconia/Winnisquam last week for the Bulldogs.



BOB MARTIN

Cole Reid had a hat trick in the 9-3 loss to Belmont/Gilford on Saturday.

on both but we are making progress. We are a different team this year. The older kids are used to rolling over teams and said the team has plenty

net, and she played really well."

Laconia/Winnisquam coach Marc Joyal

some guys and are well coached. They are a good team."

It was a 2-0 game after one period but Saball

With 9:54 left in the

## Coffey competes in **Bobcat Invitational**

Winnisquam Echo

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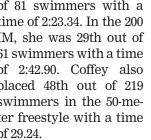
#### BY BOB MARTIN

Bob@Salmonpress.news

DURHAM — Winnisquam Regional High School sophomore Miranda Coffey traveled to Oyster River for the Bobcat Invitational swim meet that featured more than 500 swimmers.

style, she placed 20th out of 81 swimmers with a time of 2:23.34. In the 200 IM, she was 29th out of 61 swimmers with a time of 2:42.90. Coffey also placed 48th out of 219 swimmers in the 50-meter freestyle with a time of 29.24.

In the 300-meter free-



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Saball was very happy with the way his team bounced back from the tough loss against Kennett. He said this type

"It doesn't happen overnight," said Saball. "But overall I think defensively we are playing a lot better than we were and offensively we are playing better. There is room for improvement that just won't happen this year."

Saball said the team has had a few games with poor starts, but he likes that his team puts up a good fight to get back into games. Overcoming adversity like this helps in the long run, he said.

Saball also took the time to congratulate Brodeur for her first win as a varsity goalie.

"She is a young freshman who plays a solid game," said Brodeur. "She has worked hard and earned a game in

to work on. The team has yet to come away with a win and the team has been plagued by sickness and injuries. He said against the Bulldogs there were some bright spots, but the Wolfpack needs to come out and play good hockey for three full periods.

"We need to work on cohesiveness." Joyal said. "They have got to come together as a team. We've got to play the whole game at the highest possible level."

## Bear boys finish fifth at UNH meet

#### BY BOB MARTIN

Bob@Salmonpress.news

DURHAM The Winnisquam Regional High School indoor track team traveled to the University of New Hampshire for the Division 3 meet, where the girls' team placed eighth and the boys' team placed fifth.

For the girls' team, Emily DeCormier placed fourth in the 55-meter dash with a time of 8.24. In the preliminaries, she had a time of 8.14 seconds and her teammate Cailey Clogston was fifth with a time of 8.24 seconds.

In the 300-meter dash Makenzie French had a time of 51.84 seconds, which was good for 13th place. In the 1,500 meters, Faith Gosselin continued her strong freshman season with a third place finish with a time of 5:36.94. Jasmine Piper was fourth with a time of 5:56.54.

In the 55-meter hurdles, Ilijana Markelic was 13th with a time of 11.34 seconds. Megan Fife was 20th with a time of 12.54 seconds.

Markelic was also ninth in the long jump with a distance of 12 feet, one inch. In the high jump, Joy Roberts was third with a leap of four feet, six inches.

In the shot put, Clogston placed eighth with a throw of 21 feet, 9.25 inches.

The 4 X 160-meter relay team placed sixth with a time of 1:38.74. The team was comprised of Clogston, DeCormier, French and Markelic.

For the boys' team, Andre Cormier had a great day with a second place finish in the 300-meter dash. He had a time of 40.64. Cormier had an 11th place finish in the 55 meters with a time of 7.44. Kyle Hinds finished 25th in the 55 meters with a time of 7.94 seconds and 21st in the 300-meter dash with a time of 47.14 seconds.

In the 1,000-meter

run Brennan Dunn was ninth with a time of 3:28.54. Richard Fournier had a great day in the 1,500 meters with a third place finish, running a time of 4:39.24. Robert Dylan was fifth with a time of 4:46.14 and Riley Mann was sixth with a time of 4:48.04.

Mann had a second place finish in the 3,000-meter run with a time of 10:36.24, while Dylan placed third with a time of 10:36.24.

In the high jump, Cormier was third with a jump of five feet, six inches. Hinds finished 19th in the long jump with a leap of 14 feet, 10.5 inches.

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**SSIFIED SELLS IT ALL** 

## **Split week for Belmont hoop teams**

#### BY BOB MARTIN

Bob@Salmonpress.news

BELMONT — The Belmont High School boys' basketball team lost a tight one to Campbell last week, but then bounced back for a big 61-42 win over Inter-Lakes three days later to bring the Red Raiders to a 4-3 record.

On Jan. 16, the Red Raiders traveled to Campbell and lost 61-56.

"We knew that they play really fast and push the tempo," said coach Jim Cilley. "Our game plan was to not run up and down with them, but that ended up being the case."

In the first quarter Belmont was already down by 14 points, and then down by 10 at halftime, but the team battled back throughout the game and managed to stay close to Campbell. Cilley said Matt Pluskis struggled a bit in the first half, but he challenged him at halftime to go out and play like the leader that he knows he can be.

"He came out and played really hard and really well especially in the third quarter, where he helped us come all the way back and take a lead," said Cilley.

The Red Raiders had the game tied up at 56-56 with 1:13 to go, but couldn't come away with a win. He said his team had a couple close opportunities, but Camp-

bell hit a three-pointer and Belmont had a couple misses on shots.

Cilley commended the play of Aiden Rupp, saying that he has come into his own as a player. Against Campbell he had 18 points and nine rebounds.

"He did a great job spreading the floor," said Cillev.

Griffin Embree and Matt Thurber had 10 points apiece, and Pluskis finished with nine points. Mike Sprague had a solid night off the bench with eight points.

"Mikey played great against Campbell," said Cilley

Cilley knows that he was only a few possessions away from being 6-1 with the back-toback close losses to St. Thomas Aquinas and then Campbell, but he said he is happy with the way his team came out and played to the best of their ability against Inter-Lakes. Inter-Lakes has had Belmont's number in recent years, and Cilley said it was a big win over one of the better teams in Division 3.

Belmont came out firing and had an 18-10 lead in the first quarter, but a couple defensive lapses let Inter-Lakes right back into the game and the Red Raiders found themselves down 19-18 at the end of the quarter. The second quarter was a different story and Bel-



Julianna Estremera had a great week for the Red Raiders with a 29 point and 24 point showing.

mont held Inter-Lakes to only six points and took a 30-25 lead going into the second half.

"We gave up six points in the second and third quarter, so those two middle quarters were huge for us," said Cilley.

Cilley said the team was patient and got some good looks all night. He said the matchups for Belmont worked well and one key aspect was that Eli Swanson if Inter-Lakes was held to only eight points. Swanson has been averaging more than 20 points per game this season.

"Once he got it he

was forcing shots," said Cilley. "My guys did a good job frustrating him all night."

Pluskis led the way with 20 points, seven rebounds and five assists. Rupp had another great night with 19 points and 12 rebounds, with seven being offensive rebounds. Cilley said this type of play will earn him more minutes. Embree had seven points, seven rebounds and four assists.

The Red Raiders hosted Sanborn on Jan. 24 after deadline and on Jan. 26 the team travels to Raymond for a 6:30 p.m. matchup.

The girls' basketball team had an up and down week with the Red Raiders beating Campbell 63-46 on Jan. 16 and then falling to Laconia 55-40 on Jan. 18.

Coach Mark Dawalga said the Campbell game was the best the team played all year, with a 24-5 lead after one quarter and never looking back.

"The team really came together in this win," Dawalga said. "We have been working on a lot and the kid were able to come through with a win."

Leading the way was Julianna Estremera with 29 points. She was 9/11 from the free throw line with a couple three-pointers. Elaina Hoey had 15 points and played solid defense. Lizzie Fleming also played well on defense. Dawalga said the

Laconia game was also

close and the team showed signs that it is improving as a team. He said there was some foul trouble and Laconia hit some good shots, going on a couple runs that put the game out of reach.

**BOB MARTIN** 

"We had a couple mental lapses but this is a little bit about being young," said Dawalga. "We are 3-6 and second half of season starts next week. We are excited and I think we are just starting to come together."

Belmont was led by Estremera's 24 points. She was 5/6 from the line with three three-pointers. Morgan Hall and Lizzie Fleming also chipped in with some good defense.

## Bear grapplers fall to Bow

#### BY BOB MARTIN

Bob@Salmonpress.news TILTON — Mother Nature has had an impact on plenty of teams this season, including the Winnisquam wres-

#### ups as a result."

Damian Donahou wrestled well in the 182-weight class. Osmer said Donahou can be a pressed by his top wresbit streaky, and this time tling. Once on top of his he was solid from start to opponent Hunter was finish.

Sometimes pressure. Hunter makes mistakes by trying to do too much. Tonight, I was most im-



tling team. The Bears had a meet against Campbell cancelled last week due to snow and on Friday the team lost 52-21 to Bow in a meet that was made up due to snow the week prior.

Coach Tom Osmer was not pleased with the meet, but said there were many factors that could have led to the tough loss.

"Between holidays, snow days and teacher workshops we only had a day and a half of school this week," said Osmer. "I'm not making excuses for our performance but I will say the crazy schedule didn't help us. We need to get mentally tougher as a team if things like that are going to throw us off our game. This meet should have been much more competitive."

Osmer said before the meet that there were some matches they would win, and others that Bow should win on paper. He commended the Bow wrestlers for their win, but said it was truly an "off day" for the Bears.

"Luckily for us this off day happened in January at a dual meet," Osmer. "Next said month at the state tournament we can't afford this type of performance. We can show up to wrestle, but we all so need to learn how to show up for a 'figurative' fight. Bow was willing to dig deeper than we were and they won most of those toss

Hunter Finemore had what Osmer said may have been the best performance for a Winnisquam wrestler all day in the 120-pound class. He said he has matured as a wrestler in his junior year by fine tuning his skills and making less mistakes that young wrestlers often do.

"Against Bow, Hunter's wrestling was exceptional," Osmer said. "He was fast paced and smart, and he eventually smothered his opponent with relentless

very active, and very patient. He spent a lot of energy simply holding his opponent down, jumping from side to side and keeping his wrestling very basic. Eventually he was able to exploit an opportunity and turn the Bow wrestler to his back for a pin."

Also winning matches was Kobe Briand in the 170 class and T.J. Robinson in the 285 class. The next meet for Winnisquam is on Saturday in the Capital City Classic at Concord High School.



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Meredith: Develop-able 50 + acre parcel with 1,100' of road frontage on Route 3/Daniel Webster Highway. The location is perfect! North of the Laconia/Meredith town line. Municipal sewer is available at the streets and lots of engineering has been completed over the years \$925,000 MLS# 4501312

#### VISIT US ONLINE! WWW.ROCHEREALTY.COM





TRADITIONAL Wolfeboro home w/nice privacy. Exquisite blend of comfortable and formal living spaces, high ceilings, crown molding, hardwood floors, grand staircase. Beautifully landscaped. Walk to Carry Beach. **\$1,500,000**(4122716) Call 569-3128

PRESTIGIOUS PROPERTY in Wolfeboro Enjoy Main Street from the grand wrap-around porch of this magnificent commercial property;

Commercial space with open floor plan on the 1st

Call 569-3128

floor and 2 bedroom apartment on 2nd floor.

EXCELLENT and private, contemporary home in Wolfeboro with spectacular 180° mountain

& lake views, cathedral ceilings, grand stone fireplace, complete privacy, over 15 acres, minutes to downtown.

\$975,000 (4311561) Call 569-3128

ALTON // Level 1+ acre lot in desirable

Fernhill Subdivision. Rural setting with

deeded access to a wonderful beach on

**IMPRESSIVE** circa 1820 country cape in Brookfield with barn and arena on 15 acres of fenced fields and woodlands, perfect for the equestrian enthusiast, car collector, inn keeper, farmer, antique dealer or event planner.

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PRICE

\$799,800 (4671590)

GILMANTON // NEW CONSTRUCTION Located on 5+ acres in rural setting. Master Bedroom with bath on main level, full walk out basement and great floor plan with hardwood floors throughout. \$319,500 (4653156) Call 875-3128



MOULTONBOROUGH // Immaculate NEW DURHAM // Beautiful country with cathedral ceilings, and lots of upgrades and amenities to enjoy.



\$1,300,000 (4628347)

3BR/3BA custom built contemporary/cape setting. Updated 1830 two bedroom on 1.37 acres with Lake Winnipesaukee farmhouse with attached barn sits access. Spacious open concept design on 18.4 acres mostly mowed pasture with pond. Also included large kennel building offers many possibilities.

\$369,000(4670011) Call 253-9360 \$349,900(4658274) Call 875-3128

ALTON // 150' Waterfront bldg. lot on Hills Pond SANDWICH // FABULOUS VIEW PROPERTY!

ideal for exploring with a kayak or fish, swim, Total of two lots features views of the Sandwich

ALTON // Custom Cape w/detached 2-car garage on a 1.26-acre wooded Hickory flooring & new furnace. Full unfinished walk-out basement

MEREDITH // In town condominium MOULTONBOROUGH

within walking distance to village shops, REDUCED! 1.6 Acre level wooded lot lot that abuts Camp Kabeyun. restaurants, parks and Waukewan Beach located in the quaint village district in Main floor Master BR/BA. New plus all other area activities. 2BR/1.5BA, Comm. zone "A". Driveway permit w/ garage, small association

installed culvert, expired permit for office bldg. and garage. Agent interest.

\$240,000 (4641369) Call 875-3128 \$199,000 (4656501) Call 253-9360 \$159,000 (4504096) Call 253-9360

Call 253-9360

MOULTONBOROUGH // Build your dream home

in the private beach access community of Suissevale.

1.2 acre lot has State approved 4 bedroom septic,

plus enjoy all of Suissevale's amenities.



MEREDITH // .85-acre lot with seasonal camp with deeded ROW to Lake Winnipesaukee. Come enjoy as-is or tear down and rebuild! \$135,000 (4670965)

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Contact us for a FREE rental analysis Halle McAdam @ 253-9360 (CH Office) Jennifer Azzara @ 875-3128 (ALTON Office)

sail, motor boat & more. 1.75-acre lot features Mountain Range, Mt. Whiteface, and more! a mostly level wooded lot w/mtn. & water views. Private, partially cleared with a small pond! Call 875-3128 \$199,000 (4433403) \$249,000 (4659123)

Call 253-9360 \$87,500 (4665904)

Halfmoon Lake.

LAND and ACREAGE

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## REAL ESTATE

MEREDITH NEWS/THE RECORD ENTERPRISE/WINNISQUAM ECHO

## Classifie

Thursday, January 25, 2018 • B5



**Allgeyer Management Services** 15 Glass St., Suite 102, Suncook, NH 03275

Recent updates to this already spacious waterfront home creates a great opportunity for it's new owners. Situated on .44 acre lot with 100' of waterfront. Lot is tree lined on each side and offers nice privacy.

Contemporary Ranch home offers 4 bedrooms, 3 full baths, full finished walk out

lower level and 3 car garage. Many custom touches including crown moldings

Shelly Brewer 603-677-2535



Meredith \$340.000 #4648917 Desirable Meredith location- Spacious colonial set on 1.6 acres beautifully landscaped, private and only a mile from downtown Meredith! 2 car garage, 3 bedrooms, 3 baths.

ns/Danielle McIntosh 603-455-0275/603-393-5938

Gilford, \$250,000 #4609870

Glendale Cabins, just a few hundred feet from

Lake Winnipesaukee. Includes year round

Ranch and 7 seasonal cabins

Reed Heath 603-608-6169



Sandwich, \$327,000 #4601303 This property does not just look at the mountains, it is in the mountains, at the edge of 780,000 acres of the White Mountain National Forest on the side of Diamond Ledge

Bill Richards 603-253-4345

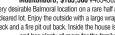


Bristol \$189.000 #4641117 Year round cottage with a beautiful view overlooking Newfound Lake. Walking distance to 2 town beaches.

Vallin 603-455-5087 & Reed Heath 603-608-6169







Bill Richards 603-253-4345





Ashland \$275,000 #4609637 Year round home with Little Squam Lake dock and access. This 3 BR home overlook

the lake and shared beach. Plus close to ski

areas for winter enjoyment.

603-419-9159 & Kellie Eastman 603-630-57

Moultonboro, \$183,500 #4634382 Very desirable Balmoral location on a rare half acre nice cleared lot. Enjoy the outside with a large wrap-around deck and a fire pit out back. Inside the house is well kep and has plenty of room for the family.



(603) 485-5098 TDD Relay: 1-800-735-2964

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Alton \$175,000 #4621887 A charming cottage on a large lot close to Lake Winnipesaukee, 2 bedrooms, I full bath and a laundry. Wooded lot with stonewalls and a cemetary. Great little 3 season retreat.



Ellen Mulligan 603-387-0369



**Title Services** 

www.NewEnglandMoves.com

Canterbury, \$162,500 #4668186 **Real Estate** Mortgage





#### Drivers YOU HOLD THE KEY TO **OUR CHILDREN'S FUTURE**

Each year, thousands of schoolchildren are killed or injured by automobiles. Remember, you hold the key to their safety and future in your hands. Please drive carefully.

## Classifieds

**B6** • Thursday, January 25, 2018

MEREDITH NEWS/THE RECORD ENTERPRISE/WINNISQUAM ECHO

if you only

#### Shaker Regional School District PUBLIC NOTICE

#### FILING PERIOD FOR SCHOOL DISTRICT OFFICERS ENDS

The filing period for school district officers for Shaker Regional School District, which began on January 24, 2018, will end on Friday, February 2, 2018 at 5:00 pm.

had the time, right? Now you do.

**3-12 MONTH** assignments now available.

Peace Corps now offers short-term Volunteer assignments overseas for 3 months

PEACE RESPONSE

peacecorps.gov/response

to 1 year for especially skilled professionals with at least 10 years experience.



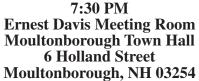
#### PUBLIC NOTICE OF DELIBERATIVE SESSION

OTICES

The Shaker Regional School District Deliberative Session for the 2018-2019 budget will be held on Wednesday, February 7, 2018 at 6:00 pm in the Belmont High School Gymnasium.

#### Town of Moultonborough Notice of Public Hearing FY 2018 Budget Hearing Thursday, February 15, 2018

The Moultonborough Board of Selectmen will hold a Public Hearing with the purpose of soliciting public input by asking the question, "Shall we allow the operation of Keno games within the Town limit



If unable to attend the hearing, but wish to submit comments or questions, please do so prior to the close of business on the day of the hearing, to Walter Johnson, Town Administrator, PO Box 139, Moultonborough, NH 03254, fax 603-476-5835, email wjohnson@ moultonboroughnh.gov. The full draft warrant and budget will be posted on the Town website on or before January 26, 2018 (www.moultonboroughnh.gov, Departments & Boards, Town Administrator, 2017 Draft Town Warrant).

In the event the hearing is cancelled, it will be held on Thursday, February 22, 2018, at 7:00 p.m.



#### Help your child to choose friends wisely

Get to know your child's friends and their parents. Discuss your no-alcohol rule with the parents and enlist their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.



trugs and alcohol. Confidential,

1 1

## Friends and **peers**

The single most predictive risk for underage drinking is if your child's peers drink. Encourage your kids to choose friends who support your family values and no-alcohol rules.

Students with high-refusal-assertiveness skills are less likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"

If there is alcohol at a party, LEAVE.

Keep your social environment alcohol-free.

"No thanks. Drinking before your brain is developed can dumb yourself down."

#### The Law

Furnishing or supplying alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12 months in jail.

Buying or supplying tobacco to anyone under 18 is also a punishable offense

Peers

Children often think that other people their age are drinking and smoking regularly, but most are not.



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#### 24 hour **211**

**CLASSIFIEDS** 

Salmon



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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, \$8. Call 603-788-4939 or email liz@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

HAVE YOU SEEN ME? I AM LOST! MY NAME IS BUDDY I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road PLEASE CALL MY FAMILY at 279-7000. Reward if found.

#### Still Lost!

Shane - Shetland Sheepdog 9 Years old We are hoping someone may have him or have seen him? -Lost in Laconia NH-August 27th 2016 Do not chase. Old and New Leads appreciated For more info see: www.facebook.com/shaneshetlandsheepdog

Call 1-855-639-5678 or 603-365-1778

#### **Thank-You**

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#### www.salmonpress.com

is the place to check our weekly

#### **General Help** Wanted

CONSTRUCTION PROJECT MANAGER Heavy/Highway/Bridge Construction -We are interested in hiring a team player with excellent interpersonal skills and the ability to collaborate both internally and externally to get things done.

R.M. Piper, Inc. is a small but mighty general contractor that has become one of NH's leading construction companies for heavy/highway/bridge construction. We value our small business nature, safety-minded operations and thrive with our leading-edge attitude when it comes to advancing in the construction industry.

If you're an experienced project manager with a thorough understanding of project pre-planning, coordination, construction oversight, budgeting, scheduling, reporting and closeout we'd appreciate the opportunity to learn more about you. Experience with NHDOT and municipal projects is favored. If you've worked with Hard Dollar, Sage Timberline, MS Project or Field Management Pro the transition to our team could be an easy one.

We will offer the right person a full-time. year-round position with benefits, based out of our Plymouth, NH office. Please reach us at jobs@rmpiper.com or P.O. Box 490 Plymouth, NH 03264 and please provide your resume and salary range. All responses will be kept confidential. Equal Opportunity Employer.

#### SKILLED CARPENTERS WANTED Lakes Region & Northern, NH

Conneston Construction, Inc. (CCI) is seeking skilled carpenters. Five years construction experience required. Current projects in Whitefield, Plymouth, Wolfeboro, Andover, Moultonborough and throughout the Lakes Region. Travel required; must have valid driver's license to apply. Pre-employment physical and references required. Contact CCI for application at 603-524-3776 or info@ccinh.com.

#### **Professional**/ Technical

TAXI DRIVERS WANTED PLYMOUTH AREA - MUST BE MIN 24 YRS OLD-CLEAN DRIVING AND

#### **Apartments For** Rent

Downtown Meredith newly renovated 2 bedroom apartment for rent. Walking distance to docks, w/d hook-up and mudroom, off street parking. No smoking. No pets. \$1200/month + utilities. Available February. Call Ron 476-7296.

MEREDITH: PINEWOOD KNOLL, Very quiet, private, 2 BR, over 55. No smoking/no pets. Heat, hot water included. One car Garage. \$1100/mo. One year lease. Call David at 253-6247 or 781-665-8400.

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

Deadline: Monday 10:30 am

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#### **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

#### Wanted to Buy

Want to buy: Abbott Spelling Puzzle. made in Rumney, NH. Also surveying equipment, levels, thermometers, barometers, etc. by Pool, Easton, Mass. King, Boston, or Loring and Churchill, Boston, Mass. Bob 603-236-6418

CRIMINAL RECORDS. DRUG TEST REQUIRED, CALL 393-5614

#### Real Estate



**Equal Housing Opportunity** All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal "to make, print, or published any notice, statement or advertisement with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sec, handicap, familial status or national origin, r an intention to make any such preference. limitation or discrimination." (The Fair Housing Act of 1968 at 42 U,S,C, 3604(c))

This paper will not knowingly accept any adverting 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 misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

#### Rentals

Dalton NH. Large first level apartment in renovated farmhouse. Large yard, quiet, rural setting. 12 mi. from LRH, ideal location for health care professional wanting a guiet place to reside. 750.month. tenant pays own utilities. No smoking inside, pets OK with additional pet deposit.

Call 603-986-9543 or stop at Aylakai, 36 Main St, Littleton for rental application.

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MEREDITH NEWS/THE RECORD ENTERPRISE/WINNISQUAM ECHO



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small

medium

large

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For more information, visit http://www.cdc.gov/flu



U.S. Department of Health and Human Services Centers for Disease Control and Prevention

## Town•To•Town

MEREDITH NEWS/THE RECORD ENTERPRISE/WINNISQUAM ECHO

Classifieds Thursday, January 25, 2018 • B9

#### Steel Erectors, **Newfound Area School District** Metal Roof & Siding Installers Long Term Substitute Foreman, Leadmen **And Laborer Positions** We are seeking a long term substitute \$3,000 at Bridgewater Hebron Village School. Will Train. Valid Driver's License required. **SIGN-ON BONUS Elementary Certification Required** The leave will be approximately Application available at: For two years of experience March 5 – April 11 CONSTRUX, 630 Daniel Webster Hwy. Applicants should submit a letter of interest, resume, • RN M-S/CHARGE - 36 hours supportive credentials, job application and three Plymouth, NH 03264 • RN M-S - 36 hours current written references to: Stacy Buckley - Superintendent of School (603) 536-3533 Contact Human Resources at Newfound Area School District (603)388-4236 20 North Main Street Leading Pre Engineered Metal Building Co. Bristol, NH 03222 Apply On-line at www.ucvh.org Application is available at: 181 Corliss Lane, Colebrook, NH 03576 http://www.sau4.org/human-resources/employmentinformation **HELP WANTED** EOE HOUSEKEEPER NC-H Upper Connecticut Valley Hospital Some experience preferred 25-35 hours per week **FULL TIME OPPORTUNITIES** Please apply in person • RN M-S/CHARGE – 36 hours (night shift) • RN M-S – 36 hours (night shift) The Valley Inn • RN M-S – 36 hours (day shift) **17 Tecumseh Road** RN Charge – 36 hours (night shift) Waterville Valley NH • RN M-S/CHARGE - 36 hours (day shift) PART TIME OPPORTUNITIES MATERIALS MANAGEMENT TECHNICIAN OR NURSE SUPERVISOR Spend Loca **The Valley** PATIENT ADMINISTRATIVE SUPPORT Inn PER DIEM OPPORTUNITIES • COOK CARDIAC REHAB NURSE HOUSEKEEPER **GOOD PAY** CENTRAL STERILE TECHNICIAN SURGICAL TECHNICIAN FOR HARD WORK Industries, Inc. • RN King Forest Industries, located in Wentworth, NH, is currently accepting applications and resumes for full and RADIOLOGIC TECHNOLOGIST part time work as lumber handlers, equipment operators and experienced maintenance personnel. Individuals must be hardworking, able to take and follow directions, dependable and able to do hard work for good pay. You Apply Online at www.ucvh.org must be able to lift at least 50 lbs. Upper Connecticut Valley Hospital As a full-time employee, you will qualify for health insurance/dentail/401K retirement plan/paid vacation/paid 181 Corliss Lane, Colebrook, NH 03576 holidays and production bonuses. Phone: (603)388-4236 If you wish to apply, stop in to our Wentworth office for an application or drop off a resume and a completed ucvh-hr@ucvh.org employment application, which can be downloaded from our website and dropped off in person Monday thru EOE Thursday 7am-4:30pm and Friday until 4pm. No phone calls please. King Forest is an equal-opportunity employer. Looking for New Customers? 53 East Side Road • Wentworth, NH • www.kingforest.com

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#### BEFOR

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

#### DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

#### AFTER





This is how you say it's going to be okay.

Every 8 minutes the American Red Cross responds to a disaster and makes this promise. This holiday season, you can help us keep it.

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#### American Red Cross



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