



# Winnisquam Echo

THURSDAY, JANUARY 26, 2017

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

FREE

## Area residents share their thoughts on the inauguration of Donald Trump

BY DONNA RHODES  
dhrhodes@salmonpress.news

REGION — President Donald J. Trump was sworn into office at high noon on Friday, Jan. 20, and among the throngs of people who were on hand to witness that historic event in our nation's history was New Hampshire Executive Councilor Joe Kenney.

Kenney, who represents residents of Executive District 1, which encompasses much of central and northern New Hampshire, said he was excited to be on hand for such a momentous occasion.

"This has been a great opportunity to see to our democracy in action and witnessing the American Experience of the transfer of power from one president to another," he wrote in a message to the Salmon



The nation's Capitol was resplendent in red, white and blue last weekend as ceremonies were being prepared for the inauguration of Donald J. Trump as 45th President of the United States.

Press staff. "The large crowd was enthusiastic and very respectful and peaceful. So proud to be an American and seeing history first-hand being made."

Back home, his constituents had a variety of mixed reactions however.

Some patrons of Pauli's Restaurant in Tilton said they would be watching the inauguration as their workday allowed, stating that, no matter whom anyone voted for, the day was still an "historic event in our nation's history."

Employees of the pop-

ular breakfast and lunch spot said that there was a steady stream of people on both sides stopping by before the inauguration.

"I have a military background, so I like his thoughts on boosting security," said one Tilton

SEE TRUMP, PAGE A15



Executive Councilor Joe Kenney gave the thumbs up as he stood before the nation's capitol in the early morning hours of Inauguration Day in Washington, D.C. last Friday.

## Tilton School student Samuel Alicéa speaks at Women's Event in Concord

TILTON — In front of an estimated crowd of more than 5,000 people on the steps of the New Hampshire State House this weekend, Tilton School student Samuel Alicéa '18 from Boscawen, shared his story of courage and perseverance and the women who inspired him to take a stand.

Alicéa was on stage with his grandmother, New Hampshire State Rep. Caroletta Alicéa, and mother, Stephanie Alicéa, during the opening ceremony at the New Hampshire Women's Day of Action and Unity on Saturday, Jan. 21. The event was held in con-

SEE TILTON, PAGE A15



Samuel Alicéa on the steps of the New Hampshire State House during the New Hampshire Women's Day of Action and Unity, Saturday, Jan. 21. His grandmother, State Rep. Caroletta Alicéa, and mother, Stephanie Alicéa, stand behind him.

## Shaker District deliberative session set for Feb. 8

BY DONNA RHODES  
dhrhodes@salmonpress.news

BELMONT — As the result of a voter decision last March to change the annual Shaker Regional School District's traditional public meeting to an SB2 polling format, the First Deliberative Session for the district, which includes the towns of Belmont and Canterbury, is

now scheduled to take place on Wednesday, Feb. 8, at 6 p.m. in Belmont High School.

At that time, voters of the district will be asked to review, approve and/or revise the warrant for the coming year, which would then be voted on at the polls at Belmont High School on March

SEE SHAKER, PAGE A15

## Northfield man convicted of selling fentanyl that caused death of Seth Tilton-Fogg

BY DONNA RHODES  
dhrhodes@salmonpress.news

TILTON — Nearly two years after the death of 21-year-old Seth Tilton-Fogg of Tilton, the man accused of selling him a lethal dose of fentanyl was convicted last week for selling the illegal substance, which then resulted in the young man's untimely death.

On the morning of April 3, 2015, Tilton police and paramedics were called to Tilton-Fogg's residence when his mother found him dead from an apparent overdose. That call, Police Chief Robert Cormier said, began an "intensive investigation" that soon led them to 52-year-old Brian Watson of Northfield.

Watson was first ar-

rested by Tilton Police Department on May 8 of that same year for possession of a controlled substance (heroin-fentanyl) with intent to sell. On June 25, he was then indicted for the sale of an illegal substance with death resulting.

Watson's trial began SEE NORTHFIELD, PAGE A15

### INDEX

Volume 9 • Number 4	■
26 Pages in 2 Section	
Editorial Page .....	A4
North Country Notebook .....	.....A4
Health .....	.....A8
Culture .....	.....A9
Obituaries .....	A6 & A7
Sports .....	B1
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## Clowning around

Gertrude "Trudy" Gilman recently celebrated her 102nd birthday at the Tilton Senior Center with friends and Corky the Clown. The celebration had a fun clown theme, as Trudy once enjoyed working as a professional circus clown.

COURTESY

## PINES HAPPENINGS

### Life Line Screening

February is national heart month, and the Pines Community Center will be hosting a Life Line Screening preventive health event on Friday, Feb. 3. The 6 for Life Health Assessment measures your risk of developing six chronic diseases, including heart disease, congestive heart failure, stroke, diabetes, COPD and lung cancer. A customized report will determine which risk factors contribute most to your disease risk and are within your control to change. Finger-stick blood tests along with biometric measurements are included with this assessment. Other screenings are also available. Call 1-888-653-6441 or visit [www.lifelinescreening.com/advantagemembers](http://www.lifelinescreening.com/advantagemembers) to schedule your appointment. Take control of your health, knowledge is empowering!

### Cupid's Workshop

Parents - take the opportunity for a night out with your Valentine on Friday, Feb. 10, while we entertain your Kindergarten through Fifth Grade children at the Pines. The program is from 5:30 to 9 p.m., and costs \$22 per child, \$25 for non-residents. The children will bake, make homemade Valentines, and we will provide pizza and drinks for supper. If parents wish they may send children with pre-bought Valentines for staff to help them with. Register in advance, online or at the Pines, by Thursday, Feb. 9. Online registration is under Children's Programs. We need a minimum of five children to run the program, and can accommodate up to 20.

### February Vacation Camp

Winnisquam Regional School District's School vacation week is Monday through Friday, Feb. 27 through March 3. The Pines will have Vacation Camp that week for kids in Kindergarten through Grade 5. The camp day is 7 a.m. through 5:30 p.m. Monday is PJ and Movie Day at \$32 per child. Kids may wear their pajamas, bathrobes and slippers, and we'll watch a movie in the afternoon. Tuesday is Cooking and Ball Games in the Corral, for \$34. Wednesday is Sledding at Tilton School and Making Crafts, for \$32. Children should bring their own sleds if they have them. Thursday is Games Day at the Pines and we will order pizza for lunch. Kids may bring their own electronic, card and board games. Electronic

games must be rated E for everyone. The cost is \$35 for the day. Friday, we will take the children to Smitty's for lunch and a movie. The cost is \$38 per child. Children must be registered in advance, online through our website or in person at the Pines, by Friday, Feb. 24 to participate. Online registration is under 2016-2017 Vacation Camps. A minimum of five kids are needed to run each day. Children will need their lunches (except for Thursday and Friday), snacks, drinks, and outdoor clothing - jackets, snowpants, boots, hats and mittens; we will play outside if the weather permits.

### Middle School Activity Night

Downstairs at the Pines, for kids in grades six through eight happens again on Friday, Feb. 10, from 5:30 to 9

p.m. The cost is \$12 per participant, \$15 for non Tilton-Northfield residents. We'll play games on the Pines' wii, do some physical activities, listen to tunes, hang out and have pizza for supper. The evening will end with popcorn and a movie. Register in advance, online or at the Pines, by Thursday, Feb. 9. Online registration is under Middle School/High School activities. Minimum of five participants needed for program to run, maximum of twenty participants.

### Yoga Class

Yoga Class with Kelly Lang continues on Monday evenings, from 7 to 8 p.m. and costs \$12 for each class, or \$45.00 for a block of five classes. Participants need a yoga mat and a water bottle. You may register online, under Adult Sports and Fitness for the five-class blocks. This class is for

all experience levels.

### Boston Flower Show Trip

"Heroes of the Garden" is the theme of the 2017 Boston Flower and Garden Show. The Pines' annual trip to the Flower Show is on Wednesday, March 22. Our van will leave the Pines at 8:30 a.m., arriving at the Flower Show between 10 and 10:30 a.m. We will leave the Flower Show at 3:30 p.m., arriving back at the Pines by 5:30 p.m. This is an adult trip and costs \$27, \$24 for seniors. The cost covers transportation, parking and admission. We can accommodate a maximum of ten participants and must have six people registered for the trip to run. Space is limited, so register right away! Lunch can be purchased at the Flower Show, or at the many local restaurants.

### Ice Skating

Ice skating at the Tilton School ice arena on Sunday evenings will continue through Feb. 26. There is no cost for this program. Sessions are on Sunday evenings. Parent and Child Learn to Skate is from 5:15 to 6 p.m. Family Skate is from 6 to 6:45 p.m. Open Skate is from 7 to 8 p.m. This program is for residents of Tilton, Northfield and Sanbornton only. Participants must have their own skates.

### Winnisquam Regional Babe Ruth Softball

WRBR Softball League registrations will take place at the Pines Community Center on Monday, Feb. 6, from 5 to 7 p.m., Tuesday, Feb. 21 from 5:30 to 7:30 p.m., and Thursday, March 16 from 6:30 to 7:30 p.m. (March registration is only for grades six and up.) Costs are \$50 for first child, \$40.00

for second child, with a family maximum of \$100.00. Eligible players are students in Kindergarten through Grade Eight, or age 14. Teams will be 6U (t-ball), 8U, 10U and 12U. You may also drop off payments and registrations at the Pines Community Center. Financial assistance is available through WRBR Softball League. For more information contact Jennifer Haskins at [wrbr2012@gmail.com](mailto:wrbr2012@gmail.com). This is not a Pines Community Center program.

Information will soon be available about Candy Bar Bingo on Feb. 22, the March 1 Red Cross Blood Drive at the Pines, Northfield Town Elections and Meeting at the Pines, and our March Yard Sale. Check out the pictures of our recent Paint Night with Art Escape on our Facebook page!

## FEBRUARY HIGHLIGHTS AT HALL MEMORIAL LIBRARY

### Tilton/Northfield

#### Monday Morning Makers -- Mondays at 11a.m.

Weekly Monday morning craft time for homeschool children. Join us as we learn to create easy beginner projects from some favorite crafting books in our children's collection! All tools and materials will be provided. (recommended for ages 8 and up)

Preschool Storytime, Wednesdays at 10:30 a.m. - Story and a craft for little people.

Interest in the children's Arts and Crafts time (currently called Kids TNT) has recently waned. Thus, Miss Maggie is taking a break, but is open to offering an arts and crafts time in the future. If interested, please contact Maggie at 286-8971 or stop in.

### Calendar of Events

**Monday the 6th at 6 p.m.**  
Scrabble... Adults only

**Tuesday the 7th at 3 p.m.**  
Teen Time - Play Mini Angry Birds... for more information, ask Brittany

**Wednesday the 8th at 1 p.m.**  
Scrabble in the Afternoon  
Join us for a friendly game of this old favorite.

**Thursday the 9th at 4 p.m.**  
Sharpie Wine Glasses, A Craft Time for Adults... Decorate a

wine glass using our Sharpies. We'll bake the glasses so that your work won't wash off. Purchase a glass from us for \$1, or bring one (or more) of your own. Your glass will be ready for Valentine's Day. Please sign up in advance at the circulation desk.

#### Monday the 13th from 2 to 6 p.m.

Lug your favorite mug to the library (or use one of ours) and enjoy a coffee or hot chocolate for free. Stay Warm... Stay Happy...

**Monday the 13th at 5 p.m.**  
Trustees Meeting, Open to the public

**Monday the 13th at 6 p.m.**  
Scrabble Night - Adults Only... beat the winter blues, come play this great game

**Tuesday the 14th at 3 p.m.**  
Teen Time - Anti-Valentine's Day Activities... for more information, ask Brittany

**Thursday the 16th from 10 a.m. - 2 p.m.**  
Lug your favorite mug to the library (or use one of ours) and enjoy a coffee or hot chocolate for free. Stay Warm... Stay Happy...

Monday the 20th the Library is Closed for President's Day

Monday the 20th The Bookers meet at the Tilt'n Diner at 5:30 p.m. "News of the World" by Paulette Jiles - It is 1870 and Captain Jefferson Kyle Kidd travels through northern Texas,

giving live readings to paying audiences hungry for news of the world. An elderly widower who has lived through three wars and fought in two of them, the captain enjoys his rootless, solitary existence.

In Wichita Falls, he is offered a \$50 gold piece to deliver a young orphan to her relatives in San Antonio... Exquisitely rendered and morally complex, "News of the World" is a brilliant work of historical fiction that explores the boundaries of family, responsibility, honor, and trust. (Amazon)

**Tuesday the 21st at 3 p.m.**  
Teen Time - Candy Dice Game... for more information, ask Brittany

**Thursday the 23rd at 4 p.m.**  
YAH Book Group (Young at Heart) - "Wintergirls" by Laurie Halse Anderson

Lia and Cassie are best friends, wintergirls frozen in fragile bodies, competitors in a deadly contest to see who can be the thinnest. But then Cassie suffers the ulti-

mate loss-her life-and Lia is left behind, haunted by her friend's memory and racked with guilt for not being able to help save her. In her most powerfully moving novel since Speak, award-winning author Laurie Halse Anderson explores Lia's struggle, her painful path to recovery, and her desperate attempts to hold on to the most important thing of all: hope. (Amazon)

**Monday the 27th at 6 p.m.**  
Gallery Reading with Carolyn Richardson at 6 p.m.

Members of the audience receive messages from the beyond through medium Carolyn Richardson. Not everyone will receive a message... no guarantees. There is no need to sign up in advance. This program is strongly recommended for adults.

**Tuesday the 28th at noon**  
The Noon Book Group discusses Margaret Atwood's "The Handmaid's Tale" - Offred is a Handmaid in the Republic of Gilead. She

may leave the home of the Commander and his wife once a day to walk to food markets whose signs are now pictures instead of words because women are no longer allowed to read. She must lie on her back once a month and pray that the Commander makes her pregnant, because in an age of declining births, Offred and the other Handmaids are valued only if their ovaries are viable.

Offred can remember the days before, when she lived and made love with her husband Luke; when she played with and protected her daughter; when she had a job, money of her own, and access to knowledge. But all of that is gone now....

Funny, unexpected, horrifying, and altogether convincing, "The Handmaid's Tale" is at once scathing satire, dire warning, and literary tour de force. (Amazon)

**Tuesday the 28th at 3 p.m.**  
Teen Time - Scotch Tape Portraits... for more information, ask Brittany

## HALL MEMORIAL LIBRARY HAPPENINGS

### Tilton/Northfield

#### Monday, Jan. 30

Monday Morning Makers, 11 a.m.  
Craft time for homeschool children - (recommended for ages 8 and up)  
Chess Club, 3-6 p.m.  
Math Tutor, 4 p.m.  
Games Night, 6 p.m.  
Scrabble for Adults... use your words

#### Tuesday, Jan. 31

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

**Wednesday, Feb. 1**  
Story Time, 10:30 a.m.  
Magic the Gathering, 4 p.m.

Friday, Feb. 3

Sit and Knit, 2-5 p.m.

**Saturday, Feb. 4**  
Let's Go Lego

**New Items**  
"Killing Adonis" by J.

M. Donellan  
"The Most Dangerous Place on Earth: a novel" by Lindsey Lee Johnson  
"Two Days Gone: a Ryan DeMarco mystery" by Randall Silvis  
"The House of the Dead: Siberian exile under the tsars" by Daniel Beer  
"Deep Nutrition: why your genes need traditional food" by Catherine Shanahan, M.D.  
"In the Light of the Garden" by Heather Burch

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DONNA RHODES

Teresa Spinner and Marlene Witham of Sanbornton hosted an open house for their joint exhibit, "Painted Stories," at Lakes Region Art Association in Tilton last weekend, which will showcase their talents over the next month.



DONNA RHODES

Teresa Spinner posed beside some of the many landscape paintings she has done on her years of travel around the world.

## Art Association showcases work of Sanbornton duo

BY DONNA RHODES  
dhrhodes@salmonpress.news

TILTON — Over the next month, Lakes Region Art Association is spotlighting the talents of local artists Marlene Witham and Teresa Spinner, both of Sanbornton, and an opening for their joint gallery exhibit, "Painted Stories," was held last Friday evening.

Spinner, also known professionally as Teresa D'Esopo, has studied with several master artists and over the years has had her work displayed nationwide. Witham is locally known for her captivating artistic talents as well. After college she taught art for nearly 20 years to students in both New York and New Hampshire and has also gone on to become an advocate for the arts in central New Hampshire.

Each of the women have a story behind all of their art and therefore beside each painting or sketch the exhibit includes a note card that

explains some of the inspiration for each piece.

"Every work of art has a story behind it, so we thought it would be fun and interesting to tell people a little about some of those stories," Spinner said.

Spinner has called Sanbornton home for several years now but her life has taken her on adventures all around the world, including stays in Germany and Greece, and scenery from those travels are included in much of her work.

While she is best known for her portraits, such as the elegant 1979 pencil sketch of family friend Maude Griffith Randall that got her started in her career, or the oil painting of a Ziegfeld Follies Dancer, most of the art she chose for this exhibit were landscapes from her journeys.

A painting of "Lion's Gate" from her trip to Jerusalem inspired her to try to capture the light



DONNA RHODES

Marlene Witham is a still life painter, and said each are filled with memories that she loves to share with others.

as it poured through the ancient stone gateway. Scenes of the ancient Greek harbor of Sounio or the mountainsides of Germany were equally captivating.

"I had such a good time. It was a pleasure

to paint these beautiful sites," said Spinner.

While many of the locations have inspired thousands of others to paint them as well, Spinner said she tried to look at each scene in a new way.

"This castle in Neuschwanstein, Germany was the inspiration behind the castle at Disney World. Everyone has always painted or photographed the castle so I left the castle in the background and focused on this beautiful historic church in the foreground instead," she said.

On the other hand, Witham's artistic tales are told through still life painting that she either sets up for a particular

painting or occasionally stumbles upon in her daily life. Each has their own tales to tell.

"Still life paintings are very personal for me," said Witham. "I always put together a still life of something I love and evoke memories through what I paint."

One of her favorites is a piece titled "Still Life With Orange Lily." It is a collection of the white ironstone tableware she

SEE ART, PAGE A15

## Sanbornton Solid Waste Committee to hold "coffee" with the public

SANBORNTON — On Monday, Feb. 6, from 5:30–6:30 p.m. Sanbornton's Solid Waste Committee hopes to have conversation with users of our Transfer Station / Recycling Center.

"We have set aside this time to communicate with our public, and hear questions and suggestions for best use of our facility," said Chair Lynn Chong.

The Solid Waste Committee resumed as a town committee after the December 2015 special Town Meeting about Transfer Station / Recycling Center changes.

The coffee with refreshments and other beverages will be in Town Office, and all are welcome. Topics will include swap, metal pile, disposal fees and

others. Special guest, Transfer Station Manager Kevin Austin will be with us.

"Kevin has been meeting the public one-by-one and learning the needs and capacities of the Transfer Station / Recycling Center," said Bob White, long-time resident whose wife is a volunteer at the facility, and who was on the former Solid Waste Committee and now works with the restored committee. "We want to give Kevin this time to take questions and give answers while not also making change for trash bag sales!" claims Bob.

Leading up to the conversation, the committee has created a questionnaire, available on clipboard at the facility and also on Facebook, "I Love San-

bornton" – "Sanbornton Talks Trash."

Please put the date on your calendar, Sanbornton folks. We'll be happy to see you on the evening of Monday, Feb. 6 at Town Office. For more information, call Lynn Chong at 923-6486 or Vice-Chair Jennifer Holt at 934-9753.

### CORRECTION

BELMONT — An article published in last week's edition listing the open positions available during the filing period for local municipal and school district offices incorrectly stated that there were two school board positions available for the Shaker Regional District, one

each in Belmont and Canterbury.

There are, in fact, three school board seats open, two in Belmont and one in Canterbury.

The Winnisquam Echo deeply regrets any confusion that may have resulted from this unintentional error.

**Town of Northfield  
Planning Board  
Northfield Town Hall  
Monday, February 6, 2017  
7:00 p.m.  
AGENDA**

1. Jason M. Durgin: Application for a Boundary Line Adjustment to add 6.213 acres to Tax Map R6 Lot 15B-1A from R5 Lot 28-11 (Both lots owned by the applicant) on Cross Mill Road Extension and Hodgdon Road in the CONSV zone.
2. Continued discussion of proposed rezoning to create Zone #5 in the town of Northfield.
3. Minutes – January 9, 2017  
January 16, 2017
4. Other

Respectfully,  
Jason Durgin, Chairman

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**NOTICE  
TILTON REGISTERED VOTERS**

Filing Period for Public Office  
Jan 25 Through Feb 3, 2017  
With The Town Clerk

**POSITIONS & TERMS TO BE FILLED ARE AS FOLLOWS:**

(2)	<b>Selectmen</b>	<b>3 Years</b>
(1)	<b>Town Clerk Tax Collector</b>	<b>3 Years</b>
(3)	<b>Budget Committee</b>	<b>3 Years</b>
(1)	<b>Budget of Trust Funds</b>	<b>2 Years</b>
(1)	<b>Trustee of Trust Funds</b>	<b>3 Years</b>
(1)	<b>Sewer Commissioner</b>	<b>3 Years</b>
(1)	<b>Library Trustee</b>	<b>2 Years</b>

Cynthia D. Reinartz  
Town Clerk Tax Collector

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# Opinion

A4 Thursday, January 26, 2017

WINNISQUAM ECHO

## PERSPECTIVES ON LIVING

BY LARRY SCOTT

In "The Case for Christ," author Lee Strobel, journalist for the Chicago Tribune, and thoroughly convinced the Christian faith was bogus, tells this amazing story.

"For much of my life, I was a skeptic. In fact, I considered myself an atheist. To me, there was far too much evidence that God was merely a product of wishful thinking. ... As for Jesus, ... [I was convinced] He was a revolutionary, a sage, an iconoclastic Jew – but God? No, that thought had never occurred [even] to Him. ... I had read just enough philosophy and history to find support for my skepticism. ... I had a strong motivation ... a self-serving and immoral lifestyle that I would be compelled to abandon if I were ever to change my views and become a follower of Jesus. ... There was enough proof for me to rest easy with the conclusion that the divinity of Jesus was nothing more than the fanciful invention of superstitious people. [And then Strobel's life took a dramatic change of direction].

"It wasn't a phone call from an informant that prompted me to reexamine the case for Christ. It was my wife. Leslie stunned me in the autumn of 1979 by announcing that she had become a Christian. I had married one Leslie – the fun Leslie ... now I feared she was going to turn into some sort of sexually repressed prude. ... Instead, I was pleasantly surprised – even fascinated – by the fundamental changes in her character, her integrity, and her personal confidence. Eventually I wanted to get to the bottom of what was prompting these subtle but significant shifts in my wife's attitudes, so I launched an all-out investigation into the facts surrounding the case for Christianity." [Consistent with his training as a journalist, Lee Strobel launched a two-year odyssey, interviewing carefully selected experts who could help him clarify every question he had concerning the Christian faith.]

"By Nov. 8, 1981, my legend thesis, to which I had so doggedly clung for so many years, had been thoroughly dismantled. ... The atheism I had embraced for so long buckled under the weight of historical truth. It was a stunning and radical outcome, certainly not what I had anticipated. ... So on November 8, 1981, I talked with God in a heartfelt and unedited prayer, admitting and turning from my wrongdoing, and receiving the gift of forgiveness and eternal life through Jesus. ... There were no lightning bolts, no audible replies, no tingly sensations. ... Over time as I endeavored to follow Jesus' teachings and open myself to his transforming power, my priorities, my values, and my character were (and continue to be) gradually changed" ("The Case for Christ," pages 13, 14, 266, 268).

What can I say? It is the miracle of conversion to the claims and gift of new life available through Jesus Christ that never ceases to amaze me. Different from adopting a new set of principles or "turning over a new leaf," I have been overwhelmed by the fundamental changes of outlook, attitude, integrity, inner peace and self-respect that has been evident, without fanfare or grand-standing, in the lives of those who have discovered the gift of life available in Jesus Christ. Skeptics notwithstanding, this is real!

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



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## PET OF THE WEEK



Life on the streets is tough for cats in any season. Contrary to what humans think, that they can fend for themselves, survival skills are not inherent and have to be learned. Little Momma cat, luckily found herself homeless in the heat of last summer. Luckily a concerned citizen brought her to New Hampshire Humane Society rather than turning a blind eye to her obvious distress.

Momma Cat, so named at our shelter, is the epitome of sublime tranquility. She

## MOMMA CAT

has realized humans can be trusted, will take care of her and are a source of pleasure and companionship; she's just a little leery of your advances at first, but loves that tickle under the chin. She relishes the company of other cats and creates calmness in our feline social room. Should you be interested in adopting a new pet, think of Momma Cat first. She has those Zen like qualities that will exude peace in your home. Namaste!

Check [www.nhhumane.org](http://www.nhhumane.org) for more details.

## LETTERS TO THE EDITOR

### Remembering Granny D on her birthday

To the Editor:

On Jan. 24, Granny D would have been 107. She did live to be 100. In her memory and to prompt admirers / supporters not to sit idle, but practice some Granny D activity, I want to quote from her second memoir, "Granny D's American Century," published in 2012 by University Press of New England, at UNH.

As if prescient to our time now, our 2017, she urges that "the new meet-ups that have become possible and popular ... are a powerful force for change, but only when they go further than being just a gathering of like-minded citizens; they must become organizing units for bringing in people who are not yet like-minded. They must become organizing units for people who will do more than sit around and share their feeling about politics; they must be platoons that go out and get real politics done."

This makes me think of her ready reminder: "De-

mocracy is not something we have. Democracy is something we do."

So, in keeping with the feisty woman's spirit, that traveling woman's feet that took her across our country, more than 3000 miles, at ten miles per day, let's all rethink what we can do, and find ways to be positive with others and generous-spirited with others, for our country's sake. I am even thinking - send new President Trump vibes (and postcards) that he be the best for our country. He can be asked to let go of his negativity. Maybe we can mentally pull him into our organizing units that Granny D knows she wanted for us. We can at least try.

Happy Birthday, Granny D, of Laconia and later Dublin.

Sincerely,  
Lynn Rudmin Chong  
Sanbornton

### Thank you, Marla

To the Editor:

The Sanbornton Public Library board of trustees would like to extend a heartfelt thank you to outgoing chairman Marla Davis.

Marla joined the board in 2011, and has chaired the board for the last three years. Under her guidance, and with the professional expertise of the staff, the library has seen strong and steady growth over several years, including an 11.48 percent increase in patronage from 2014 to 2016. Much needed work was accomplished in maintenance and upkeep, including

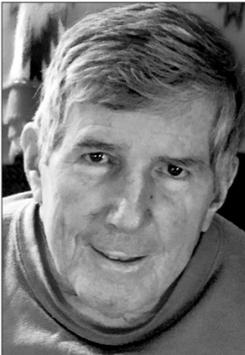
repair and painting the exterior. Well-attended programs and group meetings have been offered regularly for all ages, with over 3500 participants in attendance last year alone. Marla's insightful knowledge has helped to promote the position of the library as one of the town's "shining stars."

Thank you for your passion, vision, dedication, and hard work, Marla!

Board of Trustees  
Sanbornton Public Library

## North Country Notebook

### Whiskey Jacks, bears in trees, and a dramatic scene on the ice



By JOHN HARRIGAN  
COLUMNIST

Every few weeks--it must be something in the air--it turns out to be Wildlife Week at the South Hill compound. One week, it's snow fleas (yes, there are snow fleas). The next week,



SHARON PATON — COURTESY  
(Left Top) Sharon Paton and Nelson Dion were traveling along Winnepesaukee's Black Cat Island when they came upon these two young bears up in the trees. The mother and another juvenile ran off.

ERNIE MILLS PHOTOGRAPHY  
— COURTESY  
(Left Bottom) The coyote was bigger but pound for pound there's nothing like a bobcat, and this photo makes it obvious who backed away.

they grab food, such as a good-sized hunk of fat or gristle, and haul it off to nearby trees, where they sit on branches to tear it apart. At camp, they will take food from your fingers, and occasionally alight on your arm.

When the Canada jays arrived at my feeders, a red squirrel had already taken up residence in a little snow-cave. A red squirrel is a pretty fierce and fast little unit, but the jay is no slouch, and is pretty imposing on account of its size. The squirrel was, as the old-timers would say, askeered.

Along about mid-week I got an e-mail from Sharon Paton, of Moultonborough, and Nelson Dion, with photos of two

SEE **NOTEBOOK**, PAGE A14

## Send your letters!

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big Canada jays.

And then came the bears, bobcats, and coyotes.

The week started off with a couple of Camp Robbers, a.k.a. Whiskey Jacks, a.k.a. gray jays, technically known as Canada Jays. These big birds, bigger than a blue jay, inhabit boreal forest from the northern fringe of the Lower Forty-Eight right on up over the Canadian Shield to the tree line. They are fat, puffy birds when their feathers are all fluffed out, and

## THE WINNIPESAUKEE TALKIE

### Want to buy a home? How's your credit?



BY RANDY HILMAN

Thinking of buying a home? Are you what bankers refer to as "creditworthy?"

A couple of weeks ago, I wrote about some of the things people do to be denied a home loan after having been pre-approved for a mortgage loan; things like changing jobs or buying expensive new snowmobiles, motorcycles and cars.

A few loan officers contacted me to suggest that I write another column on the process of credit evaluation and

why it matters to pay attention to one's credit rating, since it is a key benchmark used by lenders to determine how likely we are to repay on time the money we've borrowed.

Most of you, no doubt, have heard about credit scores. Your credit score is a snapshot of your income, employment status, financial habits and scope of indebtedness. It tells those who lend money how well you manage your debts, and ultimately, whether you are a good credit risk.

The analysis of credit risk is expressed by a numerical score based on details such as how many credit accounts you have, how much you owe at any given time, the amount of your credit limits, the length of time you've been paying off your debts and the timeliness of those payments. Also includ-

ed in your report is information pertaining to bankruptcies, tax liens and settled delinquent accounts.

Consumers with a high credit score are deemed likely to repay their debts in full and on time, whereas those with lower scores carry a higher mathematical probability of default.

There are three principal credit bureaus that receive financial information about you. These credit bureaus are Experian, TransUnion and Equifax. Each month, these bureaus update your report with new financial information supplied by your creditors and obtained from other public sources. By law, consumers have the right, once a year, to ask for free reports from each of these bureaus.

My friend and colleague, Diane Hooper, a licensed mortgage loan

originator with Annie-Mac Home Mortgage, explained that our credit scores are expressed as a number that usually falls within a range from 350 to 850, although other credit scoring products to consider ranges from 501 to 990.

"Maintaining a high credit score is important because this is one of the (key) factors that determines whether you will be approved for credit and how much you will have to pay for the money you borrow," Diane notes, adding that "applicants with high credit scores typically are offered lower interest rates and better terms and conditions than applicants with lower scores".

Moreover, low scores severely raise the odds that a credit application, especially for a home loan, will be denied, she says.

Besides having the right to one free report a year from each of the reporting bureaus, consumers who have been denied credit also have the right to obtain a free copy of the credit report their lender used in making its decision, according to Diane. She advises that people who have been denied follow up with a review to ensure the report is accurate and file a dispute with the credit bureau if inaccuracies are discovered. Here are the websites of each of the three major reporting bureaus: [www.experian.com](http://www.experian.com); [www.transunion.com](http://www.transunion.com); [www.equifax.com](http://www.equifax.com).

Be sure to call me if you're contemplating the purchase of a home and need help getting pre-approved for a loan. Diane Hooper is among the region's very best financial experts who make themselves avail-

able with free advice, counseling and financial analysis to get people started on the path to homeownership. Plus, my own buyer/seller consultations and home valuations are always free. Contact me today, because what you don't know about our current real estate market could cost you valuable time and money.

Thank you for reading The Winnepesaukee Talkie.

*The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, Tenn. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfeboro. He can be reached at 610-8963 or by email at [rhilman@randyhilmanhomes.com](mailto:rhilman@randyhilmanhomes.com).*

## MARK ON THE MARKETS

### Principal protection



BY MARK PATTERSON

Dec. 2, 2001 through Dec. 2, 2011 is known as the lost decade to stock market investors. If you

had invested \$10,000 in 2001 and did not take profits at any time when they may have been available during that period, you would have \$10,000 in 2011. I recall that period of time very well because it demanded a lot of work to make money for clients. It was also a period of time when it paid to be a "stock picker" as opposed to an index or mutual fund investor. There was money to be made if you chose stocks

that you did not marry and were willing to take a reasonable profit. Three and half years after the "getting even" point, it seems that the markets have placed people back into that complacent trance that really worries the contrarian and sometimes pessimistic side of my brain.

Over the past few months, I have attempted to touch on investment management topics like Mutual funds

vs. Exchange traded funds, using option contracts for income and hedging, annuities that are tied to an index that can provide downside protection and lifetime income, indexed universal life insurance that is also tied to a variety of indices that have market loss protection and tax free income and a death benefit. Any or all of these strategies can work to protect what you have accumulated and to increase income

from your investments. The key is finding the right mix for your financial situation and risk tolerance. Assessing risk tolerance is not as easy as asking a few questions and putting check marks in the box next to a multiple choice response. My belief is that all clients are risk adverse until they can prove otherwise. What I mean by that is; expectations must be reasonable to meet, based on the investable assets and age of the client. If a client truly has assets over and above what they need to sustain a comfortable life style, then we can stretch for additional yield. A difficult situation is when the client needs to take on too much risk because they do not have sufficient assets to sustain that lifestyle. Retirement and Social Security Planning sooner, than later, can make a big difference with the client's retirement income.

Long term care, life insurance or other types of asset preservation tools are much cheaper and attainable the younger you are. Long term care, in my opinion is very important for a certain asset level or family health history, but may not be the best product for many people. There are some hybrid life insurance policies with living benefits that may be a better fit. It depends on the clients specific needs.

The message I want to convey is simple: Protect the principal and assets that you have acquired, especially if you are nearing or have entered retirement. Even if you plan on working and investing for ten or more years longer, another "lost decade" may be lurking around the corner.

Mark Patterson is an investment advisor with MHP Asset Management and can be reached at 447-1979 or [Mark@MHP-Asset.com](mailto:Mark@MHP-Asset.com).

## Winnepesaukee Playhouse wins big at NH Theatre Awards

MEREDITH — On Saturday, Jan. 21, the Winnepesaukee Playhouse joined with other professional, community, and youth theatre companies from throughout the state to celebrate the amazing theatre produced in New Hampshire in 2016. The Playhouse was honored to take home 13 awards including Best Professional Drama/Comedy for "The Waltz" and Best Professional Musical for "Cabaret."

"The Waltz," which the Playhouse debuted in September, was the big winner of the night receiving eight awards. In addition to Best Professional Drama/Comedy, Neil Pankhurst won for Best Director, Carolyn Kirsch for Best Actress, Kelley Davies for Best Supporting Actress, Lori McGinley for Best Costume Design, Thom Beaulieu for Best Lighting Design, and Neil Pankhurst for Best Sound Design. Broadway veteran Kirsch also took home the award for Recognition of Playwriting Excellence for her original script which had its world premiere at the Playhouse.

In addition to winning Best Professional Musical, "Cabaret" won Best Director for Clayton Phillips and Best Choreographer for Bry-



COURTESY

On Saturday, Jan. 21, the Winnepesaukee Playhouse joined with other professional, community, and youth theatre companies from throughout the state to celebrate the amazing theatre produced in New Hampshire in 2016.

an Knowlton.

In the Community Theatre Division, Ray Dudley won Best Supporting Actor Drama/Comedy for his powerful performance as Big Daddy in "Cat on a Hot Tin Roof" last February. This is the second time Ray has won this award for his work at the Playhouse.

The Best Actor in a Youth Production went

to Gilford High School senior Jack Harding for his incredible performance as Romeo in "Romeo and Juliet."

Additionally, the Playhouse was named "Top 3" for sixteen other awards including Best Professional Drama/Comedy for Peter and the Starcatcher and Best Production Youth for "Romeo and Juliet." Each partici-

pating theatre company has the opportunity to choose their own "Theatre Hero" who is recognized with a certificate. The Playhouse chose volunteer coordinator Laura Stephan for the honor.



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### Raymond Falconer, 92

LACONIA — Raymond Falconer, 92, former longtime resident of Sanbornton, died Thursday, Jan. 19, 2017 at Concord Hospital surrounded by his loving family.

Raymond was born July 20, 1924 in New York, N.Y., son to the late Wallace and Beatrice (Tighe) Falconer. He served in the United States Army from April 12, 1946 to Oct. 8, 1947 and was stationed in the Philippines during World War II. Raymond worked for Allenair as the shipping and receiving manager for 30 years. Raymond was an active member for many years of the American Legion Post #200 in Hempstead, N.Y. After retiring he later moved to Sanbornton with his loving wife.

Raymond enjoyed bowling, photography and family vacations in New Hampshire. His faith was also very important to him. He was a devout catholic and an active member of Sacred Heart Church for many years. Above all family was most important to him. He adored taking care of his wife and family. Especially spending time with his grandchildren and great-grand-



children.

Oct. 12, 2017 would have marked his 60th wedding anniversary with his loving wife.

Raymond is survived by his wife, Rita (Hartmann) Falconer of Laconia; two sons, Raymond W. Falconer, and his wife, Jane of Selden, N.Y. and Steve J. Falconer of Port Jefferson, N.Y.; two daughters, Diane Falconer and her husband David Lapointe of Laconia and Laura Falconer and her husband Steve Lewis of Sumner, Maine; six grandchildren (Janice Chase and her husband, Patrick, Jasmine Favez and her fiancé, Eric Baker, Karim Favez, David Falconer, Michael Falconer, Jeanette Price and her husband, James); five great-grandchildren (Colby Patrick, Marley Mae and Lucas Raymond Chase, Peyton Reid and Liam Kane

Price); a brother, Fredrick Falconer, and his wife, Judith of East Islip, N.Y.; a brother-in-law, Herbert Heinlein, and his wife, BJ of Danbury, Conn.; and several nieces and nephews.

In addition to his parents, he was predeceased by his brother, Wallace "Sonny" Falconer, and his sister, Joyce Heinlein.

A Mass of Christian burial was celebrated Monday, Jan. 22, 2017 at 10 a.m. at St. Andre Bessette Parish - Sacred Heart Church, 291 Union Ave., Laconia. Burial was held at noon at the New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, Boscawen.

For those who wish, memorial donations may be made to St. Francis Rehabilitation & Nursing Center, 406 Court St., Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, please visit [www.wilkisonbeane.com](http://www.wilkisonbeane.com).

### Judith Carol Karlson, 82

GILMANTON — Judith Carol Karlson, 82, of 158 Sargent Rd. died Monday, Jan. 16, 2017 at Lakes Region General Hospital after a period of failing health.

She was born on Aug. 20, 1934 in Medford, Mass., the daughter of the late Gustav E.H. and Ethel A. (Gulaker) Karlson. Judith worked for several years for the Department of Public Works for the Commonwealth of Massachusetts. She enjoyed 20 great years living by Manning Lake in Gilmanton where she enjoyed swimming.

She is survived by her two sisters, Cynthia Wahlstrom and her husband John of Belmont; two great nieces and two great nephews.

She was predeceased by her parents.



Faulkingham of Gilmanton; one nephew, Kenneth Wahlstrom, and his wife Barbara of Rockland, Mass.; two nieces, Beverly Wahlstrom of Gilmanton Iron Works and Cheryl Thurber and her husband John of Belmont; two great nieces and two great nephews.

She was predeceased by her parents.

There were no calling hours.

A memorial service was celebrated at 2 p.m. on Wednesday, Jan. 25, 2017 at the Gilmanton Community Church, located on the Corner of Routes 107 and 140 in Gilmanton.

For those who wish, memorial contributions may be made to the Gilmanton Community Church, PO Box 16, Gilmanton, NH 03237.

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](http://www.wilkinsonbeane.com).

### Nancy Rebecca Morrison, 88

SANBORNTON — Nancy Rebecca (Wallis) Morrison died suddenly in her Sanbornton home on Jan. 17, 2017 with her daughters present.

She was born in Laconia on Aug. 23, 1928 to her parents, Ralph Joseph and Emma Catherine (Yost) Wallis. She was married to her husband, Starlin Andrew Morrison, for 68 family-filled years.

Nancy grew up in Dedham, Mass. before going to high school at the St. Johnsbury Academy in St. Johnsbury, Vt. She attended Plymouth Teachers College for two years before getting married to her love, Starlin A. Morrison, in Sanbornton on Oct. 16, 1948.

Nancy lived a full life as a mother of 8 children and a foster mother to several more. She was a grandmother of 39 and a great-grandmother to 30. She loved her children, grandchildren and great-grand children. She is fondly remembered by them as their cheerleader, their champion who had their best interest at heart, holding their faces or hands in hers, and reminding them of their greatness. Nancy loved to attend as many of her children and grandchildren's events, whether of a sporting, theatrical or artistic nature, supporting each of their interests. She traveled with her family to Salt Lake City, Utah, the closest LDS temple to her at the time, as she could be sealed to her family for time and all eternity. Things of Eternal Nature were very important to Nancy.

Nancy loved to sing, being a member of the choral society at college, singing with the Congregational Church in Sanbornton and in her own church in Laconia. She was known to sing her cares away, trying to turn a trial into a joy. She was an artist and had a deep gratitude for the beauty she found in



everyday life. She was always giving thanks to God for her blessing, big and small. She was known, after taking a drink of her well water, to say, "Thank God for our water," which she truly meant. She loved and was grateful for all that God did and thanked Him for His patience with her mistakes. She was a remarkable woman of great faith.

Nancy had an inner strength and courage to push through great trials. She had a loving heart for family, friends, and those she had just met. She had a favorite saying, "Visit once and you are company; Visit twice and you are family and she lived that motto with all her heart. Her home was always open for anyone who needed a place to stay and many took up her offer of security, some for a few days, others for a few weeks or years.

Nancy had an insatiable curiosity and loved to learn new things. Her interests varied from growing things, diet, God and spiritual things. She loved to read and explore new topics. She was a member of The Church of Jesus Christ of Latter-day Saints for 56 years, after spending several years in searching for the truth. She loved sharing her testimony with all she knew and met, yet was respectful of others differing opinions and beliefs. Nancy served in the Presidency of the New England Regional Relief Society of her church for several years. In that capacity, she helped meet others needs to the best of her ability, lifting up

others and easing their burdens. She was a Visiting Teacher for many years, visiting women of her church in their homes. When travel became difficult, she took wrote to many women, asking about them and caring for them, sharing her love.

Nancy will be remembered as always being quick to volunteer to bring her famous baked beans and other baked goods to those who had troubles or just needing a bit of love and care. She taught many little children for many years in the nursery of her church, even when she had little ones of her own. Nancy's love of God and his children was first-most in her life, and her legacy that she left is a testimony to all who knew her.

Nancy was predeceased by her parents, Ralph and Emma Wallis; by her baby brother, Thomas Benjamin Wallis; and her grandsons, Thomas Ryan Lopez and Jonathan Bradbury Morrison. She will be missed by all who knew and loved her, leaving warm memories and grateful hearts in those she touched by her presence.

Calling hours were held from 9 to 10 a.m. on Tuesday, Jan. 24, 2017 at the Church of Jesus Christ of Latter-day Saints, 1244 Old North Main St., Laconia. A memorial service immediately followed at 10:30 a.m. on Tuesday, Jan. 24, 2017, also at the church.

Burial will be held in the spring in the family plot at Union Cemetery, Academy Street, Laconia.

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](http://www.wilkinsonbeane.com).

### Eunice E. Muise, 97

FRANKLIN — Eunice E. (Vanasse) Muise, 97, of Franklin, formerly of Bellingham, passed away peacefully Jan. 14, 2017 at the Franklin Hospital in Franklin. She was the wife of the late Joseph R. Muise for 58 years before his passing in 2000.

Born in Holden, Mass., Aug. 13, 1919, the daughter of the late Leo E. & Eunice C. (Rondeau) Vanasse, Mrs. Muise had lived in Bellingham for many years before moving to New Hampshire.

She is survived by her children, Ronald Muise and his wife Trudy of Farmington, Donna Day and her husband Bruce of Worcester, Deborah Fedorchak and her husband Michael of Center Barnstead, and James Muise of Bellingham.

She is also survived by her sister, Evelyn Carlson of Pawcatuck, Conn., and was the sister of the late Emerson "Buddy" Vanasse.

Eunice is also survived by her 11



grandchildren and 11 great-grandchildren.

Eunice worked at Telechron in Ashland, Fenwal Labs in Ashland, and Brayman Screw Machine Shop in Millis. She was active in the Bellingham Woman's Club and the Bellingham Senior Center, where she enjoyed many trips and card games with her friends. She enjoyed camping with the Good Sam's Club and made many camping buddies along the way. She got to travel all around the United States in their mini motor home.

In 2006, Eunice moved to live with her daughter and her son-in-law. Once

in New Hampshire, she was involved with the senior group, "The Barnstead Nighthawks," and active in bowling with the "Year Rounders." She enjoyed playing cards with family and friends and loved living on Halfmoon Lake. She will be deeply missed by all who knew her.

In 2010, Eunice became a resident of the Golden Crest Senior Wellness Center in Franklin. We would most especially like to thank the Matzke family and staff members at the Golden Crest for their care. Franklin should be proud of having such a wonderful assisted living facility. During my mother's final years at the Golden Crest, we witnessed a level of care, compassion and professionalism that was truly second to none.

Her funeral mass was celebrated on Wednesday, Jan. 18 in St. Brendan's Church, Bellingham at 11 a.m.

Burial will be in Oak Hill Cemetery in Bellingham.

Visitation was on Wednesday from 9-10:30 a.m. in the Ginley Crowley Funeral Home ([www.ginleyfuneralhomes.com](http://www.ginleyfuneralhomes.com)), 3 Barber St., Medway.

In lieu of flowers, please make a donation to a charity of your choice or do a kind deed for someone in need.



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### Helen Fae (Simpson) Pouliot, 76

FRANKLIN — Helen F. (Simpson) Pouliot, 76, a resident of Franklin, died Jan. 21, 2017 following a period of declining health.

She was born in Concord, Aug. 15, 1940, daughter of the late Robert and Evelyn (Champane) Simpson.

Helen lived in the Tilton, Northfield and Franklin areas for most of her life. She graduated from the Tilton-Northfield High School, class of 1958. She worked as a machinist at Webster Valve Company in Franklin for over 20 years, and later at the Arwood, Wyman Gordon Corporation in Northfield as a technician for 18 years before retiring.

Helen was a member of the Franklin VFW Post # 1698 Ladies Auxiliary. She was a parishioner of St. Paul Church. She and her late husband enjoyed their many travels in the United States.

Helen was a avid collector of American Indi-



an Dolls and Memorabilia over the years.

In addition to her father in 1975 and mother in 1998, Helen was predeceased by her husband of seven years, Roger J. Pouliot, in 2002 and her sister, Diane Dargy, in 2016.

Her family includes her brother, Maurice "Moose" Simpson, and his wife, Linda of Pittsburg; sisters, Carol Benjamin and husband Al of Fruita, Colo. and Virginia Martel and husband Bruce of Campton and very special brother in law, Roger Dargy of Laconia; and numerous nieces and nephews.

Helen also leaves stepchildren David Pouliot

of Maple Valley, Wash.,

Douglas Pouliot of Boston, Mass., Daniel Pouliot of Raymond and Christopher Pouliot of Boston, Mass. and their families.

Calling hours will be held Thursday, Jan. 26, 2017 from 5 to 7 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 W. Main St.) in Tilton. A funeral service will be held Friday, Jan. 27 at 11 a.m. in the Memorial Home. Burial will be in the spring at Holy Cross Cemetery in Franklin when weather permits.

Following the funeral service Friday, a gathering to celebrant Helen's life will be held at the VFW Post # 1698, Peabody Place in Franklin.

Those wishing may make memorial contributions in Helen's name to the NH Humane Society, P. O. Box 572, Laconia, NH 03247-0572.

For more information, go to, [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

### Jean Pearl (Abbott) Wadleigh, 74

TILTON — Jean P. Wadleigh, 74, a lifelong resident of Tilton, died Friday, Dec. 30, 2016 at the Concord Hospital following a lengthy illness.

Jean was born in the family homestead in Tilton on Jan. 19, 1942, the daughter of the late Frank Abbott, Sr. and Bessie Mae (Pearl) Abbott. She attended local schools and worked for several years at the J. P. Stevens Woolen Mill in Northfield until its closure. She later worked for a time at Webster Valve Company in Franklin, until choosing to become a homemaker and caring for her son, nieces and nephews, and other neighborhood children. Jean loved children and cared for them for years. She enjoyed the family farm and had a special passion for animals, even the cattle, nicknamed them "her girls". Jean enjoyed gardening and



was often seen barefoot planting potatoes with her husband, Ben, each spring. When they began to grow and broke through the ground, she devised a way to collect the potato beetles without squishing them in her hand.

In addition to her parents, Jean was predeceased by an infant son, James Allen Wadleigh, who died in 1967; her brothers, Russell Drew and Frank Abbott, Jr.; and sisters, Marjorie Muzzey, Grace Read and Clara Chandonnait.

She leaves her hus-

band of 51 years, Ben Wadleigh of Tilton; her son, Roger Wadleigh, his wife, Nicole, and their daughter, Aeryn, of Rochester; her sister, Marion Scott of Concord; and numerous nieces and nephews.

Calling hours are planned for Saturday, Feb. 4, 2017 from 1 to 3 p.m. at the William F. Smart, Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton. A graveside service will be held when weather permits in the spring at the family plot in Park Cemetery in Tilton. Those wishing, may make memorial contributions in Jeans name to either, the Franklin Animal Shelter, P. O. Box 265, Franklin, NH 03235-0265, or to, Central NH VNA and Hospice, 780 North Main St., Laconia, NH 03246.

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

### Jean Eleanor (Stone) Surowiec, 84

SANBORNTON — Jean E. Surowiec, 84, a longtime resident of Sanbornton, died, Jan. 22, 2017 in the comfort of her home with family at her side following a brief illness.

Jean was born in Franklin Oct. 5, 1932, daughter of the late Milton and Eleanor (Kelley) Stone. She was a graduate from the Tilton-Northfield High School, class of 1950, and West Virginia Wesleyan College (Buckhannon, W.V.), class of 1954. Jean completed graduate work at Danbury (Connecticut) State Teachers College, going on to teach school in Sharon, Conn. and Newport.

Jean married Alphonse Surowiec, Sept. 2, 1960, and together they operated a dairy farm on Perley Hill Road in Sanbornton and started a family. When her husband unexpectedly passed away in 1970, she decided to sell the animals, dairy equipment and plant apple trees. Her desire was to keep the farm in the family and provide family activity and enjoyment time for the community. Surowiec Orchard opened for business in 1976 as a pick-your-own apple orchard.

Jean was employed as Town-Tax Collector for the Town of Sanbornton from 1972 until 1977. She was very interested in



property research and worked from 1977 until 1990 as a deed researcher for Steven Smith and Associates in Gilford. She was a lifelong member of the Sanbornton Congregational Church, where she served as treasurer and was a member of the cemetery committee. In 1982, she initiated Senior Fellowship luncheons at the church in order to give elderly citizens a chance to share a meal and socialize with their friends. Most recently, she had offered rides to appointments to other church members unable to drive.

Jean was also active in her community, serving on the Sanbornton Fire Department Women's Auxiliary and the Zoning Board of Adjustment.

Jean is survived by her sister, Harriet Hunter of Pacola Okla.; her son, Stephen Surowiec, his wife Katie and their children, McKayla Shaw, Monica Raymond, and Stephania Surowiec; two daughters, Elaina Waibel, her

husband, John and their children, Chad and Caitlin of Marlborough and Linda Surowiec and her son Aaron Abbott of Sanbornton; as well as two great-grandchildren, nieces, nephews and cousins.

In addition to her parents, Jean was predeceased by her husband, Alphonse Surowiec; brother, George Stone; and sister Elizabeth Hux.

Respecting Jean's wishes, there are no calling hours planned. A funeral service will be held, Saturday, Jan. 28, 2017 at 11 a.m. at the Sanbornton Congregational Church. Private burial for Jean will take place later in the spring when weather permits in Holy Cross Cemetery in Franklin.

Rather than flowers, it would be Jean's wish that donations be made in her name to the Sanbornton Congregational Church, P. O. Box 126 in Sanbornton, NH 03269. The Surowiec family would like to express their appreciation to the Franklin VNA and Hospice for the care and support given to them in the last few months.

Assisting with arrangements is the William F. Smart Sr. Memorial Home of Tilton.

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).



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# Franklin VNA to offer drop-in bereavement support

FRANKLIN — Franklin VNA & Hospice will be offering drop-in bereavement support on the second Monday of the month, from Feb. 13 through July 10. The purpose of this program is to offer grieving individuals an informal, caring environment in which to discuss their loss and grief among people who can empathize with their emotions. The sessions will be facilitated by Rev. Tobias Nyatsambo, Hospice Chaplain.

According to Rev. Nyatsambo, "If you or someone you know is grieving the death of a loved one and are looking for support and/or desire to connect with others in similar circumstances, this program is for you. Our drop-in bereavement program aims to equip you for your journey through the wilderness of grief, in a format that is more relaxed and unofficial than a structured grief support group, which we also offer twice a year."

The death of a loved one is the worst experience anyone can ever have. In the words of a surviving spouse: "The days are long and lonely and the nights are dark and scary. I have no one to hold, laugh with, or confide in. I find myself crying at everything or wanting to throw things."

A drop-in bereavement support group, Nyatsambo said, "can help the bereaved share their grief and loss, which makes the burden easier to carry. Sharing the sorrow with others who have experienced a similar loss can help. Doing so in a less structured atmosphere

may be just what some people need to be able to share their grief."

"Drop-in bereavement support is for anyone grieving the death

of a loved one. Regular attendance is not required but we do believe people will benefit more by attending on a regular basis. There is

no registration and no cost but we do ask people, if possible, to call if they plan to attend. No-call drop-ins are welcome, as well," said Rev

Nyatsambo.

The drop-in sessions will run from 2 to 3:30 p.m., and other sessions may be added in the fall, if needed. They will be

held at the VNA office at 75 Chestnut St., Franklin.

For more information, call Nancy at 934-3454.

## Your heart needs love too!

### February is Heart Health Month – tips to treat it right

REGION — The month of February has been dedicated to cardiovascular health since 1964, when President Johnson declared February as American Heart Month. Heart disease affects the blood vessels and cardiovascular system. Numerous problems can result from this, many of which are related to a process called atherosclerosis, a condition which develops when plaques build up in the walls of arteries, making it harder for blood to flow through. Cardiovascular disease is the nation's no. 1 killer of both men and women, but steps can be taken to reduce risk and improve the outcome.

It's not a coincidence that February was chosen for this time to reflect on this important health topic. What better way to recognize Valentine's Day than with a plan to make a few small changes that could help treat your heart right and keep it ticking! Everyone has heard that the number one thing to do is to quit smoking, but there are a few other things that everyone should be aware of when it comes to heart health.

Focus on a few small changes that you can make that can lead you to a healthier heart. Switch to fish! You can

do it...eat more fish like tuna, sardines, or salmon which are rich in omega-3 fatty acids and help boost your good cholesterol. Switch to dark chocolate! Dark chocolate is a better choice than milk chocolate...all eaten with moderation, of course. Try to avoid salty and high sodium foods... don't automatically salt food. Taste first and add later. Be sure to have some salt-free seasonings and herbs on your table to help break that salt habit.

Stay active! No matter what your age, we all tend to be more sedentary these days with too much TV and computer time. Get up and walk! Make fitness fun with dancing, yoga, or even making a conscious effort to pick up the pace going to and from your car or even as you clean your house. Put on your favorite music and let loose...dancing is a fun way to keep every part of your body moving and stretching...and remember, no one is watching as you get your heart pumping to the beat.

And, here is a tip that should be pretty easy for everyone...make sleep a priority! Get 7 to 8 hours of sleep most nights. Sleeping too little can have an effect on blood pressure and inflammation.

"We see the results of heart issues all the time at the LRVNA," comments Executive Director, Cheryl Gonzalo. "Recovering from a major heart surgery can be a lengthy process, and although we are ready to provide in-home nursing care for recuperation, we urge every-

one to make a few small changes to help prevent a major incident."

To receive special health tips and notices about flu clinics and health screenings, you are invited to sign-up for the free LRVNA "Nurses Care" email newsletter program by visiting [www.LRVNA.org](http://www.LRVNA.org). The

Lakes Region Visiting Nurse Association is located at 186 Waukegan St. in Meredith, phone 279-6611. The LRVNA serves Laconia, Meredith, Gilford, Center Harbor, Moultonborough, Tuftonboro, Melvin Village, Sandwich, Belmont and Tilton.

## Downsizing Made Easy seminars - two dates, two locations

LACONIA — What on earth are we going to do with all this stuff? Are you or someone you know looking to scale back, trim down and just plain old reduce some of that stuff? Then come to Taylor Community's Downsizing Made Easy seminar.

Senior Move Managers Sarah Lopez and Robin Felch have a wealth of experience in orchestrating many moves and helping people downsize. Receive invaluable advice to assist you from start to finish - step-by-step

directions, helpful tips and even hear from some people who've gone through the process.

Attendees will receive a Five-Step Plan to get started on the process, a 40-page Downsizing Made Easy Booklet and a Local Resource Guide with area businesses ready to help.

Choose from two convenient locations and dates: Thursday, Feb. 2 at 11 a.m., in Taylor Community's Woodside Building or Wednesday, Feb. 15 at 11 a.m. at 13 Taylor Drive, Taylor's

Back Bay Community off Bay Street, Wolfeboro. Please RSVP to ensure seating for this popular seminar. Call 366-1400 today to reserve your place.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality retirement living options to support the independence, health and dignity of community residents. For more information, visit [www.taylorcommunity.org](http://www.taylorcommunity.org).

## Central New Hampshire VNA & Hospice offering bereavement support groups

REGION — Central New Hampshire VNA & Hospice is offering seven-week Bereavement Support Groups in two locations during February and March, 2017. One group will meet in Laconia on Thursdays and the other group will meet in Wolfeboro on Tuesdays. Each group consists of a series of one and a half hour meetings held each week for seven weeks.

Support Groups give people the opportunity to discuss and learn ways of coping with their loss, to gain the support of others in safe and caring ways, and to learn about the grief process. Although grief is a unique experience through which each person finds his or her own way, there are common threads we all share

when going through grief.

Pre-registration is required / The support group is offered free of charge

The support groups are offered free of charge, to register for the group or for more information, call or email Dan Kusch, Hospice Bereavement Coordinator to schedule an appointment. Phone: 524-8444, ext. 2390 (Laconia) / 569-2729, ext. 3256 (Wolfeboro) & email: [dkusch@centralvna.org](mailto:dkusch@centralvna.org).

### About Central New Hampshire VNA & Hospice

The Mission of Central New Hampshire VNA & Hospice is "Promoting dignity, independence, and well-being through the delivery of quality home health, hospice

and community-based care services." Central New Hampshire VNA & Hospice has served Lakes Region communities in Belknap and Southern Carroll County for 100 years and currently provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.

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### When Do You Need a Financial Advisor?

Are you a "do-it-yourselfer"? If you can take care of home repairs, lawn work and other types of maintenance by yourself, you'll save money and probably gain satisfaction. But you will almost certainly need some help in other areas of your life - one of which may be investing. In fact, you could benefit from the services of a professional financial advisor at several points in your life:

- When you're starting out in your career - When you land your first "career-type" job, you will have some financial decisions to make: Should I participate in my employer's 401(k) or other retirement plan? (Hint: Yes!) If so, how much should I contribute? How can I juggle saving for retirement with paying off student loans? These are the types of questions you can answer with the help of a financial advisor.
- When you're saving for important goals - Whether you're saving for a down payment on your first home, or for your children's college education, or for your own comfortable retirement, you'll face many choices. A financial advisor - someone with experience in helping people work toward these

goals - can assist you in making the choices most appropriate for your individual situation.

- When you're experiencing a personal "milestone" - Like everyone, you'll go through many major life events. Some will be joyful, such as marriage and the arrival of children, while others may be unpleasant or sad, such as divorce or the death of a loved one. But virtually all these events carry with them some type of financial component - establishing new investment accounts, purchasing sufficient insurance, naming and changing of beneficiaries, and so on. A financial advisor who truly understands you and your needs can help you make appropriate moves for all your milestones.
- When you're close to retirement - As you near retirement, you'll have several issues to consider: About how much income will you need each year? When should you start taking Social Security? How much can you afford to withdraw annually from your IRA and 401(k)? A financial advisor has the tools, training and

experience to explore alternatives and suggest suitable moves for you.

- When you're retired - Even after you retire, you've got plenty to think about, in terms of financial moves. For one thing, you need to ensure that your investment portfolio provides you with both sufficient income for your desired lifestyle and adequate growth potential to help you stay ahead of inflation. What's the correct balance of investments for your needs? Are there investments that can provide you with rising income without exposing you to undue risk? Once you're retired, you just won't get a lot of "do-overs," so getting the right help is important.

If you're a do-it-yourselfer, you may not get it right each and every time. But you won't pay much of a price (except, perhaps in embarrassment) if that chair you built collapses under a stack of newspapers. However, you also know when it's time to call in a professional - and that's whom you need when it comes to building your financial future. So, get the assistance you need, when you need it, from a financial advisor.

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

**Jacqueline Taylor**, Financial Advisor, at 279-3161 or email [Jacki@Jacqueline.Taylor@edwardjones.com](mailto:Jacki@Jacqueline.Taylor@edwardjones.com).

Her office is located at 14 Main Street, Downtown Meredith.

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# Martin & Lewis are "At War with the Army" on LRPA this weekend

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Jan. 27 & 28) for our "LRPA After Dark" presentation of 1951's musical comedy "At War With the Army," starring the classic comedy team of Dean Martin and Jerry Lewis.

Sgt. Victor Puccinelli and Private First Class Alvin Korwin serve in the U.S. Army during WWII. Before enlisting, they were best friends and partners in a night-

club song-and-dance act. Since enlisting and serving on the same base, they tend to get on each other's nerves. Puccinelli (Martin), a suave ladies' man, is good at his boring, paper-pushing desk job, but dreams of being transferred to active duty overseas. His CO has no intentions of letting him leave, intending instead to commission him as the company's Warrant Officer. Korwin (Lewis) is a lovable goofball who works in the mess hall but can't

do anything right. Everything he touches turns to disaster. He's on K.P. duty as a result of his incompetence. Korwin begs for a weekend pass to visit his wife, but can't seem to catch a break. Things are further complicated by Puccinelli's love life, which is in a constant whirlwind, plus the fact that Korwin wants his old partner to record a song they have co-written and rehearse for a USO show, much to Puccinelli's chagrin. Will Puccinelli get to see

active duty? Will Korwin get to see his wife back home? Most importantly, will the guys get together and put on the show?

Dean Martin and Jerry Lewis made 16 movies together over the span of their careers. "At War With the Army" was their third movie, but their first starring vehicle. Their roles in this film, as in all of their movies, follow typecasting: Martin as the handsome Romeo, Lewis as the luckless

jokester. "At War With the Army" has everything that you'd expect from a Martin and Lewis movie: loads of wonderful slapstick moments, as well as songs, shtick, crazy mix-ups and zany antics, and even a spoof of Bing Crosby and Barry Fitzgerald in "Going My Way." This was vintage Martin and Lewis, before egos and jealousy got in the way. If it sounds like fun, then grab your popcorn and meet us after dark for this wacky sendup of Army bureaucracy.

You can't find television like this anywhere but LRPA TV, MetroCast Channel 25. Not a subscriber? Then log onto Live Stream through our website ([www.lrpa.org](http://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 LiveStream at [www.lrpa.org](http://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](http://www.lrpa.org).

# Grammy Award winning Tedeschi Trucks Band returns to Gilford July 1

GILFORD — Tedeschi Trucks Band is returning to the Bank of New Hampshire Pavilion on Saturday, July 1 with The Wood Brothers and Hot Tuna. Tickets go on sale Friday, Jan. 27 at 10 a.m., and range from \$24.75 to \$89.75. Get your tickets by calling the Box Office at 293-4700 or online at [www.BankNHpavilion.com](http://www.BankNHpavilion.com).

Driven by Susan Tedeschi's impassioned, blues-soaked vocals and Derek Trucks' virtuoso guitar, Tedeschi Trucks Band is a 12-member, American roots-rock tour-de-force. With a growing worldwide reputation for legendary live performances, the Grammy Award winning group have proven themselves as the preeminent leader in modern blues rock. Their latest studio album, "Let Me Get By," features new and original songs that together, stand the testament to the hard work, independent spirit, and now full-on commitment of the husband-and-wife team of Derek and Susan, plus the musicians who are all part of the band's ongoing musical

journey.

With an incomparable live show that embodies the vision of a large touring family bound by music, the Wheels of Soul summer dates are favorite among fans and critics alike. The Oakland Press has deemed Wheels of Soul "the best musical hang of the season...a celebration of kindred creative spirits," while Denver Westword calls TTB's summer package "a wall of talent on stage."

Joining Tedeschi Trucks Band July 1 are The Wood Brothers. Dubbed "masters of soulful folk" by Paste, when The Wood Brothers released their debut studio album, Chris Wood already had legions of devoted fans for his incomparable work as one-third of Medeski Martin & Wood, while his brother Oliver toured with Tinsley Ellis before releasing a half-dozen albums with his band King Johnson.

Rounding out this "rock and soul" triple-header is the legendary Hot Tuna. For more than four decades, Hot Tuna has played, toured,

and recorded some of the best and most memorable acoustic and electric music ever. Jorma Kaukonen and Jack Casady are former members of Jefferson Airplane, the influential San Francisco psychedelic rock band.

Tedeschi Trucks Band continues the tradition, bringing their Wheels of Soul 2017 Tour to Gilford, Saturday, July 1! Get your tickets Friday, Jan. 27 at 10 a.m. by contacting the Box Office at 293-4700 or log on to [www.BankNHpavilion.com](http://www.BankNHpavilion.com)!

## About Bank of New Hampshire Pavilion

Located on the banks of beautiful Lake Winnepesaukee in Gilford, Bank of New Hampshire Pavilion is New England's premier outdoor venue with 6,000 seats under

a large pavilion roof and a spectacular lawn seating area for an additional 2,000 patrons. Bank of New Hampshire Pavilion is known for attracting world-renowned artists from Luke Bryan to James Taylor, from Train to Crosby, Stills & Nash, Dave Matthews Band to Chris Stapleton, and especially for its state-of-the-art audio system. Bank of New Hampshire Pavilion was nominated for the Music Venue of the Year Award by the Academy of Country Music six times; Pollstar Magazine Red Rocks Award for best small outdoor venue five times; named USA Today's 10 Best Concert Venues in the USA; and, nominated for Music Venue of the Year by the Country Music Association two times. Each summer more than 200,000 concertgoers enjoy the venue's beautiful location, clean facility, and friendly staff.

## Notice to Citizens of the Winnisquam Regional School District Winnisquam Regional School District Filing for School District Office

Patricia Fisle, Clerk of the Winnisquam Regional School District, announces the time limits for filing declaration of candidacy for school district officers. In order for the name of the candidates to appear on the ballot, written declaration of candidacy must be filed with Mrs. Fisle from 8:00 am - 4:00 pm January 25th - February 2nd, 2017 and 8:00 am - 5:00 pm February 3rd, 2017 at the Winnisquam Regional School District SAU Office, 433 West Main Street, Tilton.

The Winnisquam Regional School District Officers to be elected this year are as follows: Moderator, one moderator, one-year term, ending 2018 (resident of any three towns). School Board Members: Tilton, one member, three-year term ending 2020, Northfield, one member, three-year term ending 2020 and Sanbornton, one member, three-year term ending 2020. Budget Committee Members: Tilton, one member, three-year term ending 2020, Northfield, one member, three-year term ending 2020 and Sanbornton, one member, three-year term ending 2020.

All members shall be elected at-large, and all members representing each of the three towns must be residents of that town. Any qualified voter in the school district is eligible to file. The elections will take place on Tuesday, March 14, 2017. Residents of each town will vote at the same time and place as the election for town offices. Although the voting will take place at the regular town elections, voting for school district offices will be by separate ballots.

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## Shaker Regional School District PUBLIC NOTICE

### NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR SCHOOL DISTRICT BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT.

The undersigned clerk of the School District herewith gives notice of the time limit of declaration of candidacy from this school district for election of school district board members of the Shaker Regional School District (filing period to start Wednesday, January 25, 2017).

The election will occur during the annual voting at Belmont High School, Belmont, New Hampshire on Tuesday March 14, 2017, and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:  
Belmont School Board Member - 2 members to serve for three years (2020)  
Canterbury School Board Member - 1 member to serve for three years (2020)

Written declaration of candidacy must be filed with the Clerk prior to 4:00 p.m. on Friday, February 3, 2017 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from Stacy Kruger, School District Clerk, at Belmont Middle School; 38 School Street, Belmont, NH 03220 or at the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, 7:30 am - 4:00 pm; telephone number 267-9223 days.

No person may file a declaration of candidacy for more than one position on the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Stacy Kruger, District Clerk  
Shaker Regional School District



# SUPER SENIORS

## Aging Well and Staying Healthy

By Martha Swats  
Owner/Administrator,  
Comfort Keepers

(New Hampshire, January 2017)  
The secret to aging well isn't really a secret: stay active, eat well, and avoid those bad habits that can

make you ill and cut years from your life. Easy, right? In theory, yes, but in practice these simple tenets are difficult for many people to adhere to. People form habits throughout their lifetimes that can be difficult to change once they reach their senior years. Unfortunately, the effects of these habits (inactivity, poor diet, smoking, etc.) are often not felt until the senior years. Changing these habits, though, can help seniors stay healthy and independent throughout the later years of life.

One of the healthiest changes seniors can make to keep themselves independent is to get active. Being active and physically fit can strengthen the core, which helps maintain balance and reduces the risk of falls. Physical activity aids with mobility and flexibility, both critical factors for independence. Strength training not only builds muscles but also strengthens bones, reducing the risk of fractures and breaks. General physical activity is also an excellent means for reducing risk of, delaying, or controlling chronic disease; regulating blood pressure; and releasing stress. Seniors should take the precaution of talking with their doctors, though, before engaging in any physical activity. Their doctors can recommend activities appropriate for their ages and physical abilities to avoid any injuries or illness.

Ensuring they get the right nutrition is also vital to keeping seniors healthy. Many illnesses can be prevented or alleviated with good nutrition. Seniors who have difficulty knowing what to eat and how much should consult with their doctors. Eating right does not have to be bland or boring, and

medical professionals can refer seniors to nutritionists who can make recommendations on healthy nutritious meals. Seniors who need help with food preparation can obtain help from professional caregivers who can help with shopping and meal preparation. Professional caregivers can also monitor what and how much of foods the senior is eating to help the senior follow prescribed diets.

Other changes seniors can make can be as simple as turning off the television and getting socially and mentally engaged. Interacting with peers and family can ward off depression and keep seniors from being isolated. Numerous studies have shown that social isolation increases the risk of cognitive decline in seniors and other health problems, which relates to loss of independence. Breaking unhealthy habits, such as smoking or drinking in excess, can also prevent seniors from acquiring debilitating illnesses such as chronic obstructive pulmonary disease, and help them stay healthy and independent.

Adopting new habits can be easier with social support. Sticking with a fitness program is easier when seniors can do the activities with others, and it is easier to get the proper nutrition when meals are shared. Seniors who live alone and need help with some daily activities can hire professional caregivers who can help them adhere to doctor-prescribed exercise and nutrition programs as well as provide company throughout the day. *For more information on how professional caregivers can help seniors stay engaged and independent, contact your local Comfort Keepers® office today.*

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# SUPER SENIORS

## Should you buy insurance to supplement your Medicare?

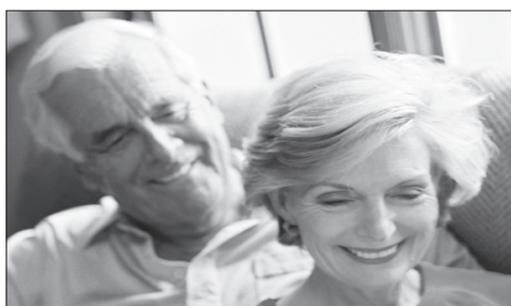
For most people who enroll in Medicare Parts A and B, buying Medigap (Medicare Supplement) insurance is a good choice. Medicare has substantial deductibles and co-payments, and you could spend thousands of dollars each year for out-of-pocket medical expenses. Medigap insurance provides cover-

age for these "gaps" in your Medicare coverage and can save you money. Monthly costs for Medigap plans currently range from about \$70 to over \$200 per month, depending on the plan you choose along with your age and sometimes your gender. It is very important to do your homework when shopping for this coverage

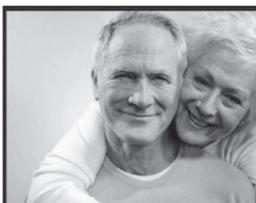
because premiums and plan features can vary substantially. Medigap plans come in standardized policies, lettered A, B, etc. Each Plan A has the same features, each Plan B has the same features, and so on. Once you select the type of plan that works best for you, you can then compare the premium

costs and customer service among different insurance companies. Depending on your circumstances, you may need coverage that not all the plans offer. For example, some supplement plans offer emergency coverage while you're traveling overseas, while other plans do not. Choose a plan that provides what you need. The more services that the plan covers, the higher the premium.

Having a broker compare plans with you can be beneficial and does not cost you anything (brokers are paid by the insurance companies). A good broker will compare plans for you each year to make sure you are with the right plan that meets your coverage and budget needs.



supplement providers. She is also a broker to groups and individuals of health, life, dental, vision, disability and Medicare insurance products. She is president of Patty Stewart and Associates in Plymouth



### Should you buy insurance to supplement your Medicare or are you paying too much for your current Medicare supplement?

**Patty Stewart has been a broker in New Hampshire with 30 years of experience specializing in fulfilling the needs of the senior market in New Hampshire. She currently works with several of the nation's leading Medicare supplement providers.**



From left to right Patti Thompson, Pam Baker and Patty Stewart

### Debunking The Broker Myth by Patty Stewart

One of the questions that we are most frequently asked is "how much will your services cost me"? Most people do not understand that using a broker is a free service to them. Having a broker compare plans with you is beneficial and does not cost you any fees. Brokers are paid by the insurance companies. A good broker will compare several plans for you each year to make sure you are with the right plan that meets your coverage and budget needs. In the long run, broker fees are built into the cost of coverage so everyone should use a broker, it just makes good sense!!

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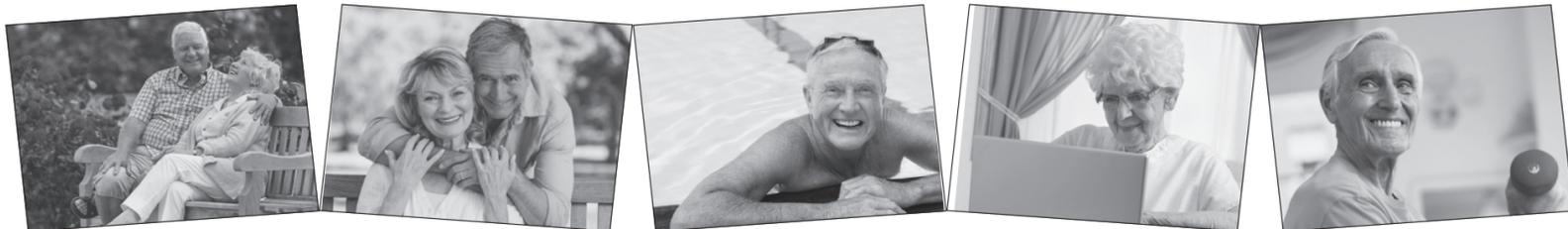
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# SUPER SENIORS

**Exercise and Therapy in the water is fun and offers great health benefits for seniors**

There is magic in water. When it comes to YOUR health, knowing what your choices are is key to improving the quality of your life. Getting older does not mean you have to be less active. Seniors looking to keep moving and get some quality exercise throughout the week can benefit from the advantages of exercising in a pool. Not only does the water provide the necessary resistance for working out your muscles and joints, it also provides a low-impact environment for doing so—a benefit to seniors with arthritis and joint pain.

As seniors age, they often face what can be a frustrating dilemma. On one hand, exercise can extend their lifespan and improve their quality of life; on the other, many exercises run the risk of causing a fall or suffering a joint injury. Water exercise, such as water aerobics, joint mobility classes and water Physical Therapy, provide the benefits of exercise while mitigating the risks.

**Exercise Benefits:** Cardiovascular exercise is especially important for seniors because it directly reduces the participants' risk for circulatory problems such as heart disease. Resistance workouts help to maintain strength and stability in the muscles, which can go a long way toward preserving the balance, range of motion and mobility that seniors often begin to lose.

**Joint Protection:** Some of the more traditional exercise choices such as running or aerobics can be hard on the joints. The repeated impact of your feet landing on the ground places strain on the ankles, knees, hips and back. Although this isn't a problem for 20-year-old marine recruits, the muscles and connective tissues in a senior's body aren't always up to this kind of treatment. Water exercise protects your joints in two ways. The buoyancy of the water supports a portion of your weight, reducing the load on your joints as you move. The resistance of the water prevents any of your joints from moving too quickly, which can prevent mild hyperextension and repetitive-stress injuries.

**Fall Prevention:** Falling is a major concern for many seniors, owing to a combination of reduced balance and growing fragility

of bones. This can make many exercise options too risky. In the water, your natural buoyancy helps to keep you upright. Even if you do lose your balance completely, you will splash gently into the liquid rather than falling to the floor.

**Calorie Burn:** Expect to burn between 400 and 500 calories per hour in a water aerobics class, according to the Aquatic Exercise Association. The actual amount you burn will depend on your size, the intensity of your movements, as well as water temperature and depth. In general, faster movements incorporating the upper and lower body in deep water elicit the greatest calorie burn.

**Strength:** When exercising in water, you work against 12 times the resistance of air, according to an article published in "American Fitness". Simply kicking and cupping the water helps contribute to muscle development, which translates into a higher metabolism and healthier body. Many physical therapists and water classes incorporate

equipment like water paddles, noodles, ankle weights, and buoys to further induce strength gains.

**Water Aerobics Basics:** Water aerobics is a variation of group fitness practiced in shoulder-deep water. In a typical class, participants will run through traditional aerobics exercises, calisthenics and motions that are only feasible while partially submerged. A typical class will last between 40 and 60 minutes, accompanied by music.

There are many options for exercise and physical therapy in the Greater Plymouth area, but only one offers a combination of AQUATIC and LAND therapy for total body fitness. Pemi-Baker Community Health, at the Health Place on Boulder Point Road, offers Pemi-Baker Rehab Therapies and Senior fitness memberships.

The centerpiece of Pemi-Baker Community Health is a beautiful, 90 degree, therapy pool. With stability bars, a hydraulic lift, a bench with massage jets and deep and shallow water for non-weight or weight bearing exercises: this

pool has everything you need. You do not need to know how to swim to have an effective treatment in the pool. Contact PBCH for your physical therapy referral at 536-2232 or www.pbha.org for class and membership offerings.

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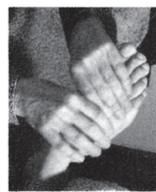
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## Plymouth General Surgery Welcomes Dr. E. James Hanowell



Dr. E. James Hanowell is a graduate of Bucknell University and the University of New England College of Medicine. He completed post-graduate training in general surgery at Creighton University Medical Center in Omaha where he was chief resident. Dr. Hanowell previously served as chief of surgery at Valley Regional Hospital in Claremont, NH.

Plymouth General Surgery is pleased to welcome Dr. E. James Hanowell to the practice. Specializing in advanced laparoscopic surgery, Dr. Hanowell has significant experience in:

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# Belmont police investigate armed robbery at Penguin Market

BY DONNA RHODES

drhodes@salmonpress.news

**BELMONT** — Police in Belmont responded to a call for an armed robbery, which took place on Saturday, Jan. 21, at approximately 10:57 p.m. at the Penguin Market, located at 916 Laconia Road (Route 106), and are now asking that anyone with information about the crime contact them as they seek the suspect who was still at large on Monday evening.

Lt. Richard Mann of the Belmont Police Department said a clerk from the store informed police that just as the

store was ready to close for the evening, an adult male dressed in all black with gloves on and his face hidden entered the business and pulled a handgun from his pocket. The man, described as being 5 ft. 10 inches to six feet tall and approximately 180-200 pounds, demanded money from the register then quickly fled with an unknown amount of cash.

No customers were in the store when the robbery occurred and no employees were injured.

Surveillance video from Penguin Market showed the suspect ran

north toward Jordan's Ice Cream. Police from Belmont and other surrounding towns, as well as Belmont's K9 team, immediately began to search the area along and adjacent to Route 106 in an attempt to apprehend the suspect, but were unable to locate him at that time.

Mann said that the external surveillance cameras also showed several vehicles travelling past the store at and around the time of the incident so they are now reaching out to drivers and passengers of those vehicles.

"(We) would be interested in speaking to anyone who may have been travelling along Route 106 around 11 p.m. (Saturday) night to see if they recall seeing a pedestrian walking or running along Route 106," he stated in his written press release.

The case remains open and active as of Monday evening. Those who may have seen any suspicious vehicles or activities that evening is asked to please contact Belmont Police Department at 267-8350.



COURTESY

An armed suspect, seen here on this surveillance camera, held up a clerk at Penguin Market on Route 106 in Belmont last Saturday evening and fled with an unknown amount of cash.

## February is Library Lovers Month at Belmont Public Library

**BELMONT** — The Belmont Public Library loves to offer a wide variety of events and activities to our patrons.

Connect with friends old and new in February. On Friday, Feb. 3, at 11 a.m., gather at the library for coffee and conversation. The librarian will be on hand with book and movie recommendations from the library's collection, but we will make time to just talk, too. Hot drinks and snacks provided. On Saturday, Feb. 11 at 10 a.m., the library tabletop gaming group (Belmont's Guild of Gamers) will meet to try out the card game Fluxx, where the rules change at every turn. Recommended for ages 13 and up.

The book group meets to discuss "The Glass Castle" by Jeanette Walls on Friday, Feb. 17 at 10:30 a.m. Jeanette Walls grew up with parents whose ideals and stubborn nonconformi-

ty were both their curse and their salvation. Rex and Rose Mary Walls had four children. In the beginning, they lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them physics, geology, and above all, how to embrace life fearlessly. Rose Mary, who painted and wrote and couldn't stand the responsibility of providing for her family, called herself an "excitement addict." What is so astonishing about Jeannette Walls is not just that she had the guts and tenacity and intelligence to get out, but that she describes her parents with such deep affection and generosity. Hers is a story of triumph against all odds, but also a tender, moving tale of unconditional love in a family

that despite its profound flaws gave her the fiery determination to carve out a successful life on her own terms. Copies available at the desk or download it through NH Downloadable Books.

Looking to sharpen your craft skills? Expert or novice, all skill levels are welcome to experiment with various crafting and artistic interests on Mondays at 4:30 p.m. Supplies are provided. In February, we are collecting yarn in an attempt to "yarnbomb" the library in March—cover public spaces with knitted or crocheted creations. February's crafts are focused on handmade cards. Valentine's cards supplies will be available during library open hours Feb. 7-14 for all ages.

LEGO Build is a family drop in event on Saturday Feb. 4 from 10 a.m.-noon. Come enjoy building with your friends. Celebrate Take Your Child to the Library Day on Feb. 4 as well. TYCLD is an international initiative that encourages families everywhere to take their children to their local library. Launched in 2011 by two Connecticut librarians, TYCLD raises community awareness about the importance of the library in the life of a child, and promotes library services and programs for children and families. Also, join us

Wednesdays for family story time at 10:30 a.m. Themes include winter weather, friendship, and imagination. We will be trying some out of the box art activities too.

The Belmont Library will be closed on Monday, Feb. 20 for holiday observance.

Remember the pressed glass ornaments of a few years back which featured the Belmont Mill and the Belmont Bandstand? The Belmont Library building has joined the group! Commemorate the 1928 historic library building (on the National Register of Historic Places) with a lovely amber or blue glass ornament created by New Hampshire artist Chris Baker-Salmon. Proceeds benefit library programs.

Ready to go somewhere? The library offers discounted or free admission to the McAuliffe-Shepard Discovery Center and the SEE Science Center.

The Belmont Public Library is open six days a week and any time at [www.belmontpubliclibrary.org](http://www.belmontpubliclibrary.org), serving the community with books, digital resources, and cultural programming. For more information, contact:

Eileen Gilbert

267-8331

[bpl@belmontnh.org](mailto:bpl@belmontnh.org)

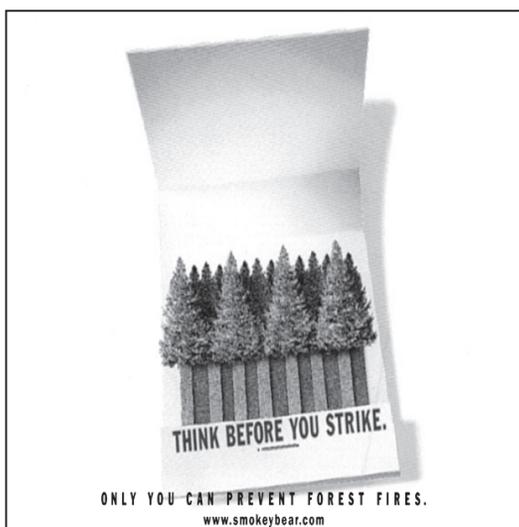
PO Box 308

Belmont NH 03220

## Masons to hold public breakfast and bake sale Saturday

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

This month's breakfast will be held on Saturday, Jan. 28. They serve a full breakfast, including eggs cooked to order, and the cost is \$8. Proceeds will benefit the various charities the Lodge supports. The Masonic Lodge will also be open for public tours and information. For more information about the breakfasts or about the Masons, contact Woody Fogg at 524-8268.



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NOTEBOOK

CONTINUED FROM PAGE A4

bears in neighboring trees.

"We were traveling down Black Cat Island Road heading towards Leopard's Leap, which is on Lake Winnepesaukee in Moultonborough, and noticed two black figures on some branches," Sharon said. "We noticed two more on the ground. They looked at us and I tried to get a picture but

they both moved away from us."

My guess is that they encountered a mother and three cubs, and Mom managed to put the two more obedient young ones up the tree before she quit the scene with the third.

Sharon and Nelson were lucky to come onto such a scene. In normal circumstances bears will hear or smell you coming from quite a dis-

tance, and just get out of the way, fast, which is what a wild black bear in wild circumstances is always going to want to do, unless you get between a mother and cubs.

Then came the deer kill on the ice, and competition for the feast.

This deer, apparently hamstrung by coyotes, dragged itself out onto the ice of the Androscoggin River in Gorham. Coyotes immediately be-

gan to grab various portions of its body and tear away, including its nose. Bobcats soon arrived to join in.

This is painful stuff to watch, and this was a very visible and public place. Residents and bystanders called the authorities, but said it was nearly two hours before someone got there to shoot the deer.

What to do in such a circumstance? There are

laws on the books saying that you shouldn't do this and you can't do that. But what about the very human, and humane, impulse to do what's right for the animal?

As a hunter I've always been taught to make a clean kill, and never let a wild animal suffer. Ditto for livestock. If all hope is lost, you owe the animal a quick death.

We are all earnestly taught these days to wait for Officialdom. But what if Officialdom is a lot of time and miles away, and a horribly mangled animal is windmilling around?

I'll go to the back of my truck and grab an axe, as I once had to do in the middle of the night on a remote road when I had no gun at hand, and do whatever it takes to put a pitifully suffering animal down. And then if the arriving officer of the law proves unable or unwilling to understand the basic human impulse of it all, I'll take my chances with the judge.

*(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)*

## Dartmouth College Wind Ensemble in concert at Taylor Community Jan. 29

LACONIA — Members of the Dartmouth College Wind Ensemble, under the direction of Conductor Matthew M. Marsit, will perform Sunday, Jan. 29 at 3 p.m. at Taylor Community's Woodside Building. The event is free and open to the public.

The 19 members will play chamber music by Mozart, Strauss, Stravinsky and Oliver Caplan. Instruments include flute, oboe, clarinet, bassoon, saxophone, horn, trumpet and trombone.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality retirement living options to support the independence, health and dignity of community residents. For more information, visit [www.taylorcommunity.org](http://www.taylorcommunity.org).

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### Laconia Adult Education Winter 2017 Enrichment Catalog

Course Title	Day(s)	Start date	Times	# weeks	Cost	Location	Instructor Name
<b>Arts &amp; Crafts</b>							
{ Adult Coloring with Eye Shadow	Thurs	1/26/2017	6:00-8:00	4 weeks	\$45.00	LHS-514	Ellen Olson
Cake Decorating Basics & Beyond	Tues	3/7/2017	6:00-8:00	6 weeks	\$55.00	LHS-605	Jean Cadrette
Ink Tiles	Thurs	1/26/2017	6:00-8:00	1 week	\$25.00	LHS-509	Elizabeth Keefe
Knitting for Beginners (No online registration)	Tues	1/24/2017	6:00-8:00	5 weeks	*\$60.00*	Lamb's Ear Yarns	Susan Greene
Mosaics: A New Modern Technique	Thurs	2/2/2017	6:00-8:00	4 weeks	\$65.00	LHS-509	Elizabeth Keefe
{ Beginner Quilting	Tues	1/24/2017	6:30-8:30	3 weeks	*\$35.00*	LHS-901	Ardy Eaton
Water Color Painting Workshop	Mon	3/20/2017	6:00-8:30	6 weeks	*\$70.00*	LHS-514	Mary Lou John
<b>Cooking</b>							
{ Buttercream 101	Tues	3/21/2017	6:00-7:30	1 week	\$25.00	ctc-H220	Gretchen Preston
Chinese Cooking	Thurs	3/9/2017	6:00-8:30	5 weeks	*\$55.00*	ctc-H220	Yan Li
{ Just Desserts!	Tues	1/24/2017	6:00-8:00	6 weeks	*\$60.00*	ctc-H220	Gretchen Preston
Easy Cooking: Quick, Healthy & Delicious	Wed	1/25/2017	5:30-7:30	3 weeks	*Free*	ctc-H220	Elizabeth White RD, LD
<b>Health &amp; Wellness</b>							
Abundance and the Law of Attraction!	Tues	1/24/2017	6:30-8:00	1 week	Free	LHS-203	Celeste Lovett
Acupuncture, Herbs, & Holistic Medicine	Tues	1/24/2017	7:00-8:30	1 week	Free	LHS-608	Brian Paterson, ND
Belly Dancing Fun & Exercise for Beginners	Mon	2/6/2017	6:15-7:30	10 weeks	\$65.00	LHS-Café	Andrea Aldrovandi
Holistic Roots to Healthy Living & Life Style Choices	Tues	1/31/2017	7:00-8:30	6 week	Free	LHS-608	Brian Paterson, ND
Life Coach- How to be the Best You in 2017	Wed	1/4/2017	6:00-7:30	5 weeks	\$99.00	LHS-615	Emily Clement
{ Life Empowerment 101	Wed	4/5/2017	6:00-8:00	3 weeks	Free	LHS-828	Phill Reed
Mah Jongg Made Easy and Fun	Wed	1/25/2017	7:00-9:00	5 weeks	\$50.00	LHS-514	Sharon Fleishman
Reiki Level I Certification	Mon/Wed	3/13,3/15/17	6:00-8:30	1 week	\$125.00	LHS-Library	Carol Wallace
Reiki Level II Certification	Mon/Wed	3/20,3/22/17	6:00-8:30	1 week	\$150.00	LHS-Library	Carol Wallace
T'ai Chi Chih for Beginners	Thurs	1/26/2017	5:15-6:30	8 weeks	\$65.00	ctc-H235	Nancy Frost
Tone and Strengthen Your Body : Do It Now	Mon	1/23/2017	6:00-7:00	4 weeks	\$40.00	LHS-916	Janine Page
Yoga for Everyone: Beginning	Tues	1/24/2017	5:00-6:15	8 weeks	*\$55.00*	ctc-H225	Bonnie Morin
Zumba	Tues	1/24/2017	6:15-7:15	8 weeks	\$55.00	LHS-Café	Alison Witham
<b>Informational Classes/Seminars</b>							
Affordable Healthcare: Understanding How it Works	Mon	1/9/2017	6:30-8:30	1 week	Free	LHS-614	Donna Toomey
{ Business Strategy for the Mid-Size Corporation	Thurs	2/9/2017	6:00-7:30	7 weeks	\$220.00	LHS-615	Mel Ingalls
Estate, Wills, Trusts & Guardianship Planning	Tues	1/24/2017	7:00-9:00	1 week	Free	LHS-613	Catelyn McCurdy
{ Intro to Business Strategy	Mon	1/23/2017	6:00-7:30	1 week	Free	LHS-615	Mel Ingalls
Savvy Social Security & Medicare Planning	Wed	1/25/2017	6:30-8:30	1 week	Free	LHS-613	Greg Cauffied
Smart Retirement Strategies	Wed	2/1/2017	6:30-8:30	1 week	Free	LHS-613	Greg Cauffied
{ Strategy for Small Business	Mon	2/6/2017	6:00-7:30	6 weeks	\$55.00	LHS-615	Mel Ingalls
Wealth Planning 101	Wed	2/8/2017	6:30-8:30	1 week	Free	LHS-613	Greg Cauffied
<b>Language</b>							
French for Beginners (Conversation)	Mon	1/23/2017	7:00-8:15	10 weeks	*\$50.00*	LHS-202	Marta Burke
Portuguese for Beginners	Wed	2/1/2017	6:00-8:00	10 weeks	\$55.00	LHS-612	Alice Gomes
Spanish for Beginners	Mon	1/23/2017	6:00-7:00	10 weeks	*\$45.00*	LHS-203	Mark Frattarola
Spanish Intermediate Level I	Mon	1/23/2017	7:00-8:00	10 weeks	*\$45.00*	LHS-203	Mark Frattarola
Spanish Intermediate Level II	Mon	1/23/2017	8:00-9:00	10 weeks	*\$45.00*	LHS-203	Mark Frattarola
<b>Learning a skill</b>							
Dog Obedience: Beginning	Wed	3/22/2017	6:00-7:00	8 weeks	*\$55.00*	WHS	Carolyn Bancroft
Dog Obedience: Advanced	Wed	3/22/2017	7:00-8:00	8 weeks	*\$55.00*	WHS	Carolyn Bancroft
{ Fine Furniture Making, Level 1	Thurs	1/26/2017	6:00-9:00	8 weeks	*\$310.00*	LHS-517	Tom McLaughlin
Fly Tying	Mon	1/23/2017	6:30-8:30	9 weeks	*\$50.00*	LHS-509	Mike Cox
Genealogy: Problems Finding your Family Roots?	Wed	1/25/2017	6:30-8:30	4 weeks	\$30.00	LHS-203	Chuck North
Golf for Beginners: Learn How to Play	Tues	5/2/2017	5:30-6:30	5 weeks	\$99.00	Laconia Country Club	Ben Stone
Golf: Intermediate-Sharpen your game	Thurs	5/4/2017	5:30-6:30	5 weeks	\$99.00	Laconia Country Club	Ben Stone
Guitar for Beginners (Level 1)	Thurs	1/26/2017	8:00-9:00	6 weeks	\$50.00	LHS-607	Carlton Page
Guitar for Beginners (Level 2)	Wed	1/25/2017	8:00-9:00	8 weeks	\$60.00	LHS-607	Carlton Page
Welding Basics: ARC, GAS, MIG & TIG	Tues	1/31/2017	5:30-8:30	10 weeks	*\$225.00*	LHS- Welding Lab	Rick Hewitt
Welding Basics: ARC, GAS, MIG & TIG	Wed	2/1/2017	5:30-8:30	10 weeks	*\$225.00*	LHS- Welding Lab	Rick Hewitt
Welding: Advanced MIG, TIG, Stick, Fabrication	Thurs	2/2/2017	5:30-8:30	10 weeks	*\$225.00*	LHS- Welding Lab	Rick Hewitt
Woodworking	Tues	1/24/2017	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Fellona

\* \* Additional Supply/book fee or pre-class requirement is additional in this course. Call Laconia Adult Education at 524-5712 for details.

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# Pitman's welcomes the Tyler Road Bluegrass Band

LACONIA — Pitman's Freight Room at 94 New Salem St. in Laconia, is pleased to announce the following events for this weekend:

## Friday, Jan. 27, 8 p.m., \$20: Tyler Road Bluegrass Band

Tyler Road has been performing publicly and at private functions since 2003. Tyler

Road has acquired the talent of various musicians from central New Hampshire to create a blend of music that you will not find anywhere else. With the combination of banjo, acoustic guitar, fiddle, mandolin, bass, accordion, box drum and bluesy vocals, Tyler Road creates the best foot stomping jams in the Northeast. Tyler

Road has performed at arts and music festivals across New England.

Scott: Guitar, Dobro, Vocals, Steve: Banjo, Vocals, Theresa: Viola Dave: Mandolin, Vocals Andy: Percussion, Vocals Woody: Mandolin, Banjo Beth: Stand Up Bass Drew: Djembe

Doors open at 7 p.m., and we are a BYO venue! For reservations, call

527-0043.

## Saturday, Jan. 28, 8 p.m., \$20: Rosemary's Baby Blues

This is the blues... the way it's meant to be

## ART

CONTINUED FROM PAGE A3

collects, which she enhanced with a bit of help from the garden and the Sanbornton Transfer Station.

"I found this beautiful blue glass piece at the transfer station one day and set it up with my ironware. It needed a bit more color though so I went out to my garden and added an orange lily," said Witham.

With gardening as a hobby, she also paid tribute to her labors through the tools she piled outside her back door one day. After a little rearrangement of the gardening components, she snapped some photos of the setting and turned that, too, into a still life work of art.

"The metal watering can befuddled me though. I finally walked away from it for a bit and then one day I just sat down and painted it," she said.

Another piece on display was "Ode to Van

done - gritty and soulful, no slick suits and no BS. Texas blues, Chicago blues, and Delta blues with a boogie back-beat that keeps you grooving all night, delivered by

Rosemary Casey and her fabulous Band. Rosemary Casey will deliver her high energy and her love of all things Blues! You won't want to miss this one!

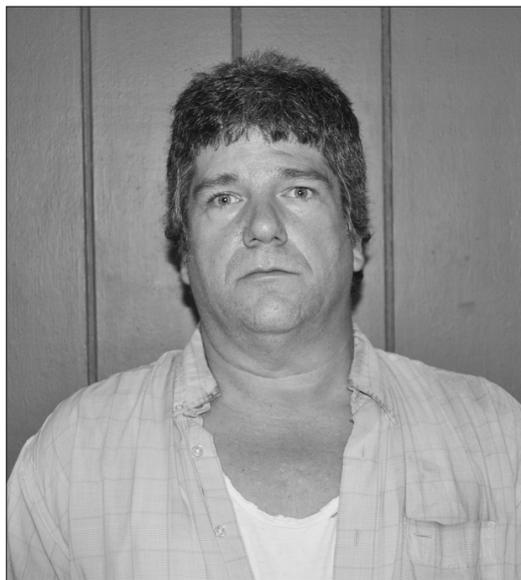
## NORTHFIELD

CONTINUED FROM PAGE A1

two weeks ago in Belknap County Superior Court and last Friday afternoon, the jury returned a guilty verdict. Polling of the jury, as requested by Watson's attorney, showed they all agreed with the finding.

"The Tilton Police Department Detectives and the Belknap County Attorney's Office worked extremely hard on this case to seek justice for the family, help bring some closure and prevent the defendant from ever selling illegal drugs to anyone else again," Cormier said in his press release last weekend. "We felt the evidence in this case was overwhelming and we are pleased with the verdict."

The family, present



COURTESY

**Brian Watson of Northfield was found guilty last week for the sale of an illegal substance that led to the death of a 21-year-old Tilton resident.**

in the court when the verdict was read, is grateful for the conviction but has asked for

privacy at this time.

Watson's sentencing is set to take place in the first week of February.

## TILTON

CONTINUED FROM PAGE A1

junction with the Women's March on Washington and dozens of similar protests across the country and the world.

Alicéa was invited to speak about his experience last fall when he chose to take a knee during the National Anthem before the Homecoming football game at his former high school, and the negative backlash he received. His protest was in response to the recent killings across the country of black men, women and children by police officers.

"I often felt that I do

not do enough to create that social change that I look for in our society; the changes that I seek in our country," he told the crowd on Saturday.

"I decided the best way to protest was peacefully," he said. "I felt that the most peaceful thing to do was to take a knee, so that's what I did. But I'm here today to say that we the people can no longer stay silent about the constant and glaring injustices in this society. And we the people will not in any way whatsoever allow anyone, trying to fill our lives with negative and destructive thoughts, control our choices."

With his mother and grandmother standing behind him, Alicéa continued:

"I was brought into this world and grown up ever since with my grandmother and my mother. These two strong strong-willed women have taught me many life lessons, the most important of which is to respect women. To all women, I admire your perseverance and your tenacity in the face of adversity. I look out into this crowd and I know you're all proud of who you are, as well. And that's why you chose to come here today, to stand together, united,"

he said.

Alicéa joined Tilton School in November 2016, and is a junior. To watch his speech from Jan. 21, visit the Tilton School YouTube channel, Tilton School 1845, at <https://youtu.be/wTwnkEagRg>.

Tilton School is an independent, coeducational, college preparatory school serving 260 students in grades 9 - 12 and postgraduate from 18 states and 17 countries. For more information, visit [tiltonschool.org](http://tiltonschool.org) or contact Angie Cairns, director of communications, at 286-1741 or [acairns@tiltonschool.org](mailto:acairns@tiltonschool.org).

## TRUMP

CONTINUED FROM PAGE A1

man as he watched preliminary events unfold on a television inside the restaurant.

Across the region, others disagreed though, feeling Trump's presence as Commander in Chief could be threatening.

"I will not be watching and I fear war is at hand, although I think that would happen no matter who was elected," a Bridgewater woman stated.

A few said they would watch, regardless of who was elected because it was simply "history in the making" while another Bridgewater man said, "I will be definitely be watching. I'm excited about the chance for a change."

A naturalized citizen from the Philippines said she, too, was behind Trump all the way.

"I really believe in America," she said. "There is so much opportunity here if you are willing to work for it. I voted for Trump because I think we need a change and now I think we should give him a

chance."

In Hill, another gentleman said he was excited for the future, but hoped Trump would live up to his promises.

"It's about time to listen to the people and 'drain the swamp,' as he promised," he said. "We need people who will listen to us in Washington."

Others also liked the idea of having someone outside the typical political arena as their new president.

"Success breeds success, and I look forward to it," one woman said. "We need to go back and take over our title as Leader of the Free World and I truly believe Donald Trump has the skills and knowledge to do so."

A Bristol resident chimed in by saying, "I'm eager to see how the next four years in this country go- yes, even for those who live here but won't acknowledge our country's new president. I believe the next four years will be 'great.'"

A few polled throughout central New Hampshire however were on the fence as Trump was

sworn into office.

"Trump has been a controversial candidate who reached out to the citizens and gained enough support through the Electoral College to make his way to Washington. Many applauded his election and expressed their thoughts last week," one woman said. "We'll just have to wait and see how it goes."

Then there was the other side of the coin; those who were going to miss Obama's presence in the White House, and were afraid for the future.

"I loved Obama — really a class act, even if you didn't like his policies. Trump is scary. Divisive, cold, arrogant, prejudiced," one man said. "Most of all, he can't take any criticism. Anyone who disagrees with him is fake, phony, a loser...What happens when a foreign power or leader starts blasting him? I get so scared for World War III."

Some women were also dismayed that the country didn't support its opportunity to have

the first woman elected to the highest office in the land.

"I don't understand why people couldn't rally more to support Hillary. I think they were just afraid of a woman in an office like that," said one Clinton supporter.

Despite all of those opinions, Trump was sworn in last week and got right to work the very next day, taking steps toward his mission to "Make America Great Again."

"We'll see," many responded over the weekend as they kept tabs on his first steps as President.

As events unfolded, though, perhaps the most thought provoking comment came from a teenaged girl in Tilton who, during the ceremonies last Friday afternoon, had this to add: "Today is a day to come together as a country. As we venture into this new era, I hope we are all able to see the goodness in each other- as well as the areas in need of improvement. Stay strong, USA. We will make it through this."

## SHAKER

CONTINUED FROM PAGE A1

14. Exceptions to any amendment procedures are petitioned articles and any wording for articles as prescribed by state law.

The proposed operating budget for the next year, not including any amounts approved through other warrant articles is down slightly from 2015-16 and is set at \$22,475,634. Should voters turn down that request, the default budget would then become last year's amount of \$22,526,566.

Among the other items on this year's warrant is the Collective Bargaining Agreement that asks for \$226,256 to be used for salary increases and benefits at the current staffing level. Should that request not be met, an ensuing article asks for voters to approve a special district meeting to address the CBA.

Two additional warrants will request a total

of \$85,000 to be placed in expendable trusts for facilities and grounds, and technology.

Lastly, there is an article to allow the annual school district voting to take place in both towns, not just at Belmont High School, and an article that calls for the SB2 format to be rescinded in the next year. A three-fifths majority vote will be required to rescind SB2.

Filing is also underway at this time for three seats on the Shaker Regional School Board. One three-year term is available in the Town of Canterbury and two three-years positions are open for Belmont residents. Applications for candidacy may be obtained through Stacy Krueger at Belmont Middle School's office or through the SAU office next door. All applications must then be turned in to Krueger by 4 p.m. on Friday, Feb. 3.



## How to Submit Announcements & Obituaries To Salmon Press Publications

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*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.*



COURTESY

**Camp Resilience vets enjoy Mindful Eating class**

LRG's Elizabeth White, Registered Dietitian, recently conducted a Mindful Eating class at the Laconia Elks Lodge for a group of Camp Resilience veterans. The veterans came from Vermont, Connecticut, Massachusetts and New Hampshire for this session and spent four days filled with recreational activities, life skills sessions and facilitated discussions on emotional health, PTSD coping mechanisms and dealing with addictive behaviors. Ms. White taught the vets a life-skills session centering on healthy eating habits and food preparation. After the classroom portion, the vets rolled up their sleeves and prepared their own nutritious chicken and vegetable lunch under the guidance of Ms. White. The Patriot Resilient Leader Institute, parent organization for Camp Resilience, extends its sincere thanks to Laconia Elks Lodge 876 for the use of their kitchen and dining area. Thanks also to LRGHealthcare for offering Elizabeth White's time and talent as part of its community outreach to help veterans. For more information about Camp Resilience and how you can help, please visit the Web site at [www.prlri.org](http://www.prlri.org).

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**Snowshoe Strolls**  
Saturdays in January & February; 10-11:30 OR 12:30-2:00  
\$10/person (\$8/person Members)  
person with pre-registration; \$12 at the door  
A winter adventure awaits! Whether you are an avid snowshoer or just beginning, join us for a refreshing walk and exploration of the winter landscape of Prescott Farm.

**Moonlit Walks**  
Fridays, January 13 & Feb. 10  
And Saturday, March 11; 6:00-7:30  
\$10 (\$8 Members)/person  
with pre-registration; \$12 at the door  
Our environmental educators will guide you on a moonlit walk and encourage you to use your senses to explore Prescott Farm. You will learn to identify several constellations in the night sky, discuss the habits of several nocturnal animals, and practice your own night vision abilities.

**"We Can Do It" Series: Traditional Homesteading Skills for the Modern Family**  
Saturdays (dates below); 2:30-4:30  
As our world becomes busier and more automated, many important skills of yesteryear are being lost altogether. However, mastering these skills can help you slow down, save money, have less of an impact on the environment, strengthen family bonds, and are just plain fun to boot! Join us each month to learn a new homesteading skill together - these programs are designed specifically for kids ages 7+ and a parent or grandparent to participate in together. Other topics through the year will include baking bread, making butter & cheese, woodworking and more - stay tuned!

**Knitting for Total Beginners**  
February 11 & 12  
\$30 (\$28 Members)/person with pre-registration; \$35 at the door  
If you've always wanted to learn to knit, but never took that first step, this class is for you! We'll cover the basics of choosing the right needles and yarn, casting on and off, the knit and purl stitches. Includes knitting needles and yarn to keep.

**WildQuest Winter Camp**  
Monday-Friday, February 27-March 3; 9:00-3:00  
\$235/week or \$47/day (\$150/week or \$37/day Members)  
It's a special time of year—chilly and sparkly white outside, and there are so many fun things to do! Depending on the weather, the week will be a mix of: Animal tracking and snowshoeing adventures, sledding, a Winter Quest, exploring the frozen pond, winter-themed art & craft projects, maple sugaring, and stories around the campfire. For ages 6-12. Extended care is available 6:00am-6:00pm. \*Fees for registrars received after 2/21/17 will be \$250/week or \$50/day (\$210/week or \$45/day Members). Register online today and SAVE or call 603-366-5695 to save your spot!

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JEFF LAJOIE

Belmont sophomore Derek Stevens drives to the basket in the second quarter of the host Red Raiders' 75-64 victory over Campbell on Jan. 18. Stevens scored 15 points to pace four players in double figures.



JEFF LAJOIE

Senior Trevor Hunt pulls down one of his 18 rebounds in leading Belmont to a 75-64 victory over Campbell on Jan. 18.



JEFF LAJOIE

Belmont's Doug Price holds the ball while being fouled by a Campbell defender last week.

# Raiders prove their top tier worthy, knock off Campbell

BY JEFF LAJOIE

jlajoie@salmonpress.com

**BELMONT** – On a big stage against a big opponent, the Belmont High School boys' basketball showed itself to be amongst the top teams in Division III last week.

On the strength of four players in double figures, the host Red Raiders scored a season high in points in a statement victory over Campbell High School. In a matchup of teams sporting just one loss a

piece, Belmont led for all but 49 seconds of action en route to a 75-64 victory on Jan. 18.

"We were really ready for this game," said Belmont head coach Jim Cilley, whose team improved to 7-1 overall with the win. "It's a big win. I don't think we've gotten much attention because we don't play in the southern part of the state but I think we put the Lakes Region on the map with this one."

Belmont had four

players score in double figures, showcasing a balanced attack against a Campbell team that entered the night 5-1 overall including a win over Division II foe Pelham, last year's D-III state champion. Doug Price and Derek Stevens had 15 points apiece, while Matt Pluskis (14 points) and Trevor Hunt (12 points, 18 rebounds) also aided the cause offensively.

"We were able to execute the game plan,"

offered Cilley. "We attacked and got some of their guys in foul trouble, which was big. We knew (Campbell) liked to pressure so if we could take care of the ball I felt good about our chances."

Belmont used a 14-0 run in the second quarter to take control, turning a 27-24 deficit into a 38-27 lead. The Raiders had four players score during the spree, with Price drilling a three-pointer as the hosts held Campbell scoreless for a span of 6:32 in the second. The Cougars scored just nine points in the frame and trailed 40-31 at halftime.

"We played a pretty stingy second quarter and figured out how to survive some of their runs," Cilley said. "It was nice to get out to an early start (leads of 10-3, 20-8) and play with a lead."

Campbell made its run in the third quarter, as a 13-5 spurt that included three straight three-pointers on consecutive trips pulled the visitors within 49-46 with 3:02 remaining. The deficit shrunk to just



JEFF LAJOIE

Sophomore Griffin Embree defenders Campbell's Jake Scaffidi in the back court on Jan.

two points when Spencer Stanium hit a bank shot to make it 52-50, but the Raiders again had an answer. Taking advantage of a high foul count on the Cougars, Belmont reached the double bonus in the third quarter, and clutch freebies from Griffin Embree, along with a layup from Pluskis, reestablished the lead at 59-53 entering the fourth.

"They bothered us in the third quarter but we responded," said Cilley. "We haven't played many games on our

home court in front of our fans but the crowd was really solid and it definitely sounded like a high school basketball atmosphere, which was great to see."

Campbell cut the deficit to 59-56 with a three-pointer to start the fourth, but the Raiders closed the game out in fine fashion. Dylan Gansert registered an old fashioned three-point play, which Stevens and Tommy Pare also scored to push the lead to 67-57 with 4:07 to play.

SEE HOOPS, PAGE B2

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# Riley, Hinds snag runner-up finishes at UNH

BY JEFF LAJOIE

jlajoie@salmonpress.com

DURHAM – In the sixth indoor track meet of the high school season, a pair of locals nabbed runner-up finishes on Sunday at the University of New Hampshire. Belmont's Alice Riley and Winnisquam's Scott Hinds captured second place finishes on the day, pacing the Red Raiders and Bears against NHIAA Division II competition.

Riley was the runner-up in the 3,000 meters for the girls' event, as she crossed the line at UNH with a time of 11 minutes, 16 seconds. Hinds was second overall to pace Winnisquam in the 300 meters, posting a time of 39.04 seconds.

Belmont also had a top 10 finisher in the girls' race with senior Jasmine Syed, who took ninth in the 1,000 meters in 3:20. The 4x160 relay team of Kaitlyn Delisle, Sana Syed, Emma Chase and Jasmine Syed finished eighth with a time of 1:36, while the 4x400 relay quartet of Alexis Day, Makayla Palmer, Jessica Hutchinson and Riley was 10th overall in



**Belmont sophomore Alice Riley runs the 3,000 meters at Sunday's meet held at the University of New Hampshire. Riley took second overall with a time of 11 minutes, 16 seconds.**



**JOSHUA SPAULDING (ABOVE) Socorra Summers of Winnisquam (right) readsies to clear a hurdle during action on Sunday at UNH.**



**(LEFT) Belmont's Nick Randos competes in the 3,000 meters on Sunday in Durham.**

4:50.

Winnisquam's Socorra Summers was her team's lone representative on Sunday in the girls' race, and she wound up 22nd overall in the 55 meter hurdles

(13.54).

In the boys' race, Belmont received a pair of fifth place finishes from Nick Randos (3,000 meters, 9:48) and Eli Allman (55 meter hurdles, 8.54). Ian Remanar was 13th

in the 55 hurdles with a time of 9.74 seconds.

The Raiders scored points in the 4x160 relay, with the group of River Mathieu, Marc Forgione Jr., Remanar and Allman putting together a time of 1:21.

In the 4x400 relay, Belmont took 14th with the team of Ben Hillsgrove, Eddie Mann, Nick Mackes and Bryan Slater posting a time of 4:03.

## Bulldogs knock Kennett from the ranks of the unbeaten

BY JEFF LAJOIE

jlajoie@salmonpress.com

NORTH CONWAY – Thanks to the Belmont-Gilford hockey team, there are no more unbeaten teams left in Division III.

The Bulldogs made sure of that last week, as they traveled to Ham Arena and took care of business in a solid 4-1 win over host Kennett on Jan. 18.

It was the first regular season meeting between the two teams, though the squads met over the Christmas holiday at Kennett's annual tournament – an overtime win for the Eagles.

Belmont-Gilford (6-1-1 entering this week) broke a scoreless tie in the second period, as freshman Hayden Parent took a feed from Chaz Hacking and buried a shot to put the Bulldogs up 1-0. It was the first varsity goal for Parent, who picked a good time to find the back of the net against the undefeated Eagles.

That advantage carried over into the third period, when B-G took a 2-0 lead thanks to an unassisted Hacking goal. Senior defenseman James Buckley made it 3-0 in the third, scoring a goal just two minutes

after Hacking with an assist to sophomore Alex Muthersbaugh.

Kennett cut the deficit to 3-1 on an Anthony Graziano goal, but with the Eagle net empty, B-G put things out of reach when Hunter Dupuis tallied with just 36 seconds left to close out the 4-1 victory.

Senior goalkeeper Bailey Defosie turned away 14 of the 15 shots that came his way, as the B-G defense did an outstanding job limiting Kennett scoring chances. Kennett keeper John Biggio finished with 19 saves on the night.



**JEFF LAJOIE Sophomore Connor Dupuis and the visiting Bulldogs picked up a huge win last week, knocking off the last remaining undefeated team in Division III. B-G powered to a 4-1 win over Kennett on Jan. 18 at Ham Arena in Conway.**

### HOOPS

CONTINUED FROM PAGE B1

Stevens finished it from there, hitting his free throws while taking care of the basketball en route to the convincing 75-64 win. The sophomore had nine of his 15 points in the fourth quarter, including the team's final six points overall.

Campbell had three players foul out of this one, much to the chagrin of head coach Sudi Lett.

The Cougars committed a total of 27 fouls, resulting in 29 free throw attempts for Belmont. The Raiders shot a solid 76 percent from the line, sinking 22 of their 29 attempts while Campbell was just 50 percent at the charity stripe. The Cougars were led by Harrison Vedrani's team-high 19 points.

The Raiders have games against Sanborn and Raymond on the schedule this week.



**JEFF LAJOIE Senior goalkeeper Bailey Defosie made 14 saves in leading Belmont-Gilford to a 4-1 win over Kennett.**

## BELMONT HIGH SCHOOL SPORTS SCHEDULE

<b>Friday, January 27</b> <b>GIRLS BASKETBALL</b> Belmont at Raymond, 6:30 p.m.	<b>Sunday, January 29</b> <b>INDOOR TRACK</b> Winnisquam, Gilford, Belmont at UNH, 1 p.m.	<b>Monday, January 30</b> <b>UNIFIED BASKETBALL</b> Belmont at Gilford, 4 p.m.	<b>Tuesday, January 31</b>	<b>GIRLS BASKETBALL</b> Belmont at Franklin, 6:30 p.m.	<b>BOYS BASKETBALL</b> Franklin at Belmont, 6:30 p.m.	<b>NORDIC SKIING</b> Gilford, Belmont at TBA, 2:30 p.m.	<b>Wednesday, February 1</b> <b>HOCKEY</b> Somersworth at Belmont-Gilford, 5 p.m.	<b>Friday, February 3</b> <b>GIRLS BASKETBALL</b> Mascoma Valley at Belmont, 6:30 p.m.	<b>BOYS BASKETBALL</b> Belmont at Mascoma Valley, 6:30 p.m.	<b>ALPINE SKIING</b> Gilford, Moultonborough, Belmont at Gunstock, Winnepesaukee Alpine Race (WAR), 10 a.m.
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JEFF LAJOIE

Winnisquam's Caleb Adams (2) pulls up for a jump shot in the visiting Bears' 34-24 victory over Inter-Lakes/Moultonborough on Jan. 17 in Meredith.



JEFF LAJOIE

Megan Hanrahan of Winnisquam (14) tries to keep the ball away from a pair of Inter-Lakes/Moultonborough defenders on Jan. 17.



JEFF LAJOIE

Winnisquam's Richard Estes scored a game-high 14 points to lead the Bears to a 34-24 victory over Inter-Lakes/Moultonborough.

## Estes, Bears run away from Lakers in fourth quarter

BY JEFF LAJOIE

jlajoie@salmonpress.com

MEREDITH – A big fourth quarter run, spurred by star player Richard Estes, enabled the Winnisquam Regional High School Unified basketball team to pick up a key regular season

road victory on Jan. 17. The visiting Bears closed the game on an 8-0 run, pulling away from host Inter-Lakes/Moultonborough for a 34-24 victory in Division I play at Inter-Lakes High School.

Clinging to a 26-24 lead

with 2:38 remaining in regulation, Winnisquam got on a roll behind the play of Estes. He scored a bucket in transition to kick off the 8-0 run, which also featured a jump shot from Brendan Vaughn. Estes would add two more layups on

fast breakaways in the final 1:15 of the game, salting it away en route to the 34-24 win.

It was a back and forth affair for most of the afternoon until the final two minutes. Winnisquam opened up a 10-5 lead after a layup from

Megan Hanrahan. But the Lakers answered with a 9-0 run, sparked by back to back jumpers from Tristan Haddock. Nick Saylor started the second quarter with a pull up three-pointer from the top of the key, and Saylor sank a mid-range jumper on the team's next trip down the floor to put I-L/MA up 14-10.

The see-saw tipped back towards the Bears, with Caleb Adams kicking off an 8-0 Winnisquam run that was followed by a layup from Estes. DJ Aldridge got in on the act with four straight points to put the Bears up 18-14.

I-L/MA got a key hoop just before intermission, when Haddock's jumper found its way through the hoop with 42 seconds left to pull the Lakers back within 18-16 at the break.

Winnisquam took a 26-20 lead after three quarters thanks to a big hoop from Sammy Alderdice, though Saylor answered for the Lakers with a basket. I-L/MA's Emily Ledger followed with a jump shot, her second of the night, to get the hosts within 26-24 with 3:53 to play in the fourth. But Winnisquam showed its tenacity late, taking off on the 8-0 run that secured the team's win.

Estes led all scorers with 14 points for Winnisquam, while Aldridge chipped in six points for the visitors. Saylor paced the Lakers with nine points, while Haddock added six points and Ledger chipped in four. Mikayla Sorell notched a three-pointer for the hosts, while Jamie Lamprey's jump shot was vital in second half comeback bid.

## Bears pinned at Campbell

BY JEFF LAJOIE

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LITCHFIELD – On the road against a solid opponent, the Winnisquam Regional High School wrestling team had its hands full in a dual match against Campbell High School last week. The Bears took wins in several matches but ultimately fell to the host Cougars, 48-27, on Jan. 18.

Tyler Moran got Winnisquam started with a victory at 285 pounds, while teammate Hunter Finmore was a winner via forfeit at 106 pounds. Michael Mitchell's forfeit win at 113 pounds put the Bears up 18-12, but Campbell rattled off key wins in the middle



JEFF LAJOIE

Winnisquam's Tyler Langill captured a victory at 160 pounds to pace the Bears in a loss against Campbell.

weight classes to take control of things.

Tyler Langill got back

on track with a 10-5 decision win at 160 pounds, while Damian Donahou

closed things out with a forfeit victory at 182 pounds.

## Wolfpack swept by pair in tough week

BY JEFF LAJOIE

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LACONIA – It was a tough week for the Laconia/Winnisquam hockey team, as the Wolfpack fell at Merrill Fay Arena to a pair of Division III opponents.

The week kicked off with a home game against Sanborn on Jan. 18. L/W started strong against the Indians, putting several early scoring chances on goalkeeper Austin Conley (five saves). But Sanborn scored on its first two shots on net, and the visitors took control of things by posting five goals in the opening stanza for a 5-0 advantage.

Things improved in the second however, as L/W freshman Hanna Max scored her second goal of the season to cut into the deficit. Noah Wirth and Jayson Shevlin added assists, but the Sanborn lead still stood at 7-1 entering the third.

The Wolfpack buried one more goal before the final buzzer sounded, with Connor Johnson notching his second goal



JEFF LAJOIE

Laconia/Winnisquam senior Josh Shevlin tries to track down a loose puck during action earlier this season. The Wolfpack dropped games to Sanborn and Belmont-Gilford last week, falling to 0-7 on the year.

of the season with assists credited to Devin Miles and Noah Smith en route to the 10-2 defeat.

L/W received strong performances from senior captain Josh Shevlin all over the ice, while junior Nick Luther also played well in the loss. Goalkeeper Derek Derynioski recorded

20 saves in the Wolfpack net.

Things came to a close on Saturday with an 11-1 defeat at the hands of a high-powered Belmont-Gilford squad. Wirth scored L/W's lone goal in the third period, burying an unassisted tally to lead the Wolfpack. Max, Luther, and

Josh Shevlin led the Wolfpack with strong efforts on the ice.

"The team competed with another of the stronger programs in Division III and played hard despite being short some roster numbers to injury and sickness," said L/W head coach Kent Finmore.

## Coffey nabs two top-six finishes

CONCORD — Freshman, Miranda Coffey represented Winnisquam at Bow's home meet in Concord on Jan. 13. This was the fourth of six meets for the Bear swim team. Coffery won

her heat for the 50 free and placed fourth overall with a time of 29.78 seconds. She also won her heat for the 100 free and placed sixth overall with a time of 1:05.45.

### WINNISQUAM REGIONAL HIGH SCHOOL SPORTS SCHEDULE

Friday, January 27  
GIRLS

BASKETBALL  
Winnisquam at Mascoma Valley, 6:30 p.m.

BOYS BASKETBALL  
Mascoma Valley at Winnisquam, 6 p.m.

Saturday,  
January 28  
HOCKEY

Kearsarge-Plymouth at Laconia/Winnisquam, 1:40 p.m.

WRESTLING  
Winnisquam at Concord Tournament, 9 a.m.

Sunday, January 29  
INDOOR TRACK  
Winnisquam, Gilford, Belmont at UNH, 1 p.m.

Tuesday, January 31  
GIRLS

BASKETBALL

Campbell at Winnisquam, 6 p.m.

BOYS BASKETBALL

Winnisquam at Campbell, 6 p.m.

SWIMMING  
Gilford, Winnisquam at Goffstown, 7 p.m.

Wednesday,  
February 1  
HOCKEY

Laconia/Winnisquam at Berlin, 6 p.m.

WRESTLING  
Plymouth at Winnisquam, 6 p.m.

Friday, February 3  
GIRLS

BASKETBALL

Fall Mountain at Winnisquam, 6 p.m.

BOYS BASKETBALL

Winnisquam at Fall Mountain, 7 p.m.

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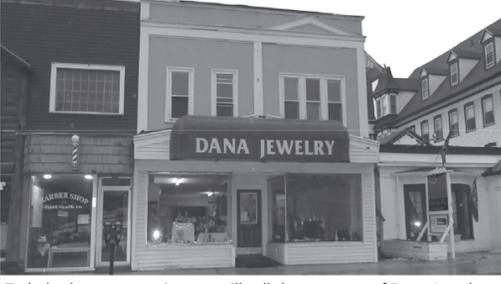
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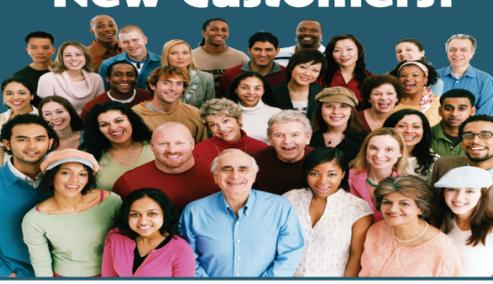
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**Moultonboro \$1,895,000 #4613747**

Custom home set on 1 acre with 200 ft. of waterfront, exquisite interior, wide plank floors, 4 bedrooms, Thermador kitchen, deck, patio, perched beach, and 48 ft. dock.

Ellen Korman 603-986-8556



**Wolfeboro \$849,000 #4613063**

Private Keniston Island dream property on southeastern point known as "Camp Comfort". The house is loaded with charm, 3 bedrooms, 2 baths, a modern bright kitchen, several sitting areas.

Ellen Mulligan 603-387-0369



**Gifford, \$679,000 #4613511**

Stunning Governor's Island home that has been restored and enlarged with the utmost care and style. Amenities inc. tennis, beach, and clubhouse.

Susan Bradley 581-2810



**Meredith \$645,000 #4507727**

Majestically located to take in awesome views of nearby mountains, nearly 6,000 sq. ft. of living space, great views, updated kitchen with eat in breakfast nook, formal dining, large first floor master.

Bob Williams 603-455-0275/Danielle McIntosh 603-393-5938



**Moultonboro, \$584,900 #4613434**

This waterfront home is move-in ready. Quality built with many upgraded features. Some views of the Ossipee Mountain Range, 24' dock will be installed before the closing. Balmoral amenities.

Bill Richards 603-253-4345



**Gifford, \$289,000 #4613205**

VIEW!! One of 4 lots available on top of Trailview Dr. Substantial residential building lot for the home of your dreams with captivating long range views of the Lakes Region & Lake Winnepesaukee.

Ellen Mulligan 603-387-0369



**Belmont \$284,900 #4606070**

Year round Winnisquam waterfront fun! 7 year young home, open concept living room, kitchen featuring plenty of storage and island seating. Windows span living room for wide views across Lake Winnisquam.

Linda Fields 603-244-6889



**Belmont \$275,000 #4611688**

Established Restaurant in the heart of the Lakes Region. Dining area accommodates 90 seats plus bar. 2 attached rental units for additional income.

Shelly Brewer 581-2879



**Franklin \$239,900 #4612172**

Beautiful Victorian, currently a 3 family home. Located in a business zone, great opportunity for owner occupant w/ business. 1.4 AC w/ frontage on the Pennepewasset river.

Nancy Desrosiers 581-2884



**Tilton \$191,000 #4611430**

Wonderful opportunity to own on Lake Winnisquam at an affordable price! 2 BR with large balcony & shared beach, docks and more.

Brenda Rowan 581-2829



**Gifford, \$144,900 #4614332**

Turnkey, beautifully furnished 2 BR, 3 BA condo with private deck. Finished lower level with family room, bath and laundry. Close to beach, skiing and all Lakes Region amenities.

Robin Dionne 581-2867



**Franklin, \$139,900 #4613933**

A lot of potential for this home on a level, nicely landscaped .93 acre lot in a great location near everything.

Sean Wallin 581-2821



**Meredith, \$69,000 #4453649**

Walking distance to Meredith parks, Community Center and all of Meredith's amenities. Mobile Home being sold as-is. Nice lot with public septic, water & zoned for commercial use.

Bob Williams 603-455-0275/Danielle McIntosh 603-393-5938

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**Moultonboro, \$66,500 #4614415**

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Ellen Korman 603-986-8556

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Photo: Grant Delin

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**Gifford:** Lake Winnepesaukee access home with 3 BR, 3 BA and 1,960 sf. This New England cape was built with the living space and deck facing the mountain views and has plenty of natural light flowing through. Master suite with a walk-in closet, pellet stove and heated garage.  
**\$269,000 MLS# 4614029**



**Laconia:** Recently constructed 3 BR home in new subdivision. Upgraded with hardwood floors, ceramic tiled kitchen floor, granite counters, stainless steel appliances and mini-split ACs. Spacious rooms, single level living and attached garage. Best of all no association fees! Near Lakes Region attractions.  
**\$269,999 MLS# 4613072**



**New Hampton:** Well appointed, professional office on busy NH Rte 104, about a mile from I-93. 5 offices with additional space, handicap accessible, conference room, work room, kitchen, fieldstone fireplace, Berber carpet, tile and hardwood floors. Great sign-age and currently leased.  
**\$449,000 MLS# 4606503**



**Moultonborough: Income Producing!** Two Homes on 5+ ac. Ranch style home with 3 BR, 2 BA with additional 2 BR mobile home in excellent condition. Private location with hiking and snowmobile trails nearby. Lake Winnepesaukee and Kanasatka are just a few minutes away!  
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459 Lake Street | Bristol NH 03222



**Dunbury, NH**

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**MLS # 4515798 | \$199,900**



**Laconia, NH**

Beautifully updated 3 bedroom, 2 bathroom Cape in a prime location close to elementary school, park and hospital. Property features a peaceful and quiet backyard to entertain family and friends. Plenty of storage space available in the spacious attic, detached one car garage and shed in the back yard. Don't miss out on this amazing family home!  
**MLS # 4600612 | \$179,900**



**Laconia, NH**

To be built "Center Harbor" style home in the wonderful community of Weirs Beach Village. This open concept home will feature vaulted ceilings, 2 bedrooms, 2 full baths, a sun room, loft, bonus room and garage. Enjoy the village club house and in-ground pool. Minutes to Weirs Beach, and all the amenities the board walk offers. This would make a great year round or vacation home.  
**MLS # 4479784 | \$230,000**

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SHANE- Shetland Sheep Dog Lost in Laconia NH on August 27, 2016. 9 year old male, very shy. Prefers women. **Please do not chase!** Old or new leads welcomed! If sited in the area call 1-855-639-5678. Not from the area- he slipped his collar upon arriving.

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**General Help Wanted**

**CAMP FOSS MAINTENANCE STAFF (PT)**  
May-October  
Facilitate opening, seasonal function, closing of NH Overnight Camp. Care for building/grounds, plumbing system, vehicle maintenance, painting, brush removal, cleaning facilities, carpentry  
Email [acecil@graniteymca.org](mailto:acecil@graniteymca.org)

**Ebay Seller Wanted-** Numerous personal & household items. No junk! Flat free per item. 30% up to \$500. 25% \$500 and over. Experienced & reputable. Contact [deedeegroff@gmail.com](mailto:deedeegroff@gmail.com).

**Lakes Region Area Alarm and Audio/Video Company** is seeking to hire an experienced Security/AV Technician. 1 year experience is required in Security, Fire, Access Control and Camera Systems. Applicant must be self-motivated, reliable and able to pass a background check and have a valid driver's license. E-mail resume to: [info@aplusalarmsNH.com](mailto:info@aplusalarmsNH.com)

**General Help Wanted**

Lakes Region Family Services is currently accepting applications for **Personal Care Service Providers** and **In-Home Service Providers** for the Belknap County area. These positions will help to support individuals to remain living independently in their own homes. Looking for individuals with care giving experience. Candidates must have a valid driver's license, reliable vehicle and auto insurance. If interested please visit [www.lrcs.org](http://www.lrcs.org) to apply.

Never underestimate the difference you can make helping to give your neighbors a choice.



**Nurse Position Available Summer Academic Program**

Health Center nurse position available for five-week session (late June to early August)

- Pediatric experience required.
- Competitive compensation.
- Exclusive private school program and lakeside campus.
- Health Center team of eight professionals.
- Part time or full time TBD.

Send letter and resume by email to:

Health Center Director  
Wolfeboro Camp School  
93 Camp School Road  
PO Box 390  
Wolfeboro, NH 03894-0390

E: [school@wolfeboro.org](mailto:school@wolfeboro.org)



**POSITION ANNOUNCEMENT**

**BUSINESS OFFICER**  
Wolfeboro Camp School, Inc.  
Wolfeboro, NH

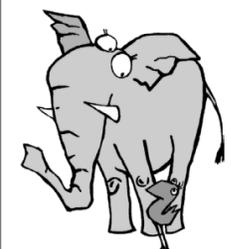
The School seeks an experienced Business Officer to assume year-round, part-time (seasonally full-time) responsibility for the business and financial operations of the School. Reporting to the Head of School and working closely with the Board of Trustees, the Business Officer will execute financial operations and planning.

**Qualifications**

- Strong background in all aspects of accounting and related reporting.
- Familiarity with independent schools and non-profit organizations.
- Experience with practices of non-profit administration including budgeting, financial planning, modeling and forecasting.
- Vision to improve office systems and operations.
- Excellent written and oral communication skills.

Additional information: request a full job description by email at: [school@wolfeboro.org](mailto:school@wolfeboro.org)  
Application: Email resume, letter of interest and a listing of three references to: Head of School [school@wolfeboro.org](mailto:school@wolfeboro.org)

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- Strong computer and proofreading skills
- Attention to detail a must
- Miscellaneous office duties
- Prior related work experience

**Please note:**

No vacation time from May - August; Saturday hours during the summer.

Send letter of interest and resume to:

Head of School  
Email: [school@wolfeboro.org](mailto:school@wolfeboro.org)

**Part-Time Help Wanted**

**Lakes Region Community Services** is currently accepting applications for a part-time (10 hours/week) Family to Family Coordinator to work with families and adults who experience developmental disabilities or acquired brain injuries in the following ways:

- Family to Family Coordination - keeps families informed about resources, activities and opportunities through print and electronic newsletters, website updates and social media. Facilitate connections between families. Organize educational workshops around topics of interest or concern to families, as well as organize support groups and family social events. Attend Parent-to-Parent meetings. Assist the Family Support Council (FSC) to carry out its goals and objectives.
- Activities Coordination - research, organize and support social activities, either in conjunction with existing community events or separate LRCS/FSC activities, coordinating transportation for the activities.

- Administrative Coordination - review, process, and track requests from the FSC.

Qualified candidates will preferably have a Bachelor's degree, with extensive knowledge of individuals with disabilities. The candidate must possess: excellent oral and written communications skills, excellent organizational skills, the ability to multi-task and work independently.

Qualified candidates must be willing to work occasional nights and weekends and have experience with coordinating functions. Candidate must possess a valid NH driver's license, reliable vehicle and automobile insurance. Please visit [www.lrcs.org](http://www.lrcs.org) to apply.

**Minute Taker**

The Town of Bristol is accepting applications for a part-time Minute Taker. Commitment includes 4-8 meetings a month with meetings averaging 1-3 hours apiece.

Pay \$12.00-\$15.00 per hour DOQ. Includes attendance at the meetings or watching the meeting electronically and composition of minutes.

Full description and application can be found on the Town of Bristol website at [www.townofbristolnh.org](http://www.townofbristolnh.org)

**Part-Time Cleaning position.** 3-4 evenings per week; 3-4 hours per night. Located in Plymouth, NH. 603-279-4769 or email at [winniclean@me.com](mailto:winniclean@me.com)

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All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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

To complain of discrimination call HUD toll free at 1-800-669-9777  
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You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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

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**PUBLIC NOTICE OF DELIBERATIVE SESSION**

The Shaker Regional School District Deliberative Session for the 2017-2018 budget will be held on Wednesday, February 8, 2017 at 6:00 pm in the Belmont High School Gymnasium.

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**Camp Counselors**

Barry Conservation 4-H Camp in Berlin, NH is a residential 4-H youth summer camp with an eight week season. It's a great place to work. Visit <http://extension.unh.edu/4H/4HCamps.htm> to learn more. UNH is an AA/EEO Employer. UNH is committed to excellence through the diversity of its faculty and staff and encourages women and minorities to apply.

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Reports to the Director of Nursing. The Care Manager has responsibility for activities and operations associated with the provision of high quality and cost effective patient care in accordance with UCVH's mission and values. The Care Manager is accountable for ensuring efficient and professional social work services for patients and families that are designed to promote and enhance their physical and psychosocial functioning with attention to the social and emotional impact of illness. Responsible for establishing and maintaining productive working relationships with the Medical Staff, the health care team and community agencies and resource providers. Responsible for ensuring appropriate levels of care thru utilization review, chart review and documentation. The care manager is responsible to provide linkage to community resources that support the patients overall well-being.

**Job Requirements:** BSW / MSW - or other human service related field; or NH LPN/RN Licensure, BSN Preferred  
Background in social services or care management.

If interested please apply online: [www.ucvh.org](http://www.ucvh.org)

Human Resources  
Upper Connecticut Valley Hospital  
181 Corliss Lane  
Colebrook, NH 03576  
603.388.4236  
[ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)  
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**Now Hiring-Sign-On Bonus!!!**  
**Yeaton Oil & Pemi River Fuels is**  
**Now Hiring a Full Time Year -Round**  
**Propane Technician**

Yeaton Oil & Pemi River Fuels is pleased to announce we are looking for a Full Time - Year Round Propane Service Technician.

The selected applicant **must** have a *current* New Hampshire Gas Fitters License.

While not required, higher consideration will be given to applicants with a current CDL B operator's license with tank and haz-mat endorsements or fuel service technician experience.

This position is **Full Time & Year Round**, it includes a full benefits package including health benefits and 401K. This position reports to a Service Manager.

This position is very customer focused and has significant customer interaction. The selected candidate shall have excellent customer service skills and be willing to cover on-call needs. Lastly, the selected candidate needs to be able to successfully pass a drug test and criminal background check.

To apply, please send resume to [Jstevens@stoneroadenergy.com](mailto:Jstevens@stoneroadenergy.com) or drop off at our office - 9C Main Street, Plymouth, NH 03264

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**Moultonborough Zoning Board of Adjustment Public Notice – Public Hearings**

The ZBA will be holding a public hearing on the following application:

A Variance from MZO Article VI., Commercial Uses, E. Special Exceptions, (1) b for Balmoral Improvement Association (Owner of Record, Joseph Costa) for a parcel located on 294 Paradise Drive (Tax Map 99, Lot 102) in the Residential / Agricultural zone to provide a buffer 12 ft. in width on all sides of the lot where a vegetated buffer of 50 ft. in width is required.

The Public Hearing(s) will begin at 7:00 pm on Wednesday, February 1, 2017, at Moultonborough Town Hall located at 6 Holland Street.

A complete copy of the application and supporting materials is available for the public to review at Town Hall in the Office of Development Services and may be viewed during regular business hours, Mon. - Fri. 7:30 am to 4:00 pm.

Robert H. Stephens - Chairman

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**PART-TIME SCHOOL BOARD SECRETARY**

The Shaker Regional School Board is seeking a secretary to take minutes at board meetings. The board averages 2 meetings per month, usually on Tuesdays, with meetings typically starting at 6 pm. This position pays \$15.00 per hour, for time spent at the meetings and transcribing the minutes. Interested individuals should submit a letter of interest, resume and 3 letters of reference to Debbie Thompson, Business Administrator; SAU 80; 58 School Street; Belmont, NH 03220.

**TOWN OF RUMNEY HELP WANTED**

Part-time Transfer Station Attendant  
15 hours per week  
Must have current driver's license

Applications available at the Transfer Station or the Selectmen's Office

Position open until filled

Questions –  
*Sonny Ouellette, TS Superintendent*  
786-9481

**BELMONT HIGH SCHOOL** is currently seeking a Girls Varsity Soccer Coach for the 2017 season. Interested applicants should send a letter of interest, resume and 3 references to Erica Knolhoff, Athletic Director, Belmont High School, 255 Seavey Road, Belmont NH 03220, or email [eknolhoff@sau80.org](mailto:eknolhoff@sau80.org). Successful completion of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Equal Opportunity Employer.

**JOB OPENING TOWN OF ASHLAND EQUIPMENT OPERATOR/LABORER**

The Town of Ashland is accepting applications for an Equipment Operator/Laborer. This is a full time position which also may include overtime hours during inclement weather. Applicant must hold a valid New Hampshire CDL-B driver's license or be able to obtain one within 6 months from date of hire. The position works under the supervision of the Public Works Director.

Starting rate of pay is \$13.42 per hour moving to \$14.41 at completion of probation. The position also includes health insurance, vacation, sick time, and holiday pay. Applications and a complete job description can be obtained at the Ashland Town office during regular business hours. All applications must be received no later than 4:00 PM on February 6th, 2017 addressed to Timothy Paquette, Town of Ashland, P O Box 517, Ashland, NH 03217.

**LITTLETON REGIONAL HEALTHCARE**

**Cafeteria Aide**

Littleton Regional Healthcare is seeking a full time Cafeteria Aide to join our team.

The primary objective of the Cafeteria Aide is to provide guests and staff with quality service in a timely manner.

The Cafeteria Aide responsibilities include;

- Communicate to the Kitchen Manager and/or Supervisor about daily changes with menu or routine, and keeping them promptly and fully informed of all problems or unusual matters of significance and takes prompt corrective action where necessary
- Knowledgeable with the POS and the proper procedure for cashing out
- Crossed trained in both the opening shift and closing shift and flexible with scheduling both shifts
- Must be willing to continually seek new training and education in the department
- Perform all duties and responsibilities in a timely and effective manner
- Work with the Kitchen Manager, Supervisor, line cooks and other staff to provide food service needs in accordance with food safety and sanitation guidelines

Viable candidates must have a GED or high school diploma.

Littleton Regional Healthcare offers competitive compensation, a generous benefits package

Qualified candidates are invited to apply at our website [www.lrhcares.org](http://www.lrhcares.org)

**Littleton Regional Healthcare**

Human Resources Department  
600 St. Johnsbury Road, Littleton, NH 03561  
Phone: 800-464-7731 or 603-444-9331  
Fax: 603-444-9087

EOE

**THORNTON SCHOOL DISTRICT Thornton Central School**

**IMMEDIATE OPENING**

**Special Education Teacher Assistant**

Must have equivalent of 2 years post secondary education.

Please send letter of intent, resume and references to:

Jonathan Bownes, Principal  
Thornton Central School  
1886 NH RT 175  
Thornton, NH 03285

NO ON-LINE APPLICATIONS



**NOTICE TO BELMONT RESIDENTS**

Declaration of Candidacy for the March 2017 election will be accepted at the Office of the Town Clerk weekdays between the hours of 7:30AM to 4:00PM from Wednesday, January 25, 2017 to Friday, February 3, 2017.

**ONLY DECLARATIONS** will be accepted between the hours of 4:00 to 5:00PM on Friday, February 3, 2017.

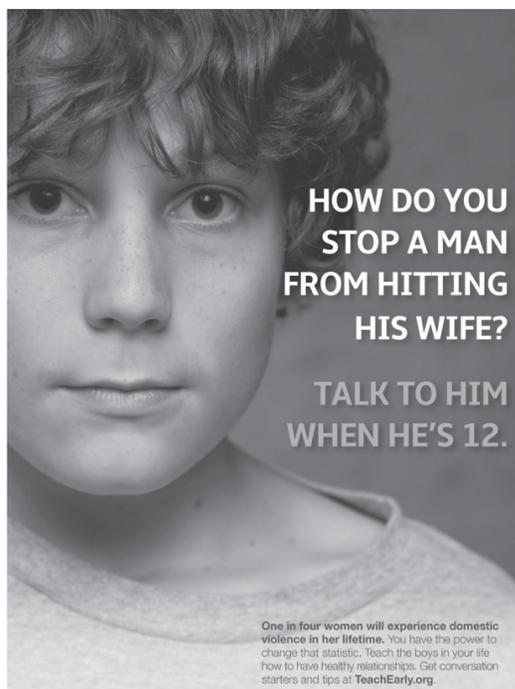
POSITION	OPENINGS	TERM
Selectmen	(1)	3 Year Term
Trustee of Trust Funds	(1)	3 Year Term
Cemetery Trustees	(1)	3 Year Term
Planning Board	(2)	3 Year Term
Library Trustees	(1)	3 Year Term
Zoning Board	(2)	3 Year Term
Budget Committee	(4)	3 Year Term



**Gift Shop PM Front Desk Night Audit**

**Health Insurance & 401K Programs!**  
Apply in Person  
603-745-8000

*Thank You*  
for browsing  
The  
Town-to-Town  
Classifieds!



**HOW DO YOU STOP A MAN FROM HITTING HIS WIFE?**

**TALK TO HIM WHEN HE'S 12.**

One in four women will experience domestic violence in her lifetime. You have the power to change that statistic. Teach the boys in your life how to have healthy relationships. Get conversation starters and tips at [TeachEarly.org](http://TeachEarly.org).



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

PEACE CORPS **RESPONSE**

[peacecorps.gov/response](http://peacecorps.gov/response)

# J.D. Power 2016 IQS Results Are In And We Couldn't Be More Proud!



**"Highest Ranked Compact Multi-Purpose Vehicle in Initial Quality"** by J.D. Power  
For the 2016 Soul<sup>†</sup>



**"Highest Ranked Small SUV in Initial Quality"** by J.D. Power  
For the 2016 Sportage<sup>†</sup>



## SIGN IT & DRIVE IT

**\$0 Down + \$0 1st Month's Payment + \$0 Security Deposit + \$0 Due at Signing**

### 2017 FORTE LX



FREE OIL CHANGES FOR LIFE!<sup>\*</sup>  
FREE STATE INSPECTIONS FOR LIFE!<sup>\*</sup>

MSRP **\$18,765**  
*AutoServ* -\$1076  
Customer Cash Rebate -\$2000

Buy For **\$15,689\***

**0% APR**  
FOR 66 MONTHS AVAILABLE<sup>\*</sup>

#KC7059

SAVE UP TO **\$3,076**

Buy For **\$219**/MO\*  
**ZERO DOWN!**

**SIGN IT & DRIVE IT**  
LEASE

**\$175** /39 MO\*  
**ZERO DOWN!**

### 2016 OPTIMA LX



FREE OIL CHANGES FOR LIFE!<sup>\*</sup>  
FREE STATE INSPECTIONS FOR LIFE!<sup>\*</sup>

MSRP **\$23,120**  
*AutoServ* -\$1223  
Customer Cash Rebate -\$2500  
Loyalty Rebate -\$500  
Bonus Cash -\$500

Buy For **\$18,397\***

**0% APR**  
FOR 66 MONTHS AVAILABLE<sup>\*</sup>

#KC6248

SAVE UP TO **\$4,723**

Buy For **\$256**/MO\*  
**ZERO DOWN!**

**SIGN IT & DRIVE IT**  
LEASE

**\$186** /39 MO\*  
**ZERO DOWN!**

### 2016 SOUL



FREE OIL CHANGES FOR LIFE!<sup>\*</sup>  
FREE STATE INSPECTIONS FOR LIFE!<sup>\*</sup>

MSRP **\$18,365**  
*AutoServ* -\$1165  
Customer Cash Rebate -\$1000

Buy For **\$16,200\***

**0% APR**  
FOR 66 MONTHS AVAILABLE<sup>\*</sup>

#KC6230

SAVE UP TO **\$2,165**

Buy For **\$226**/MO\*  
**ZERO DOWN!**

**SIGN IT & DRIVE IT**  
LEASE

**\$207** /39 MO\*  
**ZERO DOWN!**

### 2017 SPORTAGE LX AWD



FREE OIL CHANGES FOR LIFE!<sup>\*</sup>  
FREE STATE INSPECTIONS FOR LIFE!<sup>\*</sup>

MSRP **\$26,135**  
*AutoServ* -\$2154

Buy For **\$23,981\***

**0.9% APR**  
FOR 60 MONTHS AVAILABLE<sup>\*</sup>

#KT7076

SAVE UP TO **\$2,154**

Buy For **\$332**/MO\*  
**ZERO DOWN!**

**SIGN IT & DRIVE IT**  
LEASE

**\$241** /39 MO\*  
**ZERO DOWN!**

### 2017 SORENTO LX AWD V6



FREE OIL CHANGES FOR LIFE!<sup>\*</sup>  
FREE STATE INSPECTIONS FOR LIFE!<sup>\*</sup>

MSRP **\$32,080**  
*AutoServ* -\$1637  
Customer Cash Rebate -\$1500  
Loyalty Rebate -\$500

Buy For **\$28,443\***

**0.9% APR**  
FOR 66 MONTHS AVAILABLE<sup>\*</sup>

#KT7029

SAVE UP TO **\$3,637**

Buy For **\$392**/MO\*  
**ZERO DOWN!**

**SIGN IT & DRIVE IT**  
LEASE

**\$280** /39 MO\*  
**ZERO DOWN!**

#### Every Eligible Vehicle Comes With AutoServ for Life Benefits:

- Lifetime Engine Guarantee
- Lifetime Oil Changes
- Lifetime State Inspection
- Lifetime Multi-Point Inspection
- Lifetime Pre-Vacation Check-Up
- Lifetime Free Auto Body Shop Estimates
- 50% Off Paintless Dent Repair
- AND MUCH MORE!



**AutoServKia.com**



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\*Pricing assumes all factory rebates and applicable incentives assigned to dealer and may not be combined with other promo offers or any direct mail sale voucher. Payments based on tier 0 (A credit) approval. KIA RETAIL: all 'Buy For' payments require: ZERO down, 3.89% APR for 84mos & include all fees; actual rate and term depend on conditions of credit approval. KIA LEASES: All "Sign & Drive" (S&D) lease payments require NO security deposit, NO money down & include all fees in payment. All advertised lease payments reflect all discounts, manufacturer rebates and promotions (not all will qualify). KIA 39 month leases: #KC7059: TOP \$6825 S&D, LEV \$9570.15; #KC6248: TOP \$7254 S&D, LEV \$12253.60; #KC6230: TOP \$8073 S&D, LEV \$8815.20; #KT7076: TOP \$9399 S&D, LEV \$16465; #KT7029: TOP \$10920 S&D, LEV \$18927.20. Oil change offer limited to maximum value of \$40 per oil change. See dealer for details. All offers end on Jan. 31, 2017. †The Kia Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and Small SUVs in the J.D. Power 2016 Initial Quality Study, based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit [jdpower.com](http://jdpower.com).