

## Cormier to retire as Tilton’s Police Chief

BY DONNA RHODES  
Contributing Writer

TILTON – After careful consideration, as well as conversations with both his family and selectmen, Tilton Police Chief Robert Cormier made the public announcement last Thursday evening that he would be retiring at the end of January to move forward in the “next chapter” of his life.

Cormier began his announcement at the Board of Selectmen’s meeting by recalling the phone call he received from the town in December of 2007. It was then that town officials told him he had been selected to fill the role of police chief for their community.

“Over the last 13



FILE PHOTO

Tilton Police Chief Robert Cormier and Officer Noelle Glenn enjoyed meeting future police officers during the Downtown Halloween festivities in 2018. Announcing his retirement from the department last Thursday, Cormier, who started the annual trick-or-treat celebration as well as other community events in Tilton, said he will now be seeking new challenges in the next chapter of his life.

years, I’ve had the pleasure to make some of the best friends I’ve ever made in my life,” he told the board in an online meeting. “I’ve also watched some of the best police officers in my career grow and learn to be incredible officers for the Town of Tilton. It’s been an incredible journey and I’ve enjoyed it immensely.”

Cormier said there were many factors leading up to his decision to retire as the town’s chief. Among them were his age and the realization he has hit his 39th year in law enforcement.

“I told myself that when I turned 60, I’d transition to my next chapter,” he said.

Cormier also completed goals he had set for himself when he came to

SEE CORMIER, PAGE A7

## Zonta and Veterans Home promote vaccine education

TILTON — The Zonta Club of Concord presented 350 “Got the Shot” pins to staff and residents of the New Hampshire Veterans Home in Tilton. As the Home began their second round of COVID-19 vaccinations this week, the pins provided a conversation starter for some who may have hesitancy.

“We are so proud and grateful to be able to present these pins to some of

our most vulnerable citizens and heroes and the wonderful people who care for them,” said club president, Janice Severance. “They deserve to receive the best care, and we are happy to celebrate the staff’s amazing effort to keep everyone safe and protected.”

The pin donation was funded by a sponsorship from Curbstone Financial Management Corp. in Manchester.

During these extraordinary times, the Club is broadening their mission to spread the word of how vital it is that all are vaccinated against COVID-19. On Jan. 8, Zonta launched a vaccination education campaign, distributing “Can’t Wait to Vaccinate” pins in the greater Concord area. The club has sent pins to individ-

SEE VACCINE PAGE A7



JOSHUA SPAULDING

Monique Gassek, Winnisquam’s athletic trainer, sits in her new training room.

## Former AutoServ owners donate to police station construction



DONNA RHODES

Tilton officials received a generous donation of \$25,000 for the construction of their new police station last week. From left to right are Kevin LaChapelle (Tilton Police Station Building Committee Chair), Selectman Jon Scanlon, Paul and Brigid Gaudet, Selectmen Peter Fogg and Pat Consentino, Police Chief Robert Cormier and Selectman Joe Jesseman. (Missing from photo is Selectman Eric Pyra.)

BY DONNA RHODES  
Contributing Writer

TILTON — Last Saturday afternoon, officials from the Town of Tilton, Police Chief Robert Cormier, and officers from the department all gathered at the site of

their new police station to accept a donation of \$25,000 from Paul and Brigid Gaudet, the former owners of AutoServ of Tilton, which they recently sold.

“We came up here over 30 years ago and the town was so generous to

us,” said Paul Gaudet. “We’ve been very fortunate here and have always been supportive of the town. It’s a wonderful place.”

As he signed and then handed a ceremony

SEE DONATION PAGE A6

## Winnisquam’s own “Swiss Army Knife”

ATHLETIC TRAINER WORKING TO MAKE WINNISQUAM STUDENTS SAFER

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The old image of an athletic trainer as the person that tapes up ankles and hands out ice? Throw that out the window.

Yes, trainers still do those things, but the world of athletic training has grown exponentially over the years and with it, the number of things that trainers can do.

And now, after some hard work, Winnisquam Athletic Trainer Monique Gassek has a place where she can do all the things she’s trained to do, which will certainly be of benefit to the athletes at the school.

Gassek, in her first year at Winnisquam after two years at White Mountains Regional in Whitefield, recently moved into her new training room, giving her more space to work with the student-ath-

letes.

“I didn’t even realize how excited I was until I moved in,” Gassek said. “This is the best way to use this space, it’s going to come full circle.”

“In that little space (the former training room), I was so limited, there was no room for creativity,” she continued. “I have a repertoire of knowledge and skills and I felt like I couldn’t use it.”

New Winnisquam Athletics Director John Larsen made the decision to move Gassek from the former training room, which he noted was about 120 square feet, into a bigger room, which is more than 400 square feet. Gassek noted that Larsen even did a good chunk of the work himself, including installing the new floor and painting.

Gassek’s new room was formerly called the “team room,” but was filled with a lot of ran-

dom junk, including a leaking ice machine, old rugs and furniture.

In the old space, Gassek only had a little bit of room to work on athletes and with COVID-19 restrictions, there couldn’t even be more than one athlete in there at a time. In the new space, she can easily have three or four kids in at a time.

Gassek, who graduated from Keene State College in 2017 after graduating from White Mountains Regional in 2013, was a three-sport athlete in high school and knew that sports were something she wanted to continue with. She also knew she was interested in the medical field and it seemed like sports medicine was a good route to go down.

And she is excited to move forward with the Winnisquam program and has plenty of plans

SEE GASSEK PAGE A7



# Bears battle past Lakers for first win in two years



Taylor Alibrid of Inter-Lakes (left) and Lauren MacDonald of Winnisquam battle for a loose ball in action last week.

BY JOSHUA SPAULDING  
Sports Editor

MEREDITH — With an unusual preseason that didn't allow for scrimmages, there was bound to be a little rust to knock off when the Inter-Lakes hoop girls welcomed Winnisquam to Meredith on Wednesday, Jan. 20, to kick off the new season.

Both teams struggled at times to find the bottom of the net, but they worked through it and eventually played a back and forth game for a small group of spectators.

When the final whistle blew, Winnisquam picked up its first win in two years, pulling away late for a 36-28 victory in coach Mark Dawalga's first game at the helm.

"The credit goes to the kids," Dawalga stated. "I am so proud of them, going through all

this COVID stuff.

"All coaches are trying to do is work through some adversity," he continued. "I am super proud of these ladies."

"Our girls worked extremely hard, they're doing everything we're asking them to do," said Inter-Lakes coach Scott Currier. "We just didn't know what it was going to look like."

"They kept fighting and they kept working hard," the Laker coach said.

The Lakers jumped out to the early lead, as Er in Furnee drained a three-pointer to start the scoring and then Taylor Alibrid hit a hoop and Caitlyn Harris sank two free throws to give the Lakers the 7-0 lead.

Isabella Sargent hit a hoop to get Winnisquam on the board and after a steal from Triniti Carter,

Lauren MacDonald put back a rebound to cut the lead to 7-4. Molly Moynihan hit a free throw for the Lakers to close out the first half, giving the hosts the 8-4 lead after eight minutes.

Harris put back a rebound to start the second quarter but the Bears finished off the quarter on an 8-2 run to pull even. Sargent got the run started off a nice feed from Mackenzie Philippy and then MacDonald put back a rebound. Philippy hit a hoop to tie the game at 10 and a MacDonald hoop gave Winnisquam their first lead of the game at 12-10.

However, Harris got a hoop for the Lakers to close out the second quarter with the two teams tied at 12.

Philippy came out of the gate with a three-pointer for the Bears to start the third quarter. After a Moynihan free throw got the Lakers on the board, Philippy hit another hoop. Alibrid hit a hoop and Moynihan drained another free throw, cutting the Bear lead to 17-16.

Philippy sank another shot to expand her team's lead to three but



Mackenzie Philippy races the ball up the court in action last week in Meredith.

Moynihan answered with two more from the free throw line. Carter drilled a shot and MacDonald hit a free throw for a 22-18 lead but Alibrid hit a hoop to close out the third quarter and the Bears had a 22-20 lead.

The Bears got the first six points of the final frame, with Philippy hitting a three-pointer, MacDonald sinking a bucket and Philippy scoring a point from the line, stretching the lead to 28-20.

The Lakers got four of those points back at the free throw line, as Moynihan and Furnee each hit two, cutting the lead to four but Carter hit another basket for the Bears and Vanessa Power finished off a Philippy steal for the 32-24 lead.

Moynihan and Alibrid hit hoops for the Lakers to cut the lead back to four but Winnisquam got the final four points of the game. Philippy accounted for all four of those points, hitting a free throw and then converting a three-point play off her own steal to finish off the 36-28 win.

"It's so exciting," Philippy said. "It's a

great start to a new season. We have a lot of chemistry with our team and it's going to take us far."

Dawalga said, that despite the slow start that saw the Lakers jump out to the 7-0 lead, he didn't panic because he knew it would come for his team.

"I was OK, because we were getting the shots we wanted," Dawalga said. "Once they settled down and started playing the way they're capable of, they were fine."

"I can't say again how proud I am of them," he added.

Currier noted his team had a tough middle half of the game and praised Winnisquam for doing a good job with their pressure in that time.

"But they stayed resilient and that's a huge win right there," Currier stated. "I give the players all the credit in the world."

The Laker coach also noted his wife helped him to focus on just what is important in this unique season.

"She said, 'you should be proud you and your team are playing, think of all you've overcome,'" he stated. "And that's 100 percent true."

Philippy led all scorers with 17 points on the night while Moynihan led the way for the Lakers with nine points.

The Bears cruised in the rematch, winning 47-14 in Tilton on Friday. Winnisquam got out to a 17-4 lead in the first quarter and never looked back.

"We were able to get off to a fast start tonight, led by our defense," said Dawalga.

On the defensive side, Dawalga praised Emma Griffin (five rebounds, three blocks), Sargent (six rebounds, four steals), Carter (five rebounds), Sophia Day (five rebounds) and Madison Gilbert (three rebounds). Offensively, Philippy led the way with 25 points and five steals, while MacDonald had 11 points and five assists.

"This team really has been working hard every day in practice and it is starting to show," Dawalga said. "Great team effort."

The Lakers will be back in action today, Jan. 28, at Berlin at 6:30 p.m. On Monday, Feb. 1, the Lakers will host Gilford and then visit Gilford on Thursday, Feb. 4, both at 6 p.m.

The Bears will be at Moultonborough on Friday, Jan. 29, and will be at Belmont on Tuesday, Feb. 2, both with 6 p.m. scheduled starts.



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**To the hoop**

RC GREENWOOD


Morgan Hall looks to the basket during her team's game with Laconia on Friday. The Raiders are set to host Kennett today, Jan. 28, at 6 p.m. and will be hosting Winnisquam on Tuesday, Feb. 2, at 6 p.m.

WRHS 4-8-10-14-36  
ILHS 8-4-8-8-28

Winnisquam 36  
Sargent 2-0-4, Philippy 6-3-17, Carter 2-0-4, Power 1-0-2, MacDonald 4-1-9, Totals 15-4-36

Inter-Lakes 28  
Furnee 1-2-5, Alibrid 4-0-8, Harris 2-2-6, Moynihan 1-7-9, Totals 8-11-28

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# Bookish valentines at the Belmont Library

**BE LMONT** — Share your book love at the Belmont Library this month. Let us know your favorite read and why for the in-library display. Then we'll add your valentine to our copy of the book for the next person who checks it out to find.

We here at the Belmont Library are trying something a little different for storytime this winter. There's a month-long themed display- February's is friendship—take one or two books and a craft/STEM kit. Wednesday mornings we'll post a short video (roughly two minutes) on the library's Facebook, Twitter, and Instagram. January's

Take and make project is Heart Painting. The Friends have donated supplies for make-your-own valentines.

The non-fiction book group reads "*The End of Your Life Book Club*" by Will Schwalbe. During her treatment for cancer, Mary Anne Schwalbe and her son Will spent many hours sitting in waiting rooms together. To pass the time, they would talk about the books they were reading. Once, by chance, they read the same book at the same time—and an informal book club of two was born. Through their wide-ranging reading, Will and Mary Anne—and we, their

fellow readers—are reminded how books can be comforting, astonishing, and illuminating, changing the way that we feel about and interact with the world around us. A profoundly moving memoir of caregiving, mourning, and love—"The End of Your Life Book Club" is also about the joy of reading, and the ways that joy is multiplied when we share it with others. The group will meet online on Thursday Feb. 11 at 1 p.m. Ebooks and audiobooks are available through [nh.overdrive.com](#) with your library card; physical copies are available at the library. Contact the library for

meeting information.

Our Friday Fiction book group meets remotely on Friday, Feb. 19 at 10:30 a.m. to discuss "*In the Unlikely Event*" by Judy Blume. In this brilliant novel—her first for adults since "*Summer Sisters*"—Judy Blume takes us back to the 1950s and introduces us to the town of Elizabeth, New Jersey, where she herself grew up. Here she imagines and weaves together a vivid portrait of three generations of families, friends, and strangers, whose lives are profoundly changed during one winter. At the center of an extraordinary cast of characters

are fifteen-year-old Miriam and her spirited single mother, Rusty. Their warm and resonant stories are set against the backdrop of a real-life tragedy that struck the town when a series of airplanes fell from the sky, leaving the community reeling. Gripping, authentic, and unforgettable, "*In the Unlikely Event*" has all the hallmarks of this renowned author's deft narrative magic. Ebooks and audiobooks are available through [nh.overdrive.com](#) with your library card; physical copies are available at the library. Contact the library for meeting information.

The library is adjusting its schedule in February as follows: we will be closed Monday, Feb. 15.

The Belmont Public Library is open six days a week and any time at [www.belmontpubliclibrary.org](#), serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont's community library.

For more information, contact: Eileen Gilbert 267-8331 [bpl@belmontnh.org](mailto:bpl@belmontnh.org) PO Box 308 Belmont NH 03220

## BELMONT POLICE LOG

**BE LMONT** — The Belmont Police Department reported the following arrests during the week of Jan. 12-19.

Mariellen Layne, age 52, of Belmont was arrested on Jan. 12 for Willful Concealment.

Brandon R. Jones, age 23, of Concord was arrested on Jan. 12 for Suspension of Vehicle Registration and Driving After Revocation or Suspension.

Gina M. Rossomano, age 36, of Belmont

was arrested on Jan. 14 in connection with multiple bench warrants.

Robert E. Leroux, age 48, of Gilford was arrested on Jan. 14 in connection with multiple warrants.

Thomas Michael McNeil, age 33, of Brockton, Mass. was arrested on Jan. 15 in connection with a warrant.

Bryan P. Jenness, age 32, of Northfield was arrested on Jan. 16 for Driving After Revocation or Suspension (sub-

sequent).

A 60-year-old male was taken into protective custody for intoxication on Jan. 16.

Alexander Michelli Pope, age 53, of Belmont was arrested on Jan. 16 for making a False Report to Law Enforcement.

Scott D. Mosher, age 51, of Gilford was arrested on Jan. 16 for Possession of a Controlled Drug and in connection with multiple warrants.

Nathan G. Bishop, age 21, of Belmont was arrested on Jan. 17 for Disobeying an Officer; Driving After Revocation or Suspension, Breach of Bail Conditions, and in connection with multiple warrants.



RC GREENWOOD

### Opening action

Juan Montoya drives toward the basket during his team's opening game of the season against Laconia. The Raiders are scheduled to be in action today, Thursday, Jan. 28, at Kennett at 6 p.m. and will be at Winnisquam on Tuesday, Feb. 2, at 6 p.m.

# Kaleb Hibbard of Belmont named to Springfield College Dean's List

**SPRINGFIELD, Mass.** — Springfield College has named Kaleb Hibbard from Belmont to the dean's list for academic excellence for the 2020 fall semester.

Hibbard has a primary major of Health Science.

The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

Springfield College is an independent, nonprofit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanities philosophy - educating in spirit, mind, and body for leadership in service to others.



COURTESY

At the Lakes Region Art Association's monthly meeting, members voted for their choices as winners in its 'Artists of the Month' program. The six selected as the best were, (back row L-R) Sherwood Frazier, Ron Bowman and Duane Hammond. Seated, (L-R) are Sue Merritt, Gail Brunt and Sally Hibberd. This winning art and photography will be displayed from Jan. 20 until mid February on wall space in the Lakes Region Art Gallery designated for 'Artist of the Month' winners. The Lakes Region Art Association Gallery is located in the Tanger Mall, suite 132, Tilton, NH. The gallery is open Thursday-Sunday 10 a.m.- 6 p.m. LRAA is a non-profit 501 c-3 organization dedicated to supporting and promoting creative art and photography in the Lakes Region.

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## Facts are stubborn things

John Adams was right when he said “Facts are stubborn things.” It’s pretty funny, albeit disturbing, to sit and listen to what some individuals believe to be true, not based on facts, rather hearsay. We’ve become a society where facts just don’t seem to hold much weight anymore.

The sky is blue, grass is green, milk is good for your bones, helmets prevent head injuries in accidents, a cow has two eyes, and George Washington was our first President. All of these things we know to be true because we’ve either seen it with our own eyes, or trust the documents of history. Our grandparents tell us stories of days gone by about other family members and the way things were, and we sit and listen intently and enthusiastically, and while we take in this information, we know it to be true.

We can dig through old newspaper archives, old and current court documents, valid witness testimony, police reports, judges’ orders, and we accept this information as fact. This isn’t to say that certain things ought not to be questioned; however, when facts upon facts upon facts are staring you dead in the eye and you still believe them not to be true, well, that’s simply dumbfounding.

We know that surgeons wear masks to prevent infection. We know that vitamin C boosts our immune systems. We know what elements make up oxygen and water. We know that Ibuprofen is an anti-inflammatory. We know that too much alcohol can hurt our livers, we know that plants need sunlight and water to grow. We know all of this to be factual, because of science.

So now, when scientists express how important mask wearing is during a pandemic to prevent the spread of a deadly virus (a practice done even in 1919), we have some individuals who just brush it off. It would be humorous if it wasn’t so disturbing. The fact is, based on science, that proper masks prevent the spread of airborne viruses, just like sunblock can prevent a sunburn. Why is one scientifically proven technique widely accepted and the other not? Well, a sunburn has never been politicized. Science has been saving lives and keeping our parents, friends and family members alive for longer, since the dawn of time.

Enter the ever interesting topic of conspiracy theories. A conspiracy theory is an explanation for an event or situation that invokes conspiracy by sinister and powerful groups, often in political motivation when other explanations are based on actual, proven facts.

Such theories have been around forever. They are nothing more than fairytales. Recently, psychologists have begun to unravel why certain individuals are more likely to believe in conspiracy theories and what attributes about them, make them so gullible.

Experts have surmised that characteristics of those people who are likely to believe in conspiracy theories include distrust of others, low agreeability and Machiavelliansim (when a person is so focused on their own interests, they will manipulate, deceive, and exploit others to achieve their goals.)

Low agreeability is typically defined as someone who is not very kind, nor dependable or cooperative with others. People more susceptible to conspiracy theories are more likely to have lower levels of analytic thinking.

When a person who believes in nonsense, is presented with demonstrable, thorough, proven, hard facts, they are often responded to with even further out there thinking, and it is noticeable that there is very little critical thinking.

Further it has been discovered that conspiracy theories make a person feel special. Some individuals who need to feel unique but can’t any other way, may fall prey. Conspiracy theories rely on ‘secret information’ which can give those believers a false sense of belonging.

It has been discovered that those individuals also are narcissists with a grandiose idea of the self and a touch of paranoia. Further, those who fall prey are likely more alienated, powerless and socially isolated.

Remember, conspiracy theories are brought about by people, not actual facts. Take note that you cannot argue with those who believe in conspiracy because those beliefs are not rational.

The simple answer here is to not ignore the facts — wear your sunscreen, wear your mask, drink water, eat your vegetables, have some fun, laugh and be kind to one another.



JOSHUA SPAULDING

### Lone Raider

**William Riley of Belmont races during a skate race on Tuesday, Jan. 19, at the Sandwich Fairgrounds. Riley finished in fifth place overall with a time of 11:47.**

## STRATEGIES FOR LIVING

### An Ode to Charlotte

BY LARRY SCOTT

On e moment, little Miss Coache was here, and then she was gone. On Sunday afternoon, Jan. 17, her mother, aware that the sleep monitor attached to her bed wasn’t responding, went to check on her and found her without a heartbeat. Some would call it a crib death, but to her family and this great-grandfather, it’s called a disaster.

The vivacious sweetheart was on loan to Justin and Lyndsay for 14 months. “Let the little children come to me,” Jesus said, “for of such is the kingdom of heaven.” Sunday, January 17, will always be etched in our minds as the day Charlotte heard that call. It has broken our hearts, but heaven cheered. Another of God’s special creations had come home.

It took only a moment for Charlotte to discover a new state of being, the reality of which we can only speculate. One can imagine that by now she has met Jesus up close and personal, joined with God’s people in worship and song, and basked in the glories of a heavenly realm that could only be conceived by the mind of God. She now knows what the Apostle Paul meant when he wrote, “The imperishable must clothe itself with the imperishable, and mortal with immortality. When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: ‘Death has been swallowed up in victory.’ ... Thanks be to God! He gives us the victory through our Lord Jesus Christ!”

And it’s because of

Jesus, and our rest in the providence of God, that we are comforted. In the words of Horatio Spafford, who had just lost his wife and four daughters to an accident on the high seas,

When peace like a river, attendeth my way,

When sorrows like sea billows roll;

Whatever my lot, Thou hast taught me to say,

It is well, it is well, with my soul.

There are those who will tell you our belief in an eternal state is nothing more than a figment of our religious imagination. They will tell you there is no God, no heaven, no morning sunrise after death. And for them, that is true. This life is as good as it gets; this is the only heaven they are ever going to know.

But to those for whom

Jesus is Lord, there is substance to our faith. The Apostle Paul, who had himself gone from being a religious fanatic to becoming a follower of Jesus Christ, wrote, “The Spirit himself testifies with our spirit that we are God’s children.” The change that has come to each of our lives has given us an assurance, a peace of mind that can be found only in Him. Life after death is no longer a threat but, indeed, a change of state we look forward to with excited anticipation. “In my Father’s house are many mansions,” Jesus said, “I go to prepare a place for you ... that where I am, there you may be also.”

That about which we can only dream is now, for little Charlotte, a glorious reality. The battle’s over, sweetheart. Welcome home!

## LETTERS TO THE EDITOR

### Far from patriotic

To the Editor:

It seems that even after nearly an entire year of living in a global pandemic, the true severity of the situation hasn’t sunk in for everyone. Simply being told to wear a mask and social distance isn’t unconstitutional, but necessary. There are new cases cropping up every day, and the number of deaths continue to rise at an alarming rate. As of today, the figures are in the millions. This pandemic has put a strain on all of us, but it is still our responsibility to keep each other safe.

Even with all of this in mind, there are still people who resent these protocols. A group of Republican New Hampshire state representatives have decided to send a letter to the Secretary of the State, calling for the termination of the state government of New Hampshire. They accused our Governor, Chris Sununu, of being a “tyrant” for the actions he took in an emergency COVID-19 response. In the face of

an event that endangers public health, state officials, like the governor, have a legal right to issue certain ordinances to prevent people from getting sick. In New Hampshire, Sununu has mandated masks, the closure of schools and nonessential businesses, and even enabled a stay at home order. Is he at fault for trying to keep citizens safe?

In their letter, the legislators also declared the 2020 electoral college results as fraudulent. Joe Biden has won the election, and it is time for people to accept it. The representatives can object to the outcome as much as they want, but the results were fair and final. Their message mimicked the Declaration of Independence, but their protests are far from patriotic.

Thank you,

JOYCE JIANG  
TILTON

## Send your letters!

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Please include your name, address and phone number.



## You could be moving, or in a tree, but even still



By JOHN HARRIGAN  
COLUMNIST

A foreign intruder crossed the Canadian border on a recent weekend, without a passport or even a Green Card. There was nary a by-your-leave from the Border Patrol or Customs and Immigration. There were no questions or search for contraband.

Even worse, it turned out that one branch of the federal government knew that the intruder was coming, and never alerted another branch charged with safeguarding the nation's borders. Even in this time of tightened security, with a controversial wall under construction on the Mexican border, the intruder breezed right through.

The unchallenged intruder, of course, was a weather system from the Eastern Townships, where the upper North Country most often gets its weather. It received no attention, even on TV's Channel 9 out of Manchester, which I'm

always careful to say has been doing a much better job of including the North Country in its news and weather coverage.

In an attempt to keep up with what's going on, I read daily and weekly papers, listen to New Hampshire Public Radio, and watch Channel 9. As icing on the cake, I try to find out what people are talking about at local hangouts. However, I'm still clueless.

+++++

Channel 9's game-changer with local viewers of divided loyalty (two stations in Portland, one in Burlington) was the widely popular series "North Woods Law," which made virtual media stars of conservation officers, traditionally a low-profile job.

Stealth, after all, is often seen as the epitome of a Conservation Officer's work. And as a guy who's been sneaked up on by what we used to (and sometimes still do) call "game wardens," twice, no less, and arrested once (yes, me), I can attest to stealth. If I were a potentate, I'd still make stealth a necessary talent for the job.

(How would the bureaucracy ever create a test for "stealth"? I mean, even a potentate could

not just sit there and command, "Do stealth." The first thing, I'd think, would be to look sneaky--hunched over, eyes darting back and forth, like that. Hair slicked back, not effective with a fedora. Maybe some fingers out there, grasping.)

Occasionally, TV episodes can get the department in trouble. A New Durham couple sued the department and the show's production company over film of a suspected marijuana seizure in a case that pitted the right to privacy versus the First Amendment. The justices ruled in favor of freedom of speech, and Fish and Game.

The arrest? I failed to notice a sign right there at the gate, and was on someone else's land (Bayroot's), in my truck, without permission. As a landowner who never allowed motorized use without permission, I was indeed (as I was quoted in numerous news accounts) mortified.

+++++

New Hampshire's bear kill last year, Fish and Game says, was the third-highest ever, totaling 886, and represented a 9% increase over the five-year average. The record kill of 1,053 was in 2019.

Of the total, 144 were bears pursued with hounds; 270 were taken by still-hunters (a misnomer that combines hunters in tree-stands and blinds with those who move through the woods); and 472 were shot over bait.

+++++

The above is a perfect example of how camp-talk often does not conform to even common language, let alone official.

Hunters know that the "still" in "still hunting" refers to sound, not movement. A still hunter is one moving slowly and carefully--often very slowly--over the land, but above all, quietly. His primary goal is to make no sound--in other words, be as still as possible.

But wait, it gets worse. In official parlance "still hunting" also refers to a hunter who doesn't move. In the official category, a hunter who sits (or stands) in a tree or blind is lumped into the same general category--"still hunting." As with most all hunting, being quiet rules, but here, "still" has a double meaning.

How in the world would a non-hunter know or understand any



JOHN HARRIGAN  
The other day, I took a cruise over Titus Hill, and stopped to take this photo as I approached Route 26 just because it was Jan. 22, and the Mohawk River was capering along free and clear (well, almost clear).

of this?

+++++

"Be still" is almost gone from the language. It is a command, after all, on a par with "Hush," often used with children. Who does that anymore?

These days, if you're extremely fortunate, it's "Please be quiet for a moment," usually said with a palm held downward, more often with a forefinger on lips or in the air.

Sometimes it's "Quiet, please," as in a movie theater or library or church. These days, however, it's likely to be the always-so-ugly "Shut up."

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

## Comfort Keepers

### Winter health risks for seniors

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many senior's regular schedules. And, it's not just snow and ice that make winter a difficult season for seniors – additional factors include post-holiday isolation, illness, and the physical effect of cold weather.

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness.

Some factors to consider include:

Winter blues – Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Creating opportunities for socialization and finding joyful moments isn't just for fun – it can help foster critical connection and combat loneliness. There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

Winter illness – There are a variety of ways that seniors can be physically affected by the winter

season.

Pneumonia: Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help.

Joint pain: Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating temperature in side and stretching exercises can help. A healthcare professional can also suggest exercise, medication or other coping strategies.

Heart issues: Heart attacks and high blood pressure are more common in winter because cold snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially

in seniors.

Winter safety – Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for those with some health conditions, like Parkinson's disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided through education too. Examples include being mindful about fall risks, monitoring carbon dioxide levels and preventing hypothermia.

Comfort Keepers® Can Help

Our goal is to provide up lifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide companionship or transportation to community events, and support physician-prescribed exercise regimens, provide companionship and help

to families that want to stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bath-

ing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers

have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

### NOTICE OF PUBLIC HEARING

Shaker Regional School District will hold a public hearing relative to the receipt of Supplemental Public School Response Funds (SPSRF) on Tuesday, January 26, 2021 at 6:00 pm. The meeting will be held at Belmont Middle School.

### Shaker Regional School District PUBLIC NOTICE

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

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 20, 2021.

The election will occur during the annual voting on Tuesday, March 9, 2021 and will be conducted under the non-partisan ballot law.

#### Positions to be filled at the election are:

Belmont – one member to serve for three years (2024)  
Canterbury – one member to serve for three years (2024)

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, January 29, 2021 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 the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 267-9223, or by calling Stacy Kruger, Clerk, at 267-7552 evenings.

No person may file a declaration of candidacy for more than one position of 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, Clerk  
Shaker Regional School District

### PUBLIC HEARING NOTICE Town of Northfield

The Northfield Budget Committee will hold a public hearing on the proposed 2021 budget at 6:30pm on Thursday February 4, 2021 at Town Hall, 21 Summer St. Immediately following the Board of Selectmen will hold a joint meeting with the Budget Committee on the proposed 2021 Warrant Articles.

The proposed budget and warrant will be available at Town Hall and at [www.northfieldnh.org](http://www.northfieldnh.org) on or before January 28th.







CORMIER

CONTINUED FROM PAGE A1  
Tilton. One was to bring the best training opportunities and tools to his officers so they could do a “phenomenal” job for the town. The second was to bring them a new police station, equipped with all they need to protect the citizens, businesses and visitors to the town. That goal was met last March when voters approved the construction of a new building on Rte. 132, which will be ready for occupancy in the very near future.  
“I wanted to say thank you,” he told them at last week’s board session.

“You’re not just my bosses but my friends. You really helped me grow and made it a pleasure to be your chief.”  
Chair Joe Jesseman led comments about Cormier’s retirement announcement by saying he regretted that it was happening but thanked him for all he has done over the last 14 years and said he would be missed by the town. Selectman Consentino, who has served as liaison to the police department and worked closely with the chief over the years wished him well in his new journey, too.  
“I don’t feel like I need

to say goodbye though because you’re a good friend and always will be. Thank you...it’s been an honor serving with you,” she added.  
Peter Fogg also thanked Cormier for bringing the police department forward and said his retirement will be a big loss for the town. Selectman Eric Pyra weighed in as well.  
“Thank you for everything you’ve done for the town. I wish you well from the bottom of my heart,” said Pyra.  
Lastly, Selectman Jon Scanlon remembered some of the things Cormier helped bring

to the community such as Movies in the Park, Cruise Nights, Halloween celebrations and events on Island Park. After all Cormier has accomplished in not only the town but at the state level in law enforcement and through his volunteerism for Special Olympics and the New Hampshire Make a Wish Foundation, he said accepting the chief’s resignation was “kind of tough.”  
“One of the things people think of when they think of Tilton is you. You’ve been the face of Tilton,” Scanlon said. “You’ve been a great

community representative and I’ve always been proud to have you as our chief.”  
Cormier’s wife Jennifer sat in on the meeting, too, and added her own emotional thoughts and praise for her husband.  
“I’m super proud of Bob. He’s served the town so well. You’d be hard-pressed to find a more dedicated or hard-working public servant,” she said.  
As for his future, she doesn’t expect he will be hanging out at their home for long.  
“Bob’s a rolling stone; he gathers no moss. He follows his passions

with great vigor. He puts himself 120-percent into whatever he does with love and I expect nothing less of him in his next chapter,” she said.  
The chief said he would be no stranger in his adopted hometown and wishes everyone all the best in the years to come.  
“I love all of you guys. I’ll be there for anything you need,” he said.  
Selectmen are now in the midst of the search process for their new chief and hope to have a successful candidate in the near future.

GASSEK

CONTINUED FROM PAGE A1  
in place to help the school’s athletes.  
The biggest thing she’s working on is a Preventative Injury Program, which she hopes will become fully intact come the spring season. This program involves creating sport-specific warmups for each team, which can help to prevent injuries.  
“I am big on knee injury prevention,” she said, noting she has had a personal ACL injury. “It’s on my radar.”  
Gassek pointed out that the program started with basketball and she is excited to make it a

said. “You don’t wait until cancer is terminal to treat it, prevention is the best medicine.”  
She noted that war-mups can get incredibly specific, based on the sport, gender, age group and more.  
“Any warmup that hasn’t been touched by an athletic trainer is old-fashioned,” Gassek said. “You can dig so much deeper and really target the injuries you can prevent.”  
“We are narrowing down when and why injuries are happening,” she added.  
Additionally, Gassek is working with the National Injuries Surveil-

paperwork. Additionally, she notes that she’s excited about the possibility of teaching a sports medicine class at some time in the future.  
“Slowly but surely,” she said of the progress. “Everything needs approval.”  
Gassek is also looking to get a team doctor in the mix, particularly when it comes to football.  
“Stuff can go south really quickly,” she said of injuries at football games, noting that it’s not always just players, but referees, coaches and spectators can also benefit from having medical professionals on the sidelines at the high school games.  
And now that she has the space to do her work, Gassek, who is contracted through Granite State Physical Therapy, anticipates better things to come.  
She also praised Larsen for his help in making her feel welcome and in securing her new space.  
“He sees my worth,” Gassek said. “I feel very valued working under him.”  
One thing that the pair are working on is allowing Gassek to schedule rehab appointments for the last block of the school day so that there’s no interference with practices for those who are dealing with injuries.  
“This is how it’s done at the college level and we want to make Winnisquam athletics as close to that as possible to prepare our future college athletes,” she said.  
Gassek pointed out



The new training room at Winnisquam offers a lot of space for multiple athletes to be dealt with at the same time.

that nationally, about 50 percent of schools have an athletic trainer and people don’t always know what they do and she’s hoping to make people realize just what she and other trainers can offer.  
“We’re not just there to tape ankles,” she said, pointing out that trainers need more continuing education credits than registered nurses

each year.  
And while the goal is to prevent injuries, of course, they can still happen and with her new space, Gassek also offers more room to help athletes rehab their injuries and get back on the court faster, another benefit to having an athletic trainer on staff.  
Yes, she can still tape your ankle get you ice, but Gassek brings much

more to the table for the Winnisquam community.  
“In this space, I’ll be a way better athletic trainer than I would’ve in that (old) space,” she said. “I am pretty much a Swiss Army knife.”

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



The old training room didn’t provide a lot of room for athletes to get treatment.

school-wide program.  
“I am hoping to collaborate with coaches and add that injury prevention in there,” Gassek

lance Study and is also looking to create an electronic health record system at the school to cut down on the amount of



Under COVID-19 protocols, the old training room couldn’t fit more than one student at a time.

VACCINE

CONTINUED FROM PAGE A1  
uals and organizations across New England and as far away as New Mexico, Utah, and Florida.  
For more information about the campaign and how to obtain pins, visit [www.zontaclubofconcordnh.org](http://www.zontaclubofconcordnh.org). As a 501(c)(3) charitable organization, donations are accepted to support the campaign. Pins are provided at no-cost (shipping may apply) to individuals through generous community support. Zonta invites businesses to purchase pins at cost to share with employees and customers. “We hope the pins start conversations and inspire people to protect our community as we have to do it together!”

The Zonta Club of Concord works at the local level of Zonta International with the mission to empower women

through service and advocacy. Throughout 60 years of service to the greater Concord community, they have provided more than \$75,000 worth of scholarships, as well as advocacy on many critical issues including domestic violence prevention, human trafficking, child marriage, refugee re-settlement, access to education and health care. The Club also supports projects internationally to improve the lives of women in developing countries.  
The New Hampshire Veterans Home (NHVH) provides high quality, long term care to men and women veterans who have served their country and fellow New Hampshire citizens. NHVH was established in 1890 as the Soldier’s Home for Civil War Veterans and is our state’s only long-term care facility dedicated exclusively to serving the Granite

State’s elderly and disabled veterans. To learn more about the facility located at 139 Winter St. in Tilton, visit online at [www.nh.gov/veterans](http://www.nh.gov/veterans) or [www.facebook.com/nhveteranshome](http://www.facebook.com/nhveteranshome), or call 527-4400.



COURTESY  
Rita Landry, Air Force veteran and NH Veterans Home resident, is happy to be vaccine strong.

# PET OF THE WEEK

Buddy is an active little guy that has lots of puppy energy and thinks that playing and running around is a LOT of fun. He will need to work on basic skills, but is a well mannered young gentleman. His favorite activities include but are not limited to, sniffing and exploring his environment, oh and did we mention he loves food?

Buddy would do best in a home with kids ages 10 and up, he may do well with cats but he may chase, he would also do well with a doggy friend at home.



# BUDDY



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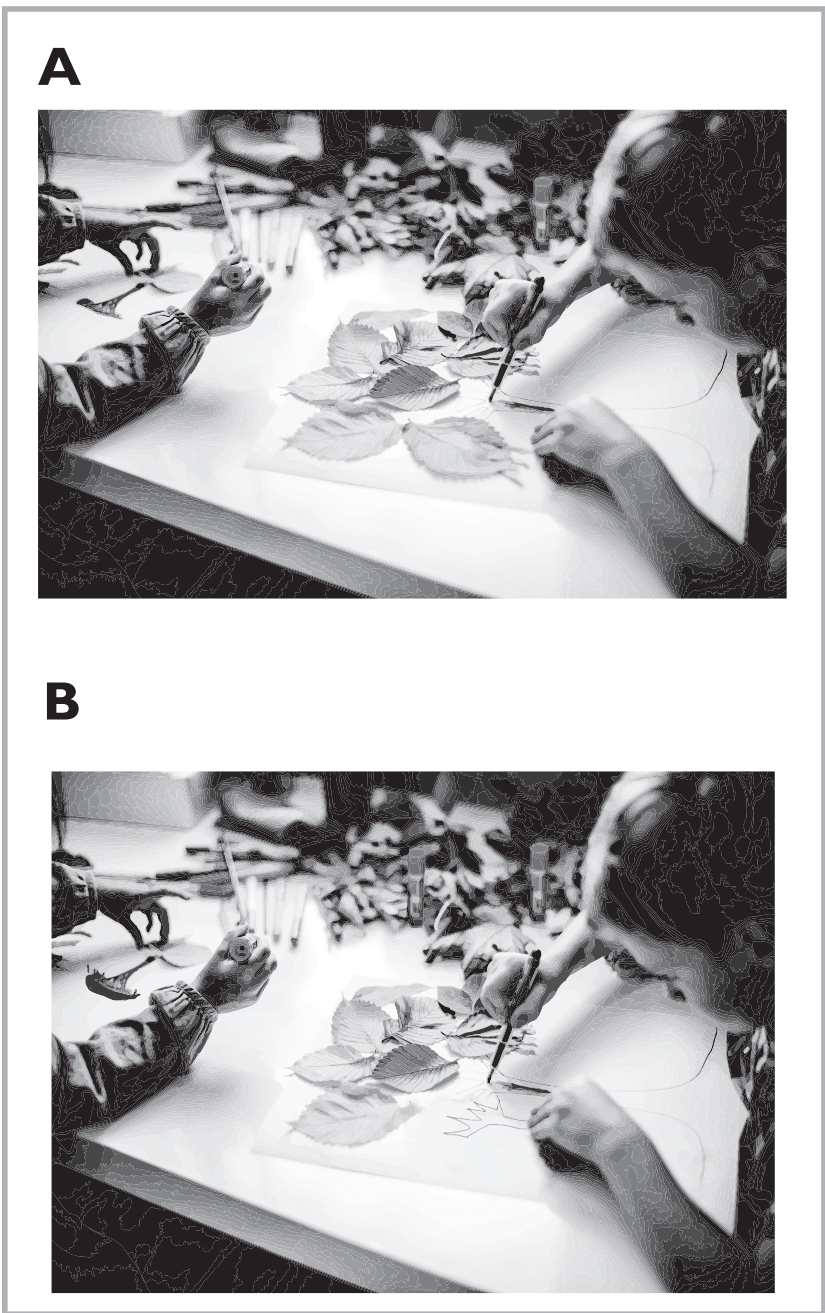
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539





What’s the Difference?

There are four differences between Picture A and Picture B. Can you find them all?



Answers: 1. Extra glue stick 2. Leaf missing 3. More grass around tree on left 4. Another tree trunk and branches drawn on right

THIS DAY IN...



HISTORY

- **1573:** FREEDOM OF RELIGION IS SANCTIONED IN POLAND WITH THE SIGNING OF THE WARSAW CONFEDERATION.
- **1813:** “PRIDE AND PREJUDICE” BY JANE AUSTEN IS PUBLISHED .
- **1915:** THE UNITED STATES COAST GUARD IS CREATED BY MERGING THE U.S. LIFE SAVING SERVICE AND THE U.S. REVENUE CUTTER SERVICE.



ARTISTIC

having natural creative skill

How they SAY that in...

**ENGLISH:** Paint

**SPANISH:** Pintar

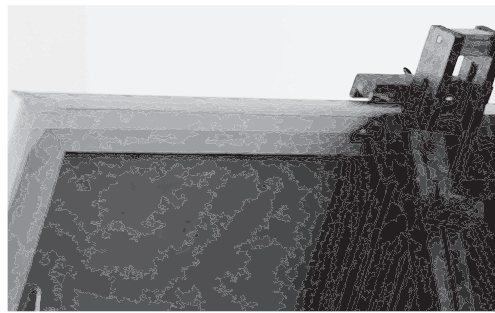
**ITALIAN:** Dipingere

**FRENCH:** Peindre

**GERMAN:** Malen



ARTISTIC ABILITY AND CREATIVITY ARE TWO DIFFERENT TRAITS. GOOD ARTISTS MUST HAVE A COMBINATION OF BOTH TO BE SUCCESSFUL.



Can you guess what the bigger picture is?

ANSWER: EASEL

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to finances.  
Each number corresponds to a letter.  
(Hint: 18 = E)

A. 23 6 14 10 18 5

Clue: Income/expenditure estimate

B. 18 20 5 25 5 18

Clue: Money and property

C. 4 18 5 24 4 18 17 18 9 5

Clue: Cease working

D. 3 22 25 9

Clue: Detailed proposal

Answers: A. budget B. estate C. retirement D. plan

SUDOKU

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

Level: Advanced

Here’s How It Works:

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

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

ANSWER:





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List Price: \$90,335  
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Stephanie Glidden, Adm. Assistant to the Superintendent of Schools and to the Director of Student Services White Mountains Regional School District SAU #36  
14 King Square, Whitefield, New Hampshire 03598  
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## Moultonborough School District

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## Moultonborough School District

### General Music/Band Teacher, Grades 6-12

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Howard Chandler

# Howard Chandler selected to serve as executive director of Peabody Home

FRANKLIN — Meg Miller has announced that she plans to retire from her role as executive director of the Peabody Home in February 2021. Her successor will be Howard Chandler, who has been approved by the Board of Directors and will begin his position on Feb. 22. Miller has worked at the Peabody Home for 22 years as the administrator and has been an integral part of the new phase of growth and expansion of the more than 80-year-old nursing home by securing a substantial loan to more than double the capacity of the facility.

Miller is moving into retirement to spend more quality time with her family and loved ones. She will be available to help with the transition to the new executive director, who is a former colleague and is highly respected in New Hampshire's nursing home community.

"I am so grateful for the work our staff has done to help maintain the excellent care and level of service that the Peabody Home has been known for since its inception in the early 1940s and to our fantastic and dedicated Board of Directors for their guidance and support. This is an amazing and caring team that I know will help shepherd the Peabody Home into this

exciting new phase of expansion," Miller said. "I am delighted that the board has selected Howard Chandler as the incoming executive director and it's a good time for this leadership transition. Knowing him well, I am confident that Howard will be a great leader for Peabody."

Howard Chandler has served as the administrator of the Mountain View Community in Ossipee, New Hampshire since 2012. Chandler, of Laconia, started on a temporary interim basis and became the permanent director of Nov. 1 of that year. Prior to serving as administrator to Mountain View Community, Chandler held leadership positions at Taylor Community in Laconia and Meredith Bay Colony Club in Meredith and helped guide these facilities through a similar growth pathway that the Peabody Home is embarking on.

"We are eternally grateful for the dedication and compassion that Meg has brought to the Peabody Home day in and day out for many years. She has been an inspiring leader and I wish her and her family the very best in this next chapter for them. We are very excited that Howard Chandler will be joining us as the next executive director. He is one of the most talented and respected individuals in the industry, has great leadership skills and an impeccable reputation, and we are very fortunate to have him," said John Benham, a long-time board member and Chair of the Building Committee, who was highly involved in the search.

Peabody Home put shovels in the ground at a recent virtual ground-

breaking ceremony to formally kick off the construction process that will result in this significant expansion of facilities and services. The larger, brand-new facility will provide more capacity for assisted living and memory care and add in new high-quality independent living options for a full continuum of care. Funding totaling \$26 million was approved through the United States Department of Agriculture's (USDA) Rural Development's Community Facilities Direct Loan & Grant Program in November. On Dec. 22, all loan paperwork was finalized, allowing construction to start.

Construction of the new 63,632 square foot facility will be done in two primary phases. The first phase will be the construction of the assisted living and memory care facility. Upon completion, residents and staff from the current facility, which dates back to 1942, will be moved to the new building. Phase one is expected to be completed in late 2021.

Once completed, the "new Peabody Home" will more than double capacity from the current 37 residents and will include 13 memory care apartments, 45 assisted living apartments and 16 independent living apartments. It will feature more common space and take advantage of its unique views of the Winnepesaukee River, which bends around a point where the facility is located.

For more information, contact Admission and Marketing Director Marylee Gorham at 934-3718 or [ormgorham@peabodyhome.org](mailto:ormgorham@peabodyhome.org).

## Seniors and Snow Don't Always Mix



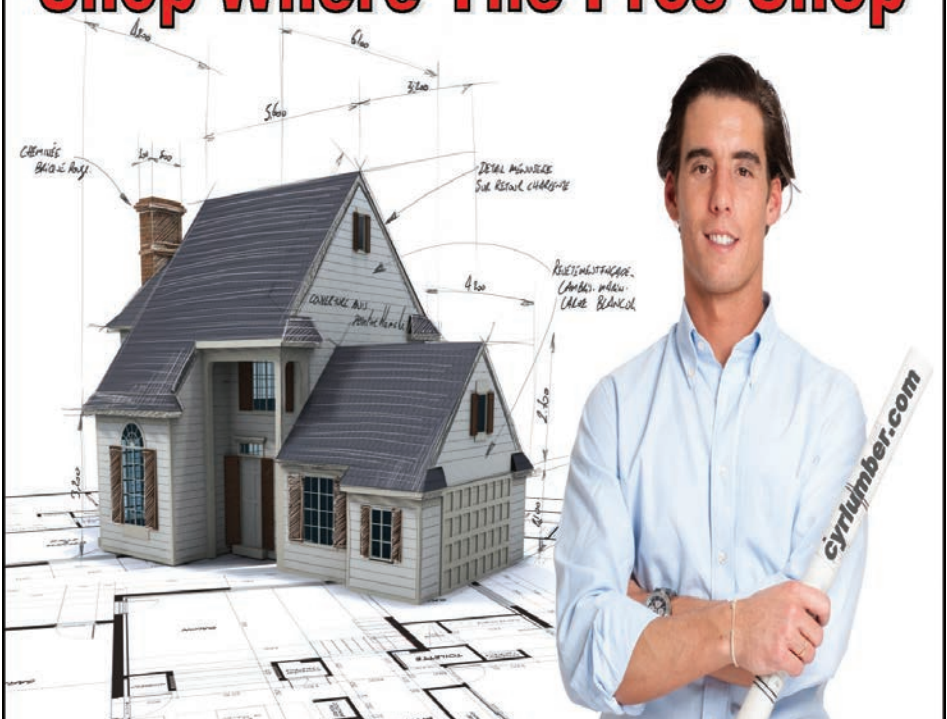
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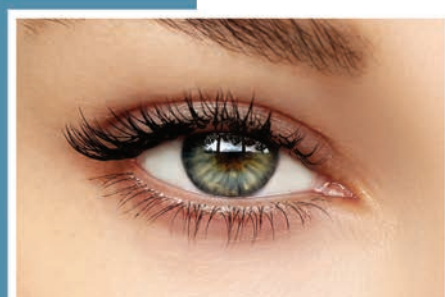
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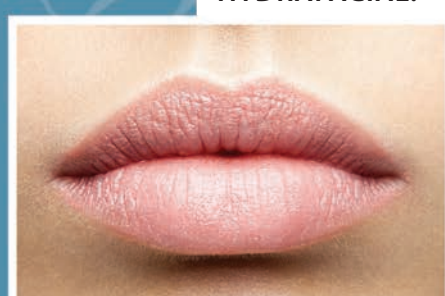
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