

THURSDAY, DECEMBER 12, 2019

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

FREE

Annual parade brings Christmas to Tilton

BY DONNA RHODES

drhodes@salmonpress.news

TILTON – The 2019 Christmas Parade in Tilton last Saturday afternoon was a festive event, featuring many lighted floats, including Winnisquam Marine's salute to the N.H. Make A Wish Foundation, marching groups, and

even an appearance by Disney's "Frozen 2" characters Kristoff and Sven as well as Santa Claus. White Tiger Karate, Tilton-Northfield Rotary, Winnisquam Regional High School students, Rusty Drew's Towing, and Girl Scouts were also among the SEE PARADE, PAGE A9

Time capsule burial caps Belmont's anniversary celebration

BELMONT - Wrapping up their 150th Anniversary celebration, selectmen of the Town of Belmont placed a 25year time capsule in the ground below the town hall last Monday, filled with wishes for the future along with a perspective of the town and its residents in 2019.

Events Coordinator Gretta Olson-Wilder collected items for the time capsule throughout the year. Information on happenings in Belmont in 2019 from newspapers, such as the Winnisquam Echo and other local and regional publications, were included as was New Hampshire Magazine and promotional materials for the town's 150th anniversary. Restaurant menus, store flyers, information on First Baptist Church and their community involvements and a photo of St. Joseph Catholic Church, which celebrated its parish's 70th anniversary this year, also made their way into the vault.

SEE TIME CAPSULE, PAGE A10

SANBORNTON Last Saturday afternoon, the Lane Tavern in Sanbornton hosted its annual holiday Craft and Wreath Sale. Not only wreaths and kissing balls were available, but handcrafted goods, art and nostalgic ephemera for shoppers to browse and purchase. In addition to the ven-

dor sales, many people

also took part in a cookie



Eight-year-old Zachary of Northfield was excited to receive a stuffed animal and new book from Santa at the Tilton Christmas celebration last weekend.

Community embraces the holiday spirit at annual Lane Tavern sale



walk where they could make a donation to the Sanbornton Historical Society then select from a wide-array of homebaked cookies provided by both SHS members and their local supporters.

Greeting everyone at the door were Adelaide McGowan and her niece

Dressed in Victorian finery for the day, Ashley Frame and Adelaide McGowan displayed some of the beautiful Christmas greenery on sale at the historic Lane Tavern in Sanbornton last Saturday.

Children's Auction cracks the \$600,000 mark

BY ERIN PLUMMER

mnews@salmonpress.news BELMONT — Kids in need across the area will be getting a lot of holiday cheer thanks to over \$600,000 raised by the Greater Lakes Region Children's Auction.

On Saturday, the 38th annual auction closed for another year with a total of \$600,032, which will be distributed to more than 60 nonprofit organizations helping families right in the Lakes Region.

This year's auction opened on Tuesday, headquartered in the former Peebles store in the Belknap Mall: a larger space for the production and the items.

Auction Chair Jaime Sousa said the auction started with fewer items than usual. This year Thanksgiving fell late on the calendar, meaning they didn't have that extra week between Thanksgiving and the auction. Snowstorms also hampered contributions. Sousa said at some points items that came



The final number of \$600,032 is unveiled at the end of the Greater lakes Region Children's Auction with Bob Glassett and Jaimie Sousa holding the check.

in were going out just ly came through in just as fast. During the week a number of pleas went out for more items.

the nick of time," Sousa said.

The auction aired on "The community real- Lakes Region Public Access as well as the Laconia Daily Sun Web site and numerous local radio stations.

> When the auction

closed on Saturday afternoon, it cleared the \$600,000 mark. This also included the \$355,453 SEE AUCTION, PAGE A10

Ashley Frame, both outfitted in Victorian dresses sewn by McGowan's mother Rebecca Frame. Their historic touch to the event was quite popular and the two women were kept busy posing for photos throughout the day.

DONNA RHODES

Further inside, tables overflowed with Christmas decorations, beautiful wool and cashmere handmade mittens from The Green Mittenry, wood art, baby blankets, Christmas stockings, jewelry, maple products, photography and so much more. Professional garden designer Ginger Wells-Kay of Belmont joined the festiv-SEE COMMUNITY, PAGE A10

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HALL MEMORIAL LIBRARY

Tilton/Northfield

Monday, Dec. 16

Chess Club, 2-5 p.m. After-School Board Game Club, 4 to 6 p.m.

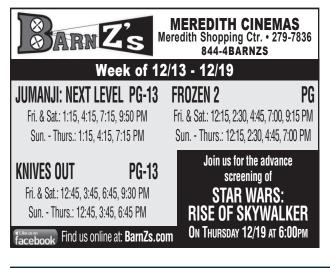
New for kids, grades 3+! Not sure what to do after school? Why not stop by the Hall Memorial Library and try out some games! We will have a bunch of different games perfect for groups, solo or one-onone! Join us to try out some games you may have never heard of but will love!

Crime Junkies Book Group, 6 p.m.

"Give Me Your Hand" by Megan Abbott - "A psychological thriller from the Edgar-Award winning author of 'Dare Me' will leave you in suspense as a life-changing secret destroys the friendship between Diane and Kit, best friends with shared ambitions and inseparable ways. As Kit rises to the top of her profession, only Diane stands in her way. But Kit knows what Diane has done and it is the worst thing imaginable. Yet she holds her secret. Now, Diane has one on Kit. And it could destroy everything she has worked so hard for. But what about ambition? Maybe it is in the blood ..." (Amazon)

Monday Bookers, 6 p.m.

"Arrowood" by Laura McHugh - "A dark, gripping novel from the author of 'The Weight of Blood' about a mysterious kidnapping and the ways in which our lives are shaped by the stories we create about our pasts. Arrowood is the most ornate and beautiful of the grand historical houses that line the Mississippi River in Southern Iowa, where the days are long and humid and



communities are small I and closed. It has its to own secrets and ghost- f ly presence: It's where secret Arden's young twin of sisters were abducted secret nearly 20 years ago, never to be seen again. If Now Arden has inherited Arrowood, and she I

returns to her childhood home determined to establish what really happened that traumatic summer. But the house and the surrounding town hold their secrets close - and the truth, when Arden finds it, is more devastating than she ever could have imagined." (Amazon)

Tuesday, Dec. 17 Spanish Club, 10 a.m. Nooners Book Group, noon

For our December meeting, we'll discuss poetry favorites.

Tech Tuesday, 2 to 4 p.m.

Wednesday, Dec. 18 Storytime, 10:30 a.m. Children's Holidays Around the World Ornament Make-n-Take,

4 p.m. Children are invited to learn about different holiday traditions celebrated around the world and create their own holiday ornament from a variety of countries. Craft, sip cocoa, and enjoy cookies with us. Supplies provided by Hall Memorial



Library. No registration required for this free event but limited supplies are on a first come, first served basis.

YaH Book Group, 4 p.m.

"Sweet" by Emmy Laybourne- "The luxurious celebrity cruise launching the trendy new diet sweetener Solu should be the vacation of a lifetime. But Laurel is starting to regret accepting her friend Viv's invitation. She's already completely embarrassed herself in front of celebrity host Tom Forelli - the hottest guy ever!- and she's too sick to even try the sweetener. And that's before Viv and all the other passengers start acting really strange. When Tom's hosting gig turns into an expose on the shocking side effects of Solu, will he be drawn to save a sexy reality star - or Laurel? Emmy Laybourne, author of the Monument 14 trilogy, takes readers on a dream vacation in Sweet that goes first comically, then tragically, then horrifyingly, wrong!" (Amazon)

Thursday, Dec. 19 Star Wars Movie Marathon, 4 p.m.

Star Wars: The Rise of Skywalker will be released on Friday, Dec. 20. Join us to view Star Wars movies!

Friday, Dec. 20 Sit & Knit, 2 to 5 p.m.

Saturday, Dec. 21 Shortbread Saturday, 10 a.m.

Borrow from the short reads display and we will have shortbread cookies to share while supplies last.

New Items

Protect yourself and the ones you love this winter

FRANKLIN — This chilly time of year, full of magical snowflakes and holidays, is not known as cold and flu season without good reason. Knowing what to do when you get a cold, and some steps you can take to avoid being sick is critical at this time of year, so here's some advice from the team at Franklin VNA & Hospice.

First, if you haven't gotten your flu shot, it's not too late! If you're over 65, or have certain medical conditions that may weaken your immune system, your doctor may also recommend two different types of pneumonia shot. These two shots taken together prevent over 40 different types of pneumonia and are a worthwhile vaccination.

Next, wash your hands! Hand washing is hands-down, pardon the pun, the most effective way of preventing common the cold and many other virus and bacterial infections.

As a refresher, you should always wash your hands after using the bathroom, cleaning around the house, touching animals and pets, or blowing our nose, coughing and sneezing. We should also wash before we eat or cook, and any time after our hands become dirty or soiled. This includes grocery cart handles, public any door knobs, shared keyboards, shaking hands, and after we touch anything else a bunch of other people have touched.

Consider a "sick-day box." This can be a box or shelf where you keep the name and number of your primary care and other providers, your pharmacy number, a few cans of ginger ale, a box of tissues, hand sanitizer, medications to relieve pain and fever, decongestants and cough syrup. Include a thermometer, with batteries if needed, and maybe even some tea bags, broth packets, and a few packets of peanut butter and crackers, or other shelf-stable snack. This way if you do get sick, you can easily treat yourself, or a loved one. If you have a chronic illness, like diabetes or COPD, talk with your provider about special additions to your sick box, like blood test strips or emergency inhalers, they may want you to keep on hand.

If you do get sick, cover every time you cough or sneeze, and wash your hands often, especially after you touch your face. Stay home and rest so you get better soon, and if your condition worsens, see your provider. If you must go out, don't visit babies, the elderly, people who are on treatment for cancer or on immune system suppressing medications, or anyone you know who is in frail health. Being sick is especially risky for them. Here's to keeping ourselves and our loved ones healthy and happy this season!

In Five Local Papers:

Plymoutb Record Meredith News Winnisquam Echo Gilford Steamer Newfound Landing

Tracy Lewis 603-616-7103 • Tracy@salmonpress.news "You're Not Safe" by Mary Burton

"The Collector" by Fiona Cummins

"Scorched" by Jennifer Armentrout

"Murder, Interrupted" by James Patterson "Lost Christmas" by David Logan

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LOCAL NEWS





DONNA RHODES

Eight-year-old Kendall Curley placed the bird-friendly ornament she made on Sanbornton's Christmas tree outside the Old Town Hall last Sunday afternoon.

Devon, Bennett, Arey and Khloe had fun posing for photos last Sunday at Sanbornton's annual Christmas celebration in the Old Town Hall.

Sanbornton celebrates the season with annual community gathering

BY DONNA RHODES drhodes@salmonpress.news

SANBORNTON - Following the Christmas Wreath and Craft Sale at Lane Tavern on Saturday, families gathered again at Sanbornton's Old Town Hall on Sunday for Christmas in Sanbornton, where adults enjoyed the violin music of local Berkley School of Music graduate Audrey Budington while children had fun with a variety of crafts as they awaited the arrival of Santa Claus.

Amanda Pelissier is the new Recreation Director for the town who organized this year's celebration and said that since she was hired in mid-October, her first big task was to "Deck the Halls" in town this year.

"I'm excited! This has been a lot of fun so far," said Pelissier.

Keeping with the rural atmosphere of the Sanbornton, she decided to have a Christmas tree



land and tree ornaments made of Cheerios, dehydrated fruits and pinecones rolled in birdseed. Another craft they could take part in was the creation of holiday picture frames, very suitable for their special photos with Santa this year.

"We'll be taking their photos and processing them right here so they can all take them home today," Pelissier said.

Another memorable moment could be had with the Photo Booth where moms and dads were able to snap photos of their children after they selected one of several types of fun props then posed in front of a wintry backdrop.

Hot chocolate, cof-

NORTHFIELD POLICE LOG

Vehicle

NORTHFIELD – During the time Building, frame of Nov. 25 – Dec. Motor Vehicle Lockout, 1, the Northfield Police Disabled Motor Vehicle, Department received 288 General Disturbance,

Stops 16 Assist other

Agencies (fire, dcyf, po-

8 Suspicious Activ-

which include:

11 Motor

fee, popcorn, cookies and other snacks helped make the celebration enjoyable for people of all ages.

At 3 p.m. guitarist Pete Cluett took over the entertainment with holiday songs, inviting people to sing along as Santa's appearance drew closer.

When the Jolly Old Elf arrived aboard a Sanbornton Fire Department engine, he joined children on the bandstand to light the tree before heading inside to meet with them one on one. Besides a photo with Santa, each boy and girl also went home this year with an early Christmas gift.

gencies. Theft from Vandalism, calls for service some of Civil Matter, Animal Complaints, Medication Disposal Services, Suspicious Person and Activities.

on the town's bandstand that would be appreciated by all of Sanbornton's feathered friends, too. Children pitched in last weekend by making gar-

DONNA RHODES

After lighting the tree in front of the Old Town Hall last Sunday, Santa posed for a photo with all the boys and girls who attended the community's annual Christmas in Sanbornton celebration.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 28 to Dec. 6.

Kendra L. Peters, age 41, of Belmont was arrested on Nov. 28 in connection with two warrants issued by the Laconia Police Department and the Merrimack County Sheriff's Department, respectively.

Jessica R. Baker, age 32, of Laconia was arrested on Nov. 28 for Driving After Revocation or Suspension.

Eric J. Lewis, age 49, of Belmont was arrested on Nov. 29 for Driving After Revocation or Suspension, being a Felon in Possession of a Dangerous Weapon, and for Possession of Controlled/ SEE **BELMONT**, PAGE A10

TILTON POLICE LOG

TILTON – The Tilton Police Department made the following arrests during the week of Dec. 2-8.

Arrested during this time period were Devon Hanson (for Driving After Suspension), Benjamin Wirth (for Simple Assault), Glen Jordan, Jr. (for Violation of a Protective Order), Kendal Hardy (for Simple Assault-Domestic Violence), Nicole Pelky (in connection with a warrant), Heather Braley (for Possession of Drugs), Shawna Cole (for Willful Concealment), Courtney Donahue (for Possession of Drugs), and Katrina O'Donnell (in connection with a warrant).



Main St., Plymouth, NH 536-2625.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 41 calls for service during the week ending Dec. 7. The breakdown was as follows:

One pistol permit, three motor vehicle accidents, 14 motor vehicle warnings, one sex offender registration, four fire/medical calls, one report of reckless operation, one service of a court summons, two road hazard complaints, two V.I.N. verifications, one incident involving a juvenile, one house check,

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two animal involved incidents, two money relays, three alarms, one compliant of a bad check, and one report of criminal mischief.

5 Welfare Checks Missing Person, Mo-

tor Vehicle Complaints, Property Checks, Parking Violations, Reckless Operations, Road Hazard, Suicide Attempt, Scam, Medical Emer-

Taken into custody:

Stacey Gates 43, of Belmont for Hindering Apprehension, False Report to Law Enforcement, Protective Custody as well as a No Bail Warrant from the Merrimack County Sheriff Office for Violation of Probation.



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lice)

Opinion

A4 Thursday, December 12, 2019

STRATEGIES FOR LIVING

On a Sin City vacation

BY LARRY SCOTT

I was sitting next to a 50-something in a Las Vegas Casino, and we were discussing our visit to Las Vegas, popularly known as Sin City. I was a long-haul trucker in town on business, he a vacationing British tourist.

Before I finished my first cup of coffee, and without any prompting, the gentleman, whom I will call Nick, interrupted my thoughts. "I can't believe how easy it is to get a girl in this city, and man, compared to Great Britain, they're cheap. Haven't decided yet ... but I may get another one tonight. I'm not married so it's no big deal ... I'll see how I feel this evening."

But it was a big deal; he just didn't know it. I can't say I was shocked, but I was impressed, by his candor and willingness to discuss his promiscuous lifestyle. It was, I thought, remarkable that Nick was pleased to discuss his pleasures with a complete stranger, unaware of what his choices said about his character and moral responsibility.

It never occurred to me until later that Nick may have been pimping in hopes of a discount. Regardless, Nick was pleased with his visit. In his world, these "girls" were perfect. They were willing, for a price, to give him pleasure without penalty, intimacy without emotional involvement, a liaison without consequence. It promised to be a week he would never forget.

Let's presume for the sake of argument that he was not infected by an STD, that no irate boyfriend threatened his life, that no unwanted pregnancy ensued. It is more than likely that, except for the loss of several hundred dollars, his visit to Las Vegas was of little more than a break in the routine.

Sin is like that. Eliminate God from the picture, maintain that all truth is relative, conclude that there is no such thing as objective right and wrong,



Tilton seniors collect donations for Veterans Home

During the month of November, Tilton Senior Center participants donated more than 75 items for the New Hampshire Veterans Home Sunshine Cart.

LETTERS TO THE EDITOR

To the Editor:

The Union of Concerned Scientists ran a fullpage newspaper ad / question for our presidential candidates, asking, "Where do you stand on nuclear weapons?" signed by 28 thoughtful New Hampshire people. It takes me back to 1980s activism when Barry Bruce Briggs of (then) Brookings Institute sat at a seminar table with some of us, in Hanover, and left us with two (at least) revelations about nuclear war. 1) We can't assume it was the Russians if the U.S. were suddenly attacked – the 1st task would be to learn who actually did it, in a situation of total chaos; 2) A missile could be aimed at Boston but hit Manchester, NH. Maybe "accuracy" is improved now – but who knows? We don't want to find out.

Carl Sagan said: "The nuclear arms race is like two sworn enemies standing waist deep in gasoline, one with three matches, the other with five." Math may pass for an element of control, with nuclear weapons – we have this many; they have that many. It doesn't in any way alter nuclear weapons' destruc-

The nuclear war question tive force to be able to count them.

> I taught English at Mascoma High School when the TV movie, "The Day After," aired. Kansas City was focused on, with missiles incoming and outgoing. Our high school principal forbade next day discussion of the movie, but all the students were talking about it.

> Here's something from Ronald Reagan on this topic: "Our moral imperative is to work with all our powers for that day when the children of the world grow up without the fear of nuclear war." Very sweet to hear, in these days of vaping calamity and high school shootings and teen suicides – but we too easily back-burner our concern for nuclear-war annihilation. Thank you to UCS for running their ad and asking this question, now, 2020 elections upon us. The ad ends: our children and grandchildren are counting on us. Oh, yes.

Sincerely,

WINNISQUAM ECHO

and you're free to live as you please. And it works. If sin weren't so much fun, it wouldn't be so popular. It is little wonder many people see no need for God. They are doing just fine without Him, thank you very much!

But there is a problem. There is the matter of life after death. In light of his lifestyle, it is likely Nick believed, or at least hoped, that death ends it all. That may be a convenient "out," but it is not supported by either Jesus or the New Testament writers. "Man is destined to die once," the Bible says, "but after that to face judgment."

There are, obviously, some things I cannot do, even in the "whatever happens here stays here" city of Las Vegas. But I have taken the long view. For me, there is more to life than the 90 or so years I plan to be around. Life is an interlude, a pause in my journey, a moment in time. I'm just a pilgrim ... passing through.

You will hear one of these days that, "Scott has passed away." But don't you believe it! I've moved; I've gone home. In the words of the Apostle Paul, "There is laid up for me a crown of righteousness, which the Lord ... shall give me at that day." There is a heaven in my future ... and I can hardly wait.

You want to talk about it? Hit me up at rlarry-scott@gmail.com.

Send your *letters!*

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

Our fax number is 279-3331. Or, you can e-mail us at echo@salmonpress.news Please include your name, address and phone number. Lynn Rudmin Chong Sanbornton

Who is dropping the ball?

To the Editor:

This is another of my periodic reports to you that is aimed at provoking you to think about what your government does for or to you. I'd like to take on the lack of readiness for students for college.

I've read several reports recently and over the years that our High School graduates are arriving at the colleges and universities not ready for prime time. This is a combination of lack of academic skills and life preparation. Interesting that the colleges are pointing to the students and the schools who prepared them. My wife likes to use the example of remember who you are pointing to in the blame game. There is one finger pointing at the target and three pointing back at you. In this case, it couldn't be more true.

Who prepares our children (besides the parent)? The schools and teachers. Who trains the teachers? The colleges and universities. They spend four-plus years not teaching the teachers how to teach reading, writing and computing using the latest failed theories and fads. The simple fact is the teachers aren't taught simple things like the scientific way to teach how to read. Proven methods that worked for over a century. They tell the kids to look at the pictures and guess if they can't identify the word. That "horse" or "pony" is good enough. Pick either. They use common core methods for math that even I, as an engineer, can't decode. Five minutes to perform long division that is a 30 second task. No wonder the kids are frustrated and need counselors. It isn't totally the kids fault. My guess is that 30-40 percent of kids can learn what they need no matter the method used but that still leaves the other 70 percent failing and even the kids you thought "got it" not really prepared.

Of course, when you ask the ill prepared teachers they will tell you they never been taught something like real phonics and what they are doing is the best method. They think but the real problem is all the impediments from parents or over demanding administrators. Guess who trains our administrators? The colleges and universities like Plymouth, Keene and Durham. Ever wonder about the PhD's they award? My son received a PhD in with a quantitative bent and a lot of modeling. At his graduation, I noticed that all the education majors were segregated from other majors like molecular biology, quantitative modeling, engineering, etc. The Education Department wasn't really welcome in the university because their degree was believed to be not up to standard. And you thought that high paid Superintendent of Schools with a PhD was worth being the highest paid person in your town or city?

Are our schools in trouble? New Hampshire is in top five in the nation, but less than 50% are of out 12th graders are proficient in reading. You bet they need help (not money) but lets start to place the blame at the source. Our colleges and universities are not doing their job. They have become centers for mediocrity. Since the late 1800's they have slowly become centers for social change with less and less emphasis on solid learning. The real change began after before WWII and has accelerated since. They need to focus on science fact learning methods, not feeling based. Start teaching to science of reading and math.

If you want to talk or have coffee, call me at 320-9524 or email at dave@sanbornhall.net .

Cheers!

Dave Testerman State Representative Hill and Franklin

We must turn back to God

To the Editor:

We must turn back to God There is no other way! And remember, Jesus said "Without me you can do nothing." How true this is today.

We must pray for these far-left and out of theirminds politicians offering free college tuition. "Medicare for all" (how? Pay?), killing of our unborn children up to and after birth, homosexual so -called marriage that defies the definition of true marriage, sex changes in kids as young as eight who have no clue (this is child abuse), and on and on I could go.

No God in our schools is a monumental error!

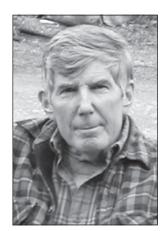
Mr. [Larry] Scott, you are correct: a divided nation we are. May God bless America and come to our rescue!

Sincerely,

Carol Seely Lochmere

NORTH COUNTRY NOTEBOOK

Chasing the phantom of the road-killed cougar



By JOHN HARRIGAN COLUMNIST

Among emails that came in while I was on a passenger vessel churning its way up the Mississippi was this, dated Nov. 29:

"Hi John,

"Today on Orfordville Rd. in Orford, we saw a large cat with a LONG tail. Unfortunately it crossed the road too far in front of us and went up a hill through the woods. We were too far away for photos or a good look at the ears. In the light it was difficult to say coloration. What I can definitely say is it was too large to be domestic and it had a long tail."

I thanked this reader for his note, because I really do appreciate it (a) when people are readers, and (b) when readers care enough to write.

But okay, so what do I do with a report like this? In the long pecking order of cougar/mountain lion/catamount reports, it's a fairly small

peck. Still, there it is. There is nothing out there in the woods that has the long tail that so many cougar-sighting

people so vividly describe, and please---no citing of coyotes, lynx, bobcats, foxes, fishers or martens. No reasonable, clear-sighted person could mistake such a small animal for such a big one, except perhaps--and even this is a stretch---the coyote.

And even then, only in the case of the cougar is the tail described as "rope-like," which is the key to any reputable (and, with me, reportable, meaning in the news or in a column) mountain lion sighting. An adult cougar is big, and I mean very big---an adult male can top 200 pounds. Does anyone want to look an earnest, honest, cleareyed, nothing-to-gain person in the eye and tell him he saw a bobcat or a fisher? Not this guy.

+++++

The fact is that I really don't care whether cougars are here or not. I have no dog in this fight. It's not a burning issue with me. I have other fish to fry. I'm trying to use up my stash of hackneyed phrases here. Please, someone save me before they come to get me.

But although I've never seen a mountain lion

myself, there have been enough sightings over my four decades of keep-

firm believer. It's worth mentioning that I long Santa thing.

tling from anyone in the general category Officialdom. "They of talk to you like you're stupid," is what I often hear.

People are scared to death of looking stupid. ago found peace with the It's akin to the reasons people often give for not wanting to write letters

and limb or livestock. There's the little matter (last time I looked) of a thousand-dollar fine.

++++

There well may be photos of cougars around, but how about a road-kill? You'd think we'd have hit one in the road by now. In fact, we have, in the form of a road-kill in Connecticut, in 2011, involving a South Dakota cougar with a severe case of wanderlust.

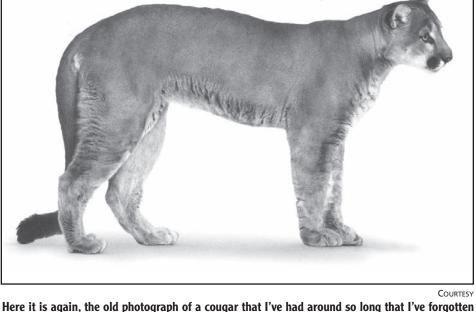
But the question is about New Hampshire, and probably the answer is the same, "We have." But here we get into a non-urban legend akin to the fabled Poodle in the Clothes Dryer, or the Disappearing Hitchhiker---the Incredible Disappearing Road-Killed Cougar. Cue the file-photo. Film at 11.

If I had a nickel for every road-killed cougar I've heard about, as the old saying goes, I'd be rich. Well, not quite.

The hardest I ever worked on a phantom story, meaning one that I never quite got to the bottom of, was when I began chasing a reported mountain lion kill on I-93 in New Hampton fifteen years or so ago. It was so much fun (not) that I forget. But as I recall, I chased it even unto calling a retired police or fire chief, I forget which.

The story was that a motorist hit and killed a cougar near the town line (there are at least two), and that a curious driver stopped to take a picture, but then a state pickup truck (exact department or division unspecified) pulled over and a guy swung the dead cat into the back of the truck (quite a feat if it was, say, a big adult male), and sped off before the second driver could get a decent photograph.

MARK ON THE MARKETS Women and finance



(with apologies) its origins.



This is the not altogether wistful sign that's long graced my front lawn. In fact, one of the better cougar incidents I've heard about in a half-century of newspapering occurred right near my back driveway, while I was down at work.

> ing track, by extremely reliable people, in such vivid detail, and by people who'd have utterly no reason to make up such a thing, to make me a

Why then, astute readers will want to know, are there no good photos or films of mountain lions in this age of so many people lugging iPhones around? Answer: There probably are---it's just a case of people not knowing what to do with them, or about their importance. It's just another photo of just another wild animal. Who cares?



By Mark Patterson

When I meet with potential new clients in our first visit, they almost always will state that "they do not know anything about this stuff." I get that, because "that stuff" or investment management is chocked with language and disclosure documents that is meaningless unless you have worked in the field of financial planning and asset management for a period of time. So, if you are a woman who is married or with a partner, there is a high probability that you will be on your own, left to manage the finances, or at least understand what your advisor is doing for you. Whether it be through divorce, death or separation from your spouse or partner, there is a 70 percent chance that you will change advisors because many feel as though that advisor never really spoke to them, but to their spouse. It is the advi-

sor's shortcoming for not making sure that they addressed the needs and questions of both parties in the relationship. It is my personal experience that the women may not be as outspoken in the meeting, but more pensive, listening to the advisor and her partner, however she is likely the decision maker on if they will work with you or not!

We at MHP Asset Management have recently held workshops specifically for women. The goal is to educate on the issues that we will all face at one time or another, however, affect Women to a greater degree. At the workshop we discuss Social Security and timing strategies for

the single, widowed or divorced women. Medicare and long-term insurance that care women are much more likely to need than men. Another alternative is a policy that can be used for chronic illness, death benefit or cash accumulation. These policies have helped many people to mitigate risks associated with the need for an LTC option. We also discuss the negative sequence of investment returns risk, that can cause you to run out of money while in retirement. These are risks that can all be mitigated if planned for properly and in a timely manner. Most workshop participants admit to the "ostrich SEE MARKET, PAGE A8

Then there's nervousness and fear concerning two perceived dangers: what I call "Officialdom," and that old reliable bugaboo, hunters.

Justifiable or not (Fish and Game steadfastly says it's not), it's out there, big time, that anyone trying to report a cougar sighting, even an extremely good one, risks embarrassment and/or outright belit-

to the editor, even when they have something well worth saying. They fear that the editor will run the letter just as they wrote it, mistakes and all, an embarrassment no good editor would allow.

And then there's your big, bad hunter, often depicted in the media as an overgrown, feeble-minded Elmer Fudd, who's going to rush out and try to shoot any cougar reported as out there, anywhere. So cougar-sighters opt to protect a cougar they suddenly see, somehow, as "theirs." Never mind, by the way, that the cougar is fully protected (or was, until it was declared extinct) unless you're defending life

ELMA

I was supposed to receive the sole photograph taken at the scene before the cat was spirited away, but never did, so I can't say what I'd so like to say, "Film at 11."

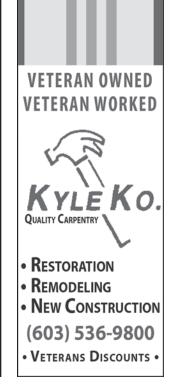
(Please address mail, with phone numbers in case of questions, to campguyhooligan@ gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

Meet sweet little Velma! She came all the way from TX to find her new forever home. Velma is a petite 1 yr. old mix breed who is a little nervous in her new surroundings. With a little patience she is very sweet! She needs a adult home to teach her the world isn't so scary! Velma may do well with some dogs but would like a feline free home!



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The Belmont High School seniors who participated in the Apply to College Day.

COURTESY

Belmont High School Participates in College Application Week

BELMONT — Applying to college can be an overwhelming experience but with the extra assistance and the chance of winning a \$500 scholarship it seemed possible for many who participated in the "I Am College Bound/I Applied" campaign at Belmont High School.

19, seniors had the opportunity to submit at least one college admissions application with the assistance of representatives from admissions offices from various New Hampshire colleges and universities during the school day at Belmont High School.

The "I Am College On Thursday, Nov. Bound/I Applied" campaign provides assistance to students who may be the first in their family to attend college, low-income students and others who may be unfamiliar with the college application process. As part of the initiative, students receive information about the additional components of a college application, college financial aid process and filing the Free Application for Federal Student Aid (FAFSA) form. The program, part of a nationwide initiative through the American Council on Education, is sponsored in New Hampshire by the New Hampshire Department of Education, New Hampshire Higher Education

Assistance Foundation (NHHEAF), and colleges and universities of the NH College & University Council. The NHHEAF Network worked with least 2,267 students at across 50 high school to submit over 6,100 college applications. WOW!

For the Belmont High School senior class, 40 percent participated in

the one day (three hour) event and successfully completed 81 college applications. Claire Andrus was the lucky winner of the \$500 scholarship at BHS, however, all the students who participated walked away with something - the feeling of accomplishment and relief!

Franklin open for business and kayaking — on First Day

FRANKLIN -0nNew Year's Day, kayaks, and the rushing rapids of the Winnepesaukee River all converge in Franklin for what has become a tradition, First Day Franklin. Wednesday, Jan. 1 marks the 40th anniversarv of kav akers splashing and slicing through snow and ice-filled class IV rapids to usher in a new year. Each year more spectators gather to see the sight. Downtown businesses will be open for eating, drinking, and shopping. Paddlers will take to the water between 10:00 a.m. and 1:00 p.m. with novice and intermediboaters paddling ate the "Upper" Winnipesaukee from Route 140





to the Train Station in Northfield. Advanced boaters will paddle the "Lower" Winnipesaukee from Cross Mill Road in

Northfield to downtown Franklin taking out at Trestle View Park. See video of past events online at https://www.youtube.com/watch?v=st-6g6z1-9NYand https:// www.youtube.com/ watch?v=S2J3eIQwe-Gk&t=20s.

Choose Franklin invites all businesses, organizations and groups to be a part of the festivities. Be a part of the festivities, inform spectators of your win-

ter activities, and help welcome the Merrimack Vallev Paddlers and Friends of the Winnipesaukee River as they paddle down the river in Franklin, Northfield and Tilton.

Spectators are encouraged to attend, with best viewing at Trestle View Park, which is the take out point for paddlers on the lower section of the river. The park will feature a SEE FIRST DAY, PAGE A9



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Santa and Mrs. Claus will visit Belmont Village Dec. 13. Children of All Ages Welcome for Carols, Crafts, Cookies and S'mores!

Belmont Village hosts Santa's Workshop and more!

BELMONT — Caroling, cookies, crafts and a visit from Santa and Mrs. Claus are planned for Dec. 13 from 6 to 7:30 p.m. in Belmont Village. Organized by Belmont Parks and Recreation, with community partners including the Belmont Elementary School PTO, and Belmont Fire Department, the Friday night event is free and family-friendly.

Nikki Sturgeon opens the program at the Bandstand welcoming all for sing-along, and walk around the Village. The local resident and volunteer started the new tradition four years ago, and the chorus of voices under lantern lights, is a local favorite. Special and celebrated guests from the North Pole arrive in the Village at 6:30 PM so please remember to bring cameras for pictures with Santa & Mrs. Santa Claus at the Bandstand. The Belmont Mill will serve as Santa's Workshop for crafts, cookies and cocoa throughout the night, aided by returning elves from BEST PTO, and other community volunteers. Warm greetings and toasting s'mores with Fire Department friends will be featured as Belmont greets the season.

In case of stormy weather, the event will be moved to Saturday, Dec. 14 from 6 to 7:30 p.m. For program and volunteering information contact Janet Breton, Parks and Recreation at 267-1865 or recreation@belmontnh.org.



How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and **Announcements** of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers. **Obituaries** can be sent to: obituaries@salmonpress.com Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

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

Experience the spirit of Christmas at Canterbury Shaker Village

CANTERBURY — Footsteps crunching on snow, twinkling white light along footpaths, stately historic buildings, and candlelight flickering through multi-paned windows—this is Christmas at Canterbury, Saturday, Dec. 14 from 3 to 8 p.m. Sing Christmas carols as we light the Village Christmas tree. Enjoy a steaming cup of hot cider to warm you up. Take a selfie with elegantly-robed Father Christmas. This classic holiday event is a family favorite that will become a yearly tradition!

Shaker Village is transformed with decorations that include Shaker-inspired garlands, trees, wreaths and lights, and brims with festive activity for young and old—crafts, music, shopping, and food.

Candlelight Tours offer two other opportunities to see the Village this holiday season on Friday, Dec. 13 or Sunday, Dec. 15. Choose from tours at 6, 6:30 or 7 p.m. You'll visit the Dwelling House and learn about Shakers' holiday music and bountiful Christmas dinners. Then, explore the Shakers' practice of gift-giving and charitable work in the Infirmary and their elaborate holiday theatricals in the School House. The evening tour ends at the Creamery Café for complimentary cookies and hot cider. Pre-registration is strongly encouraged and tickets are \$15/adults, \$7.50/children, and half-price for Village members. Purchase your tickets online at http://www. shakers.org/christmas-tours/ or by calling 783-9511, ext. 284. During Christmas at Canterbury on December 14, delight to the sleight-of-hand of magician Andrew Pinard, a special musical performance by the Purple Finches children's chorus, and a 20-foot long model train display. Decorate your own gingerbread cookie, make felt or paper ornaments, or craft a personalized holiday greeting card. Visit with skilled artisans and learn about the tra-



ditional crafts of oval box making, broom making, chair taping, spinning, sewing, and rug hooking.

Maggie Stier, Interim Executive Director, notes that "seeing Shaker Village at night is a much more intimate experience of the Village than during the day, and our visitors love the progression of going from building to building and finding different activities or performances in each one. In the cold of winter, the coziness of the Shaker interiors is really welcoming."

The Creamery Café will be serving up soups, goodies from Crust & Crumb, hot cider and hot chocolate. The Museum Store is filled with distinctive gifts and holiday necessities including Shaker boxes, peg rails, beautiful woolen Shaker cloaks for women and children, and hand-woven textiles. Our own artisans craft Shaker-style flat brooms that make unique gifts. Shop for our popular brass sleigh bells, candles, soup mixes, cards, and books. Admission to Christmas at Canterbury is \$25 for adults and \$10 for children (ages 6-17). Museum members receive discounted admission (\$15/adults, \$5/children) as well as 10% off their purchases in the Museum Store and Café. Special thanks to event sponsors Bank of America, Merrimack Country Savings Bank, The Rowley Agency,



good start.

a fund, of course, but your year-end

bonus or gift money could give you a

Contribute to your IRA. You can put

in up to \$6,000 to your IRA, or \$7,000 if

you're 50 or older. And although you've

got until April 15, 2020, to fully fund your IRA for the 2019 tax year, you

still might want to put your "extra"

money into your account right away.

If you wait, you'll probably find other

uses for this money. And if you're go-

ing to enjoy a comfortable retirement,

you'll need to maximize every possible

resource - and your IRA is one of your

best ones. Furthermore, the sooner

you get the money into your IRA, the more potential it will have to grow

• Feed your college fund. If you're

As 2019 draws to a close, you may be anticipating - or have already received - a year-end bonus from your employer. Ór you might be receiving a substantial cash gift for the holidays. (If vou're really lucky, you might get both.) You can doubtlessly think of many ways to spend this money right now, but how can you use it to help yourself in the long run?

Here are a few suggestions:

• Pay off some debts. Virtually all of us carry some type of debt, and that's not necessarily a bad thing. For example, your mortgage not only gives you a place to live and a chance to build equity in your home, but the interest payments are typically tax deductible. Other debts, though, such as those on consumer items, are not so positive you generally can't deduct the interest

Devon Sullivan

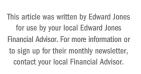
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devon.sullivan@edwardjo

payments, and the items themselves probably won't enhance your personal wealth. Plus, the bigger your monthly debt payments, the less you'll have to invest for your future. So, you might want to use your bonus or monetary gift to pay off, or at least pay down, some of your less productive debts.

• Start an emergency fund. If you were to face a large, unexpected expense, such as the need for a new furnace or a major car repair, how would you pay for it? If you didn't have the cash on hand, you might be forced to dip in to your long-term investments, such as your stocks and mutual funds. A much better option is to build an emergency fund, containing six to 12 months' worth of living expenses, with the money kept in a liquid, low-risk account. It will take time to build such



over time.

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and Lindt Chocolatier.

The museum store is daily from 10 a.m. to 4 p.m. through Dec. 22. For more information. visit www.shakers.org.

Opportunities for private rentals of various facilities are available year-round. Consider having your holiday party at the Village or reserve your own private group tour of our decorated historic buildings. For more information, call Sarah Schmidt at 783-9511, ext. 205.

Canterbury Shaker Village is located at 288 Shaker Rd. in Canterbury, just off Route 106 south of Laconia and north of Concord.

already contributing to a college fund for your young children or grandchildren, you can use your year-end bonus or monetary gift to add to the fund. If you haven't already started such an account you might want to use this money for that purpose. You could open a 529 plan, which provides possible tax benefits and gives you control of the funds until it's time for them to be used for college or some type of vocational school. (Depending on where you live, you might also get tax benefits from your state if you use a 529 savings plan to pay

for K-12 expenses.) To achieve all your financial goals, you'll need to take advantage of your opportunities – and your year-end bonus or monetary gift can certainly be one of them.









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PARADE

CONTINUED FROM PAGE A1

more than 20 floats who helped spread holiday cheer as they marched through downtown Tilton.

The fun didn't end with the parade though. Santa and his entourage then met with everyone at the Riverfront Park pavilion to spend time with the children. Each child received a few gifts from Santa and his elves, then joined their families for refreshments as they awaited a special fireworks display over the Winnipesaukee River. There were also several raffle items available and money raised from that raffle will benefit future parks and recreation programs in the community.

The event was sponsored by the Tilton Park Commission, whose chair Bob Hardy couldn't have been happier with the outcome.

"Marina Sumner (a commissioner) did a fabulous job putting this all together this year," he said.

Police Chief Robert Cormier, who brought the concept of a nighttime parade to the community, said he definitely agreed with Hardy.

"Marina's the driving force behind all of this. She starts working on the parade in August and gets all the participants, raffle donations and everything else in place. She deserves a lot of credit for all her hard work," he said.

Hardy also wished to thank the many businesses who pitched in



DONNA RHODES

Following the Tilton Christmas Parade last Saturday night, boys and girls enjoyed meeting Santa and Mrs. Claus at the pavilion in Riverfront Park.



Spectators were treated to a spectacular fireworks display over the Winnipesaukee River after Tilton's annual Christmas parade last Saturday evening

with raffle items and refreshments, Among them were Panera

Hannaford grocery store of Franklin, Taco Bell, Tilton School, which Bread, Starbucks, the provided the hot choco-



MARKET

CONTINUED FROM PAGE A5

syndrome" of burying their heads in the sand. I understand this because I am human too! Consider allowing us to be your coach on setting timetables and expectations to get these things done.

The last thing we discuss is something that I have always done for new clients, but until recently did not address at a public workshop. Understanding the difference between an investment advisor representative, a registered representative and an insurance only producer. How can you find and read disclodocumentation sure on these individuals and firms that may use the same titles but are very different in what they do. Whether it is the SEC.Gov website to read and understand the ADV part 2 of a registered investment advisor firm, or FINRA Broker-check for the registered rep or the

state insurance commissioner for the insurance producer, the language used is often times abstract unless you are involved with this business of investment management. Understanding the fees, if the firm is acting in your best interest, background of the advisor or broker are all things that can derived from these documents. Many people like their advisor, and there are many good ones out there, but I have also had new clients come to me because their old advisor would not fully explain fees or what their roll was in the management of the money. Transparency is key to building trust with your advisor and their firm, like President Reagan said regarding the Soviet Union, "Trust, but Verify!"

Mark Patterson is Portfolio Manager for MHP Asset Management and can be reached at 447-1979 or mark@mhp-asset.com.

BELMONT

CONTINUED FROM PAGE A3

Narcotic Drugs.

Francis Gallitano, age 58, of Tilton was arrested on Nov. 30 for Driving After Revocation or Suspension.

Richard J. Wilcox, age 40, of Webster was arrested on Nov. 30 for Unlawful Dealing in Prescription Drugs.

Morgan Anne McInerney, age 36, of Belmont was arrested on Dec. 2 for Possession of Controlled/Narcotic Drugs and Possession of a Controlled Drug/ Narcotic with Intent to Distribute.

> Samantha Shada,

age 23, current address unknown, was arrested on Dec. 3 in connection with two bench warrants issued by Laconia District Court.

A 15-year-old juvenile was arrested on Dec. 3 for two counts of Criminal Mischief (Vandalism).

Ashley Huckins, age 31, of Laconia was arrested on Dec. 3 in connection with two bench warrants issued by Laconia District Court.

Thomas J. Boisvert, age 41, of Belmont was arrested on Dec. 4 for Possession of Drugs, being a Felon in Possession of a Dangerous Weapon, and three counts of Possession of Controlle/Narcotic Drugs. Robert Glenn Cyra, age 50, current address unknown, was arrested on Dec. 5 for Possession of Controlled/ Narcotic Drugs and a separate count of Possession of Drugs. Roland l. Patten, age 48, of Belmont was arrested on Dec. 5 for Domestic Violence-Assault. Nicole A. Pickowicz, age 25, of Gilmanton was arrested on Dec. 5 in connection with a warrant issued by the Belknap County Sheriff's Department.

JACQUELINE SCHWAB Sunday December 15, 2:00 PM

Brewster's Anderson Hall 205 S. Main St.



Photo Credit: Wayne Hankin **Vintage American Holiday Music** By Ken Burns' Pianist

Lobby welcome music by *Beverly Woods* on the hammered dulcimer

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late, and Hampton Inn

who contributed 800

significant role in the

evening's success were

the students of the Winn-

isquam Ag Program who

decorated the park and,

of course Santa, Hardy

said.

Others who played a

cookies to the event.

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TIME CAPSULE

CONTINUED FROM PAGE A1

On the town level there was a Centennial Coin from 1969 and a one-day only Sesquicentennial postmark from the Belmont Post Office. An overview of the Village Spur River Trail construction, contributions from Rotary and the Heritage Commission, an explanation of the town seal, and programs from the Good Citizen Awards Reception and Old Home Day were just a few other things that went into the capsule.

Residents also contributed business cards, home sales information and brochures from loattractions along cal with letters to residents of Belmont in the year 2044.

Perhaps one of the most endearing contributions however came from fourth grade students at Belmont Elementary School. The boys and girls first wrote about things they like to do, such as family projects, athletics, singing, exercising, video gaming and a host of outdoor activities.

When asked what they'd like to be when they're adults, the answers were quite interesting. People in 2044 will read that some hope to be in the military, become police officers, fire fighters/EMTs or have careers in the medical field. Others hope to be a scientist, astronaut, athlete, veterinarian or teacher one day. One industrious student in particular is reaching for the stars, telling people of the future that he/she hopes to be a millionaire when they open the time capsule.

Lastly, the students were asked to predict how Belmont will when



Belmont selectmen Claude Patten, Ruth Mooney and Jon Pike held up the town's 150th Anniversary time capsule before it was buried in the basement of the town hall where it will be kept beneath the granite slab displayed in front of them until the Year 2044 when the town celebrates its 175th anniversary.

and the time capsule will down-to-earth however. be opened.

"The town will look way different," some believe. "Different stores and some of the old stores will be closed. Some of the names will be different, like when Dunkin Donuts changed their name to just Dunkin's."

A few wrote that they hope to still see Jordan's Ice Cream and J&J Yolk in town but predicted Brookside Pizza and the middle school will look much different in the future.

Some students think Belmont will certainly have more people, houses, traffic and more places to work in 25 years. Several others feel there could also be a much more futuristic look to Belmont however, with some tall, modern buildings, houses made out of metal and perhaps even flying cars. Robot servants and jet packs were even included in another prediction.

In the end, a few stu-

One hopes to see Belmont "kinda the same but a little more shiny and more trees with bees and flowers," while another looked at the town in a broader sense by simply writing, "Some things will be kind of old and some things will be improved."

Olson-Wilder said she was grateful for all the contributions, especially those from the children who could certainly be on hand when the capsule is opened in 2044. She also wished to thank Town Administrator Jeanne Beaudin for all her assistance with the project as well as Dept. of Public Works Director Craig Clairmont for obtaining the engraved granite slab, which marks the time capsule's location, and Dan Tousignant of the Building and Grounds crew who not only dug the hole for the time capsule but built a cement box to keep it in top con-

dition over the next 25

Community Wellness Center: It's not just about physical health

feel comfortable know-

ing there is medical

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tor the clients. CWC

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is now a full exercise

center with most of the

equipment one would

find at a typical fitness

center, but with the

added benefits of med-

ical supervision and

exercise supervision.

What's even more spe-

cial about the Wellness

Center are the friend-

Fire Department, Frank-

lin Parks & Recreation,

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Company provide sup-

plies, tables, heat and

electricity for the event

tion, to reserve a table

For more informa-

Hardware

Aubuchon

tent.

What started as a

rehabilitation

exercise program.

nary

LACONIA - Com- their stage in life, can munity Wellness Center is more than just a place to physically better your life; it's a place that also betters your mental health too. While the Wellness Center is there for health and fitness, it is also a place to feel at home and know that people care about you and your general well-being.

Community Wellness Center in Laconia is a self-supporting department of LRG-Healthcare available to serve the health and fitness needs of everyone. It's not just a gym; it's a place where folks can go for a workout that's safe and supervised by a medical health professional. Those looking to start an exercise program, no matter

FIRST DAY

CONTINUED FROM PAGE A6

heated tent provided by Choose Franklin, with coffee, cocoa, cider, chili and "Hoppin' John" from many local organizations, along with information about the wealth of activities being put on by those organizations this winter. Spectators can walk, snowshoe or ski to viewing areas on the Winnipesaukee River Trail to watch paddlers coming down the class III and IV rapids.

Choose Franklin is the main sponsor of First ships made. Members genuinely care about each other and are always so welcoming to new members.

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Wednesday, October 9, 2019, 10 a.m. - 2 p.m.

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Community Wellness Center

22 Strafford Street, Laconia

If you are interested in learning more about the Community Wellness Center in Laconia, call 527-9355 or stop by 22 Stafford Street Laconia (Normandin Square...across the street from Rite Aid). Come join the fun!

for your organization, to volunteer to help with the tent or refreshments, to be a sponsoring partner, or be involved in any way, please contact: Dan Darling of Heartstring Media by phone at 380-0246, or by email: dan@ heartstringmedia.com.



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AUCTION

CONTINUED FROM PAGE A1 raised by Pub Mania at Patrick's Pub and Eatery.

Sousa said it was unbelievable that they raised this much. She thanked everyone who contributed to the auction in some way.

The Children's Auction started in 1982 with WLNH DJ Warren Bailey operating out of a van in the parking lot of the Laconia YMCA.

"It all started with people just coming up to is at the van and saying, 'How can I help?'" Bailey said.

He said there were people who donated who only had a few dollars in their pocket but wanted to contribute it to people who needed it more.

Bailey said when they started the Children's Auction 38 years ago their goal was to raise \$2,000, \$1,000 per day of the auction. When they

raised \$2,100 he said they knew this could go places.

Bailey said they have the philosophy that every dollar they raise is a dollar more for kids in the community. Bailey said the effort is all volunteer and the money all stays in the Lakes Region.

Last year they were able to give to 60 different nonprofit organizations.

He said that amount of support takes his breath away.

"It's because of your generous contributions to the Children's Auction we now serve 60 nonprofit organizations," Bailey said at the end of the auction.

The first checks will be handed out this Friday to the category of the greatest need and the other checks will be distributed through the winter.



ERIN PLUMMER **Emcees Jim Fronk and Zack** Derby stand with Children's Auction founder Warren Bailey holding the check for this year's final total.

(Right) Ed Darling with members of the phone bank, in front is a donation from the Meredith Fire Department.



Tim Cline welcomed people to the Sanbornton Historical Society's annual Cookie Walk at Lane Tavern last Saturday where proceeds benefitted the maintenance and upkeep of the historic building in Sanbornton village. (missing from photo is Nina Gardner who helped organize the event)

people sat down to enjoy

COMMUNITY CONTINUED FROM PAGE A1

ities with her beautiful

soups that were on sale.

ferent vendors. We don't the sandwiches and hot have a large facility so we make sure there's no Capping off the day overlap in things for sale was a special raffle for a from each of them. People just love coming here and enjoying the camaraderie of the day," said Salatiello.





handmade wreaths and ornaments, each created from natural items such pinecones, berries as and even deer antlers and were easily a crowd favorite.

The Historical Society's gift shop, open year round, was also available for shoppers with vintage dishes, dolls, birdfeeders and many other items on sale.

A lunch was also available from the historical society and many

handmade quilt, a painting from a local artist and a beautiful antique doll.

Linda Salatiello is the acting president of the Sanbornton Historical Society and said each year their Christmas sale emphasizes uniqueness in the vendors who join them at an equally unique, historic venue.

"Every room here in the tavern has a different atmosphere and dif-

All proceeds from this year's sale will be used for maintenance and upkeep of the historic Lane Tavern.



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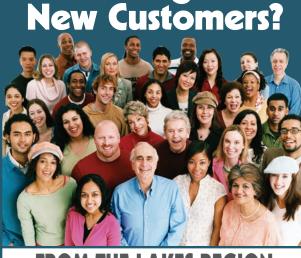
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SECTION

December 12, 2019

THE WINNISQUAM ECHO SalmonPress.com

Belmont girls fall to Conant in season opener

SPORTS

BY BOB MARTIN

Bob@Salmonpress.news BELMONT The _ basketball season

opened up on a snowy night at Belmont High School last Friday and the Belmont girls' basketball task had a tough task of facing a top team in Conant, and fell by a score of 65-18.

"We played one of the best teams in D-3 on opening night, and getting down early is not easy," said coach Mark Dawalga. "I was proud of the kids' effort throughout the game."

Conant had a long bus ride through the snow to get to Belmont, which can make things tough for any visiting team. However, Conant was ready to go and started the game on a 5-0 run before Becca Fleming sank a layup off an inbound pass by Molly Sottak to make it 5-2. This would be the only scoring of the first quarter for Belmont, who found itself down 20-2 at the end of the frame.

Belmont kicked off the second quarter with a layup made by Morgan Hall, but Conant reeled off 10-0 run to make it 30-4. The Red Raiders could only muster up four more points in the half and



Becca Fleming was the leading scorer for Belmont with eight points.

quarter for Belmont, despite once again starting the quarter with a basket by Hall and then a long two-pointer by Sottak for back-to-back buckets. Belmont was outscored 21-8 in the quarter and it was a 58-16 game going into the last quarter. In the fourth quarter the Red Raiders were outscored 7-2 as Conant cruised to a victory in its first game of the season.

Fleming led the way

Laconia/Winnisquam hockey joins with Inter-Lakes

BY BOB MARTIN Bob@Salmonpress.news

BOB MARTIN

LACONIA – Last year the Laconia/ Winnisquam hockey team had a tough season but this year could be a different story, as the team has combined with Inter-Lakes ith eight points and with a whole new look, new coaching staff and team name. The Laconia/Winnisquam/Inter-Lakes hockey team will now be called the Lakers and will be led by coach Paul Wheaton, who is a teacher at Laconia High School, as well as assistant coaches Jamie DeCormier and David Wheaton. Paul Wheaton looks forward to putting hockey back on the map in Laconia after several seasons in a row where the team struggled to get into the win column. Last year Laconia/Winnisquam had a 2-16 record and the year before team, formerly the called the Wolfpack, didn't muster a win. The Moultonborough/ Inter-Lakes squad of last year was fifth seed

BANTA

Molly Sottak handles a ball for Belmont in an opening night loss.

BOB MARTIN



it was 37-8 at halftime.

It didn't get much easier in the third

Hall had seven points in the game.

SEE HOOPS, PAGE B2

Free youth lacrosse clinics in Gilford start Sunday

GILFORD All area second through eighth graders, boys and girls, are invited to Lakes Region Lacrosse Club's winter skills and intro to lacrosse clinics. All skill levels are welcome, with US Lacrosse-certified coaches on hand to get you ready for the spring 2020 season. The clinics

be held at the Gilford Youth Center. They'll start on Dec. 15 and will run 4-6 p.m. generally every other Sunday through February. Participants can attend one, some, or all clinics. Registration is required. Visit www.lrlacrosse.org for details and to register.



Evan Rollins will be in net for the newly formed Laconia/Winnisquam/Inter-Lakes Lakers hockey team.

in the playoffs, and the team should also benefit from its returners.

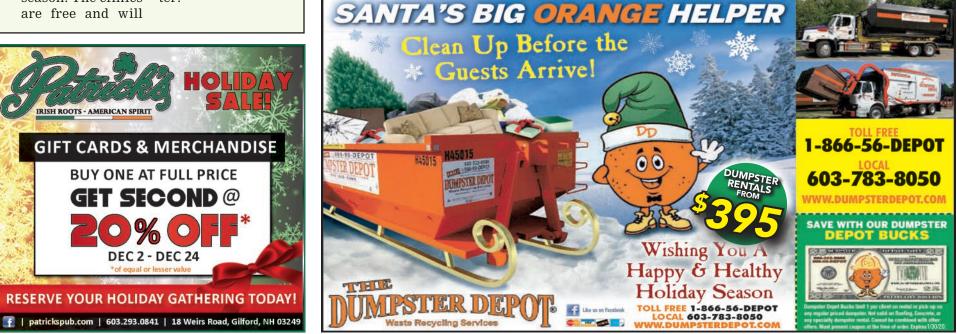
This year's team includes forwards Ethan Bickford, Connor Blake, Nick DeCormier, Blake Dunlap, Zachary Holmes, Hannah Max, Torrin Moore, Matthew Nichols, Maxwell Quinn, Andrew Riopel, Car-Rumney, Carter Smith, Zachary ter Spicuzza, Andrew Spicuzza and Kameron Young.

Defensemen include Devin Schwarz, Breydon Perry, Patrick Goodwin, Ryan Bousquet and J.T. Alfieri. Evan Rollins will be in net for the Lakers.

"The goal for this new tri-op team consisting of Laconia/ Winnisquam and Inter-Lakes High School is to improve on last year's record and make the playoffs," said Wheaton, who said he had two practices with

the team and was still feeling things out. We have a new team name, The Lakers, a new logo and a new coaching staff. We have several returning players to watch and some newly added talent that will surely make an impact on Division III hockey."

The Lakers start the season on the road against John Stark on Dec. 21 for a game at 7 p.m.



Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

Belmont kicks off indoor track season Saturday

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Red Raider indoor track team is primed and ready for the upcoming season, which kicks off this weekend at Plymouth State University.

"Belmont indoor track '19 and '20 started as most did, with lots of snow, wind and cold to contend with," said coach Scott Clark. "With a contingent of 25, we host a variety of talent, determination and skill to bring to the indoor arena."

Leading the girls' team is a trio that had plenty of success last season: Jada Edgren, Gabby Day and Sana Syed. Edgren made the 300-meter final in the Division 2 championship as a freshman last season, and also competed on the 4X200-relay team. Day competed in the dash races and the short relay. Syed has been a force for the past three years in the 55-meter hurdles making the Division 2 state meet, and



don Robichaud and Micah Edgren. "All are veterans, all

sprinters and jumpers

in Eddie Mann, Bran-

had qualifying marks last year, and all are very fit," said Clark.

Jared Whitcomb is another athlete who Clark said made improvements in the fall during cross country, and like Couto should be show improvement in the distance races. Joey Spinale had a solid spring throwing season, which should carry over to him throwing the shot put this winter.

Clark is excited to see what the Red Raiders can do, and had high praise for his team as a whole.

"A great group of kids training hard daily," Clark said.

The first meet is at 10 a.m. on Dec. 14 at the Plymouth State University field house.

JOSHUA SPAULDING Sana Syed looks to have a big senior year in the hurdles for the Belmont indoor track team.

is also on the short relay team.

Another runner who could have a season to watch are Aurora Couto, who Clark said has made strides and should be near the front of the pack in distant races. Clark added that the team has a talented and enthusiastic group of underclassmen that will add to what he said is a "great group."

The boys' team is led by another trio of

Unified Red Raiders ready to start the season

BY BOB MARTIN Bob@Salmonpress.news

BELMONT – The Belmont High School unified basketball team is getting ready for the 2020 season, which begins on Jan. 4 with the annual Lakes Region Unified Jamboree at Belmont High School.

"Unified sports is an amazing experience for all involved," said coach Rick Bergskaug. "It emphasizes inclusion and compassion and brings out the best in all of the students involved as well as a smile on everyone's face. It is well supported by the student body, faculty and community. It is absolutely a positive force in the school community."

Unified sports is under the umbrella of Special Olympics and involves around 1.4 million worldwide, according to www.specialolympics. org. It is designed to promote inclusion and joins people with and without intellectual abilities. Belmont has unified sports teams in basketball and volleyball, but other schools around the Lakes Region also have a unified soccer team.

Belmont's unified team has five "athletes," which are players with intellectual disabilities and 12 "partners" who are playing alongside the athletes. The team starts practice this week and the players and coaching staff alike are ready to hit the court.

The Red Raiders are in the competitive division of the Unified League this season and Bergskaug said he and the players are ready to compete for a chance at a playoff run.

Bergskaug is the special education teacher and director of the Life Skills program at Belmont High School, so the players he coaches are "near and dear" to his heart.

"I wouldn't want to be anywhere else in the winter time but in the gym with these amazing kids and the unified partners who support them," Bergskaug said. "They are an inspiration to mejust like my own son who plays for Hollis-Brookline HS. He is the reason I am in special ed and the students make the experience and the great memories."

This year's team includes Keegan Donovan, Christian Marrone, Kyle Adams, Christian Sanborn, Elissa Pinard, Kyle Eldridge, Deanna Bourque, Yelena Rodrigues, Darien Fleck, Victoria Ribeiro, Jordyn McElroy, Isabella McDonald, Brooklyn Erlick, Kyle Whitcomb, Kaden Jewell and Eamon Kelley.

"I look forward to teaching these kids the game and having a great time doing it," Bergskaug said. "It's a joy to coach this sport, and I am looking forward to competing in the competitive division of unified again."



COURTESY PHOTO

Ready to go

Winter is early and so is the start of the cross-country ski season at Bolduc Park. All 10 kilometers of trails are groomed and ready for skiing for a modest donation at the not-for-profit, all-volunteer-run Bolduc Park Association property at 282 Gilford Avenue on the Laconia/Gilford town line. Snowshoeing and disc golf are available all winter. Youth and adult cross-country ski lessons will be offered by instructors Stevens Hill, Paul Warnick and Van Shirley. Lessons are held four Saturdays, Jan. 4, 11, 16 and 25 at 10 a.m. Sign up with your town Parks and Recreation Department or call or visit the Bolduc Park Clubhouse at 524-1370. More volunteers are always welcome to staff the clubhouse or help maintain the facility and enjoy free access to the golf and winter sports facilities. Volunteers can call Bob at 387-4208. Pictured are Bolduc Park Superintendent Bob Bolduc and cross-country ski instructor Stevens Hill.

Bears fall to rival Franklin in opener

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam girls' basketball team hosted rival Franklin in the first game of the season on Friday, and the Golden Tornadoes came to play with a 55-24 victory.

Winnisquam had to play without senior point guard Meghan Cote, who has been the team's most consistent and proficient source of offense the past three years. The team struggled with experience on the floor in the loss. Despite starting as a defensive battle, with the score 21-13 at the half, Winnisquam was outscored 12-2 in the third quarter and Franklin ended with a 21-7 run to cruise to victory.

"I'm ok with the loss, but we need to get better than what we played like Friday night," said Coach Angelo Glover. "We have a lot of work to do, to get better, if we are gonna compete."

The team was led by sophomore Emma Griffin, who had a great allaround night, posting a triple-double with 10 points and 18 rebounds, as well as four steals. Madison Gilbert had six points while Alannah Ellsworth and Delaney Skourtis had three points each. Mackenzie Philippy had seven rebounds and three steals.

The Bears traveled to Winnisquam on Dec. 11 and results will be in the next edition. On Dec. 13 Winnisquam takes the long bus ride to Fall Mountain for a 7 p.m. matchup.



Morgan Hall had seven points against Conant last week.

HOOPS

CONTINUED FROM PAGE B1

Belmont had another big challenge on Dec. 10 in a road game against rival Gilford. The game was after deadline and results will be in the upcoming edition.

Next up for Belmont is an away game against Newfound on Dec. 13.



Coach Mark Dawalga talks things over with his team in a timeout last week.

BOB MARTIN

Major, Sottak earn All-State nods

BY BOB MARTIN Bob@Salmonpress.news

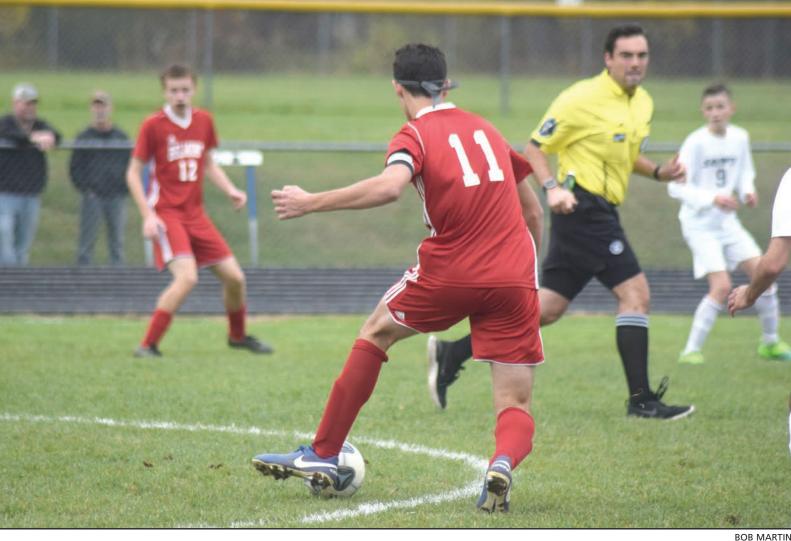
BELMONT – Last season the Belmont boys' soccer team put together an impressive season, and individually Lars Major and Nate Sottak showed once again that they are among the best players in Division 3 with All-State selections.

Major was a first team All-State pick and was the team's leader of the defense. The star senior has been heralded by coach Mike Foley time and time again over his four years at Belmont High School. Last year he was a second team All-Stater in his junior season, so pushing to first team in his senior year was a big step up.

"A two-year captain and all-around excellent player," said Foley. "I've had some excellent defensive backs in my career. Lars is one of the best. Strong on and off the ball and, to be fair, I don't know of another player better in the air."

named first team All-State is an honor and that he worked hard before and during the season to get to this point.

"It was nice to see myself improve and play well enough to earn that recognition," said Major. "There are so many great players in our division and to be included amongst them means a lot. With that being said, as corny as it sounds, I would trade in any number of All-State selections for one more chance to play with the team. As nice as the personal recognition is, a championship was always the main focus." Major said this season was full of memorable games, but he reflected back on his regular season game against Hopkinton and the postseason against St. Thomas Aquinas as being important. What stuck out most, however, was the regular season game against Prospect Mountain. Against Mountain, Sottak scored early but Prospect Mountain tied things up at halftime. Prospect Mountain gained the lead halfway through the second half, putting Belmont on its heels, but the the Red Raiders fought hard and captain Lucas Mathieu knocked in a game-tying goal. He then went down with a leg injury. In overtime, which was the third in four games, the team rallied around Mathieu and Major got a hard shot on net off a pass



Lars Major was a first team All-State selection in his senior season.

from Sottak to put in the game-winning goal.

"I think that shot Major said being and that game will be one of my most memorable moments from high school soccer, but not just because I scored," said Major. "The fact that our team was able to pick ourselves up after going down 2-1 and after losing Lucas showed a lot of maturity and heart."

Major said despite losing 10 seniors last year and players were new to positions, it was an outstanding season rather than a normal rebuilding season. This year was senior heavy, but also had some young players including freshman Jacobb Bivens in net. Major said as a defender he got to work with Bivens and watched him grow as a player and teammate. He said despite rookie mistakes, Bivens kept his head high and learned to become the solid goalie he was by the season's end. He said any player can learn from his ability to overcome adversity. "I'm so proud of Prospect him and all of my other teammates, not just for their play throughout the season, but the manner in which they carried themselves in games and at practice day in and day out," Major said. "Although we weren't able to reach our goal of a championship, we played hard every day and fought through injuries, tough games, and much more, never getting too discouraged and constantly staying focused on the end goal. It was a memorable senior season for sure."



Nate Sottak was named second team All-State this season.

Major said he has been thankful for the upperclassmen in his early years, who helped him through the journey from JV to varsity. He also thanked Foley and the coaching staff for being supportive and encouraging on and off the field.

"I learned so much about soccer and life from these teammates and coaches through all four years and I think it is those relationships that I will remember the most about my time with BHS Soccer," Major said.

Sottak was named second team All-State and the team's leading scorer with 24 goals and seven assists. This is the third time the junior was selected All-State, as he was second team as a freshman and first team as

a sophomore. "Nate was a force in D-3," said Foley. "He spent the year being double or triple teamed, and still put up huge numbers."

Sottak said he was grateful to be recognized by the coaches in Division 3, but also disappointed he didn't make first team for the second year in a row. He felt like he has grown as a player and competitor, and instead of getting down that he was not a first teamer, he will use this as motivation to have the biggest season yet as a senior.

He said the most memorable performance was against Hopkinton, as it was motivation to get the last regular season win for the 11 seniors. It was a back-and-forth game between a top team, and Belmont came from behind for a win on a shot from 35 yards out by Sottak that gave him his second hat trick of the season.

Belmont finished 13-5, which he said was impressive considering the amount of seniors that had graduated the previous spring. He said it was a great team to be a part of, as he made strong friendships that will carry on.

"Although we expected to make it past the quarters, I feel like we should only takeaway the great parts of the season, and let the what ifs stay in the grave where they belong," said Sottak.

With his senior season coming up, Sottak said he plans to improve in all aspects of the game and take control as the leader of the team. He is the only

returning captain and Sottak knows it is his time to take the reins.

"As a team, I think we're going to surprise a lot of people," Sottak said. "Losing double-digit seniors for the second straight season is going to hit a little harder than it did the season before, as we lose many core defenders and strong midfielders and strikers. With that being said, we have a lot of strong freshmen and sophomores that will have more opportunities next season, and I'm excited to see how everything plays out. I have a great relationship with my coach as we've now had three seasons together, and I have all the trust in him to put all of the pieces together and maximize the strength of our team next season."



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B4 • Thursday, December 12, 2019

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NFI North is seeking a full time Program Director to implement and oversee our Community Based Services that include Intensive in home services; Individual Service Option, Home Based Therapeutic and Foster Care Services.

NFI North's Community Based Services are delivered in the community, generally in the family home and include service models that include: Diagnostic Assessment, Outreach, Family Stabilization, Case Management, Care Management, Wraparound, Respite Care, Parent Education, Support Services, and Evidence Based Models (such as TF-CBT, DBT, Supported Employment and many others). NFI programs use a trauma informed approach and incorporate a strength based model that supports our youth and family driven approach

Responsibilities include: oversight of clinical and programmatic operations, including ensuring compliance with state and local regulations, managing referrals, intake, discharge, service discharge plans, fiscal management, hiring and terminating all staff, record keeping, training and supervision of staff, facilitating weekly meetings, and attending external meetings.

Candidates will embrace our agency mission which is "to inspire and to empower people to achieve their full potential so they can live successfully in their own home and own community".

Candidates for this service must be flexible and willing to lead and administer the various projects as well as provide services as appropriate. This position includes on-call and travel as we will be serving several locations throughout Northern New Hampshire.

Requirements: Master's Degree in Social Work or Human Services and a minimum of five years supervisory experience. Candidates with certification as an LICSW or LCMHC are preferred. Willingness to travel is required. Starting salary \$60K commensurate with experience, education and licensure.

NFI North offers competitive salaries and environments that allow for creativity, a sense of empowerment and many opportunities for advancement. We offer comprehensive health and dental insurance and generous time off plan including three weeks paid vacation and additional sick and holiday time. We provide tuition reimbursement, retirement match, in addition to excellent training and a supportive work environment.

NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America. Not only do we offer our employees access at incredibly low and affordable rates, you can also enroll your immediate family members.

Please send cover letter and resume to nfinorthhr@nafi.com EOE/AA

Full-time Supported Employment Specialist;

The Supported Employment Specialist will work with our clients toward achieving vocational goals in accordance with evidence-based SEP principles. Bachelor's degree with experience in human services preferred. Salary \$32,000-35,000

Full-time Case Manager;

Responsibilities include treatment and system coordination, care management, symptom management, crisis intervention, consumer advocacy, and clinical documentation. Qualified applicant must possess strong communication and organizational skills, understand mental health issues, be creative and enjoy working with adults, children and families

Bachelor's degree with experience in human services preferred; exceptional non-degreed candidates with experience in a mental health setting considered. **Salary \$32,000-35,000**

Part-time Psychiatric Nurse Practitioner;

Licensed Psychiatric APRN/PMHNP to provide care to a diverse outpatient population Approximately two days/14 hours per week, with the option of additional days at other area NHS locations. Team members work closely together to share information and care responsibilities. Excellent support and consultation available from our experienced medical director and staff psychiatrist. Overnight and weekend call is by phone only and is optional for additional compensation. **Salary: Negotiable**

alary: Negotiable

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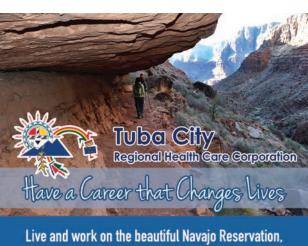
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SHAKER REGIONAL SCHOOL DISTRICT **FULL-TIME YEAR-ROUND GROUNDS**

Shaker Regional School District has an opening for a full-time, year-round, grounds worker to perform grounds work. Hours are 6:30 am - 3:00 pm, with a half-hour lunch. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays.

Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District is an equal opportunity employer.

Shaker Regional School District FOOD SERVICE SUBSTITUTES

Shaker Regional School District's Food Service Department has an immediate opening for Food Service Substitutes. Duties include, but are not limited to, prep work, serving, cleaning, washing dishes and pots/pans, and other tasks directed by the Kitchen Manager. Ability to lift up to 40 pounds. Prior experience in the food service industry is preferred, but not necessary. The successful candidate must be able to work in a fast paced, ever changing environment and perform as a team player.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.





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Toby Compo, Facilities Director Franklin School District 119 Central Street Franklin, NH 03235 603-934-3108 or Fax 603-934-3462 E-Mail tcompo@gm.sau18.org

The Franklin School District is an Equal Opportunity Employer



Family Worker Tri- County CAP, Head Start

Plymouth/Whitefield Area Programs

Applicant must hold or obtain within eighteen months of hire, at a minimum, a credential or certification in social work, human services, family services, counseling or a related field.

The Family Worker will split their time between two sites. They will work with the teacher teams at both the Plymouth and Whitefield Sites, to provide family support services through home visits with all enrolled families. The Family Worker will also support families with health screenings, parent education and parent group activities.

This is a full-time 35 hrs/wk for a 40.5 wks/yr benefited position. Medical benefits available after 60 days & paid school vacations and sick leave as accrued. Starting pay is \$13.65 per hour.

Interested candidates please apply with a letter of introduction, copy of transcripts and resume post marked by December 27th to: Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570 or email to bgilcris@tccap.org EOE

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Plymouth State

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FACULTY: Teaching Faculty – Education Assistant Professor of Instrumental Music Education and Director of Bands

ADJUNCT: Reference and Archives Librarian

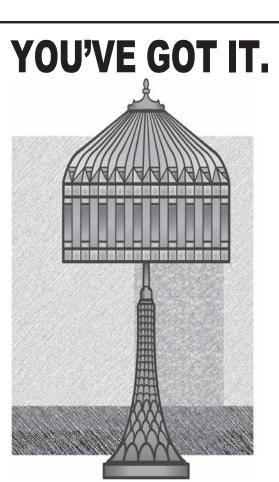
To view full descriptions of the positions and to apply, please visit https://jobs.usnh.edu

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American-Canadian Tour added to Full Throttle Fall Weekend

LOUDON — Three more short track races have been added to New Hampshire Motor Speedway's Full Throttle Fall Weekend, Sept. 11-12. The fresh new lineup will include the American-Canadian Tour and Granite State Legend Cars along with the NASCAR Whelen Modified Tour and ARCA Menards Series East and will crown four season champions during the two-day event.

"New England race

fans spoke, and we listened," said David Mc-Grath, executive vice president and general manager of New Hampshire Motor Speedway. "Full Throttle Fall Weekend is now bigger and better with five heart-pounding short track races in two days. They won't want to miss this high energy, thrilling race lineup."

The American-Canadian Tour is no stranger to "The Magic Mile," making nine appearances from 2009

to 2016 and making its homecoming on Saturday, Sept. 12. The 75lap feature is the final race of the tour's season championship and will hit the 1.058-mile oval at 4 p.m. capping off the day's races.

Prior to the ACT the ARCA race. Menards Series East will take on a 125-lap event at 2:30 p.m., which will also mark the final race of the series championship season. The weekend's main event, the Musket 200 presented by

Whelen, is the longest mileage race on the NASCAR Whelen Modified Tour beginning at 12:05 p.m. rounding out the day's races on "The Magic Mile."

The Granite State Legend Cars will also crown two champions at Full Throttle Fall Weekend with a 30-lap Oval Series race on Saturday at 10:30 a.m. on the 0.25-mile mini oval in turns one and two and a 20-lap road course series event on the 0.95-mile modified road course on Friday at 5 p.m.

All Saturday tick-

et holders will have access to a free autograph session with all the drivers from the NASCAR Whelen Modified Tour, ARCA Menards Series East and American-Canadian Tour at 10:15 a.m. Pit passes for the speedway will allow access into the garages, on pit road and the racetrack with front-stage access for Saturday's pre-race ceremonies, including driver introductions. Free and premium parking will be available along with various camping options.

Single-day tickets and upgrades for Full Throttle Fall Weekend are on sale now.

For ticket information for all events at New Hampshire Motor Speedway, including the Nov. 28-Jan. 5 Gift of Lights presented by Eastern Propane and Oil, the June 13-20 Motorcycle Week at NHMS, the July 17-19 Foxwoods Resort Casino 301 race weekend and the Sept. 11-12 Full Throttle Fall Weekend visit the speedway web site at NHMS.com or call fan relations at 783-4931.

PSU offering lacrosse coaching clinics

PLYMOUTH Plymouth State University head women's lacrosse coach Sandv Bridgeman announced that the program will host a women's lacrosse coaching clinic on Feb. 16 at the Bank of New Hampshire Field House at ALL-Well North.

Bridgeman, entering her 23rd year as a collegiate head coach, has led the Panthers to an 18-1 record in Little East Conference play, three LEC Tournament titles and three NCAA Tournament appearances, including the program's second NCAA Tournament win, in her demonstrations covseasons three at Plymouth State. Her 219 career wins rank among the top-40 in NCAA history across defensive team conall three divisions, cepts. The day will

while she boasts an overall coaching record of 219-135 (.619). Additionally, her .725 winning percentage at PSU is the second highest in program history.

The coaching clinic is designed for high school and club coaches and includes two separate sessions on the same day. Interested coaches have the option of attending both sessions at a discounted rate. Session details are included below.

Bridgeman and the Plymouth State coaching staff will work with coaches in the classroom and provide on-field include multiple opportunities for Q&A sessions with the staff.

Online registration is available at https://tinyurl.com/ PSUCoachesLaxClinic. All questions can be directed to Bridgeman at sandrab@ plymouth.edu or 535-3015.

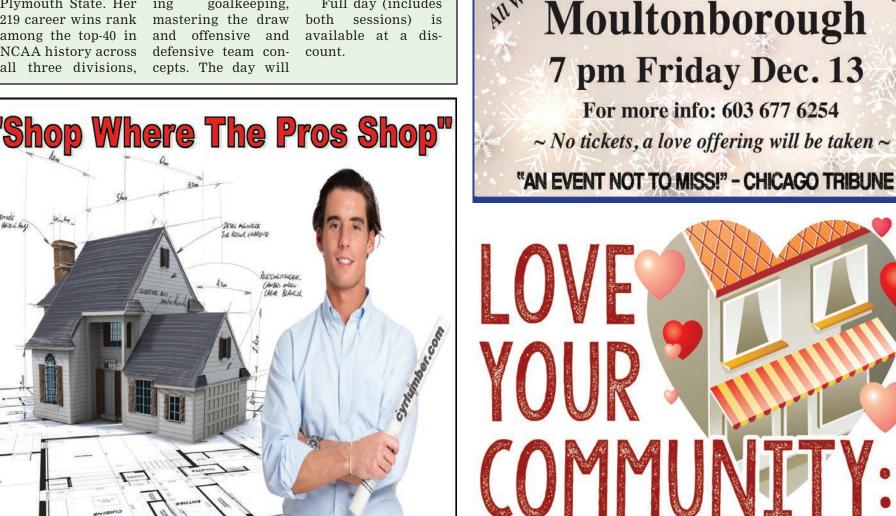
Session One – Essential Skills, Drills and Concepts is Feb. 16, 9:30 - 11:50 a.m., on field, 9:30 - 11:30 a.m., question and answer 11:30 - 11:50 a.m.

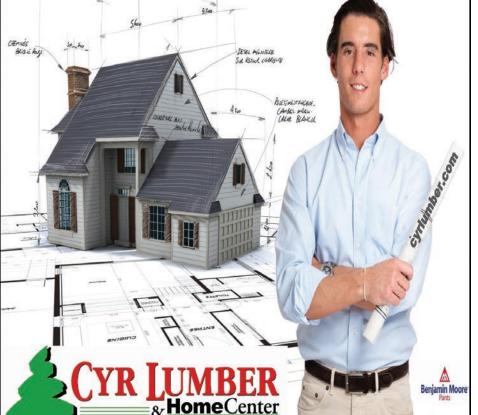
Session Two-Next Level Skills, Drills and Concepts is Feb. 16, 12 – 2:30 p.m., on field, 12 - 2 p.m. and question and answer.



ering topics includgoalkeeping, ing mastering the draw and offensive and 2 – 2:30 p.m.

Full day (includes both sessions) is available at a dis-





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