



# Winnisquam Echo

THURSDAY, JANUARY 26, 2023

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FREE

## Five Raiders compete at UNH track meet



Damien Sanborn races for Belmont during Saturday's meet at the University of New Hampshire.

BY JOSHUA SPAULDING  
Sports Editor

DURHAM — A few members of the Belmont indoor track team traveled to the University of New Hampshire on Saturday with a chance to improve on their state championship qualifying times.

For the boys, Damien Sanborn finished in fourth place in the 55 meters with a time of 6.92 seconds and also added a ninth place finish in the 300 meters with a time of 41.95 seconds.

In the shot put, Hunter Erlick fired a distance of 33 feet, six inches to take ninth place overall.

For the Belmont girls, Jaelyn Nialetz finished in 15th place in the 300 meters with a time of 49.17 seconds while in the 55-meter hurdles, Adeline Takantjas finished



Hannah Young clears a hurdle during Saturday's meet at UNH.

ished in seventh place in a time of 10.4 seconds and Hannah Young was 15th in 11.26 seconds.

There will be a relay

meet at UNH this coming weekend as teams look toward the state championships in February.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## Winnisquam girls cruise past 'Toppers, Raiders'

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam hoop girls hit the road to Somersworth to start last week and came home with a 61-20 win over the Hilltoppers.

The Bears got off to a quick start, leading 25-9 after one quarter.

"I thought our defense led the way tonight, which really got

our offense going," said coach Mark Dawalga. "We were able to get off to a fast start on the road."

Mackenzie Philippy led the offense for the Bears with 16 points and 10 rebounds while Triniti Carter had 10 points and five rebounds and Caidyn Carter put in seven points. Victoria Kelly pulled down nine

rebounds to help pace the defense while Isabella Sargent had eight rebounds and three points while doing a good job down low for the Bears. Freshman Mackenzie Bassett earned her coach's praise for her solid play in the win.

The Bears hosted Belmont on Wednesday, Jan. 18, and the defense

SEE GIRLS PAGE A6

## City welcomes Franklin's Hidden Treasures to downtown community

FRANKLIN — The City of Franklin is pleased to welcome Franklin's Hidden Treasures to Downtown Franklin.

Franklin's Hidden

Treasure's is a unique antique and collectible shop with thousands of items offered from consignors. From kitchen items from the 1920's, to porcelain tea sets, vintage bar glass-

ware, to textiles, baskets, wrought iron plant stands and toys — you can find it at Franklin's Hidden Treasures.

Chelsea Welch, owner  
SEE TREASURES PAGE A6

## Busy birthday month in store at Belmont Public Library

BELMONT — Did you know that Belmont Public Library is celebrating our birthday this month? Our fantastic library will be celebrating 130 years serving the community. The building the library currently resides in will be celebrating its 95th birthday. BPL's staff wants to celebrate with our community. The children's room will be hosting a birthday party on Feb. 11 at 10:30 a.m. There will be stories, crafts, and snacks.

Is one of your new resolutions to read more in 2023? Do you enjoy a cozy read, a warm drink, and chatting with others? Join Rebecca with the Tea and Tales Book Group on Thursday, Feb. 9 at 5:30 p.m. We will be discussing "The Woman in the Library," and grabbing February's bookish-romance read "How to Find Love in a Book Shop" from Veronica Henry. The Friday Fiction is reading "Homegoing" by Yaa Gyasi. The group will meet to discuss on Feb. 17 at 10:30 a.m. Copies can be found at the main desk. Even if you can't make it in person to the February meetings, pick up a copy of the book at the front desk or on our digital service, Libby. If you are

able to use zoom/Google meets to participate in the meetings, contact Miss Rebecca or Eileen at [circulation@belmont-publiclibrary.org](mailto:circulation@belmont-publiclibrary.org).

Our first Watercolor Class was a great hit with patrons, so we are going to make this a weekly event. This is a self-guided group, but supplies and advice will be available. Working on a fiber arts project and want to bounce ideas off of other crafters? Join staff on Wednesday mornings at 10 a.m. for a laidback hour of fiber arts crafting. Bring a project you are working on or take a look at one of our Take Home Kits for a new idea.

The Youth Services weekly program schedule continues to offer Story Tots, a story time for youth, ages birth to preschool, on Tuesdays at 10:30 AM. "Innovation Station," a S.T.E.A.M. group for elementary students, meets every other week, in the children's room at 3 p.m. Let us not forget about Musical Munchkins at 10:30 a.m. on Thursdays.

Wednesdays are reserved for our two new book clubs: GSF Book Club (second Wednes-

day), and I.F. Book Club (fourth Wednesday). GSF Book club is open to students in grades 3 - 7, and will focus on reading the nominees and winners of New Hamp-

shire's own Great Stone Face Book Award. I.F. Book club is open to students in grades 8 - 12 and will read books that have been nominated or have won New Hampshire's

Isinglass or Flume Awards. Book clubs will meet at 3:30 p.m. in the children's room. Books can be picked up prior to the meetings at the front desk or at the monthly

meeting.

BPL Youth Services proudly introduced "Cursive Club" to our

SEE LIBRARY PAGE A6



COURTESY

## Franklin Outing Club Winter Carnival kicks off Feb. 4

The Franklin Outing Club is excited for its 61st Annual Winter Carnival. Events will kick off Feb. 4, with Broom Ball and a Moonlit Snowshoe Hike with a Bonfire and Hot Cocoa Party. Other fun events planned throughout the Winter Carnival include their Cardboard Sled Races on Feb. 18, and the Boat Bash Snow Crash on March 4. All events will take place at Veterans Memorial Recreation Area. Be sure to check their Web site for all the information on the events planned [www.franklinoutingclub.org/winter-carnival](http://www.franklinoutingclub.org/winter-carnival). The Franklin Outing Club is a nonprofit company that runs the ski area at Veterans Memorial Recreation Area in Franklin. Through generous contributions from members and business sponsors they are able to offer year-round outdoor recreational activities at little to no cost to both their members and the general public. They also hold fundraising events throughout the year to help support our operations.

# Cathy Sleeper promoted to Regional Vice President at MVSB

MEREDITH — Cathleen “Cathy” Sleeper was recently promoted to Regional Vice President at MVSB (Meredith Village Savings Bank). In this role, Cathy will oversee the Bank’s office locations in the communities of Meredith, Center Harbor, Moultonborough, Wolfeboro and Melvin Village, and she will work closely with the branch teams to build on existing relationships and develop new opportunities.

“Cathy’s expertise and her commitment to customer experience have been fundamental to our branch leadership team, and her



Cathy Sleeper

management and customer service skills have helped our Main Office continue to grow and be an integral part of the community,” said Stacy Trites, Senior Vice President, Retail Banking Officer. “She is a well-known business leader in the region and we

couldn’t be more excited to have her guidance moving forward.”

“The Lakes Region is my home and I take great pride in supporting and getting to know my fellow community members and local business owners, and to get involved in ways that help make the area a better place for all of us to live and work,” said Sleeper. “I am honored to have the opportunity provide leadership to our teams as we continue a long history of service in our communities.”

Cathy has held several roles in MVSB branch offices since joining the

Bank in 2009 as a part time teller. She was promoted to Branch & Business Development Manager for the Meredith Main Office in 2017 and to Assistant Vice President, Branch & Business Development Manager at the same location in 2022. She also serves as the Program Coordinator for the Bank’s in-school savings program, Save for America School Savings.

In the community, Sleeper volunteers her time as a Board Member for the Greater Meredith Program and she is a member of the Meredith Rotary. She attended Jamestown Business

College, Northern New England School of Banking and the Dale Carnegie Effective Speaking & Human Relations course and she is a 2020 graduate of Leadership Lakes Region. Cathy has three grown children and enjoys spending time biking with her husband of 35 years.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869.

For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, nonprofits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

## Lake Winnepesaukee Association welcomes new board member



Mark Ishkanian

REGION — The Lake Winnepesaukee Associ-

ation (LWA) is excited to welcome Mark Ishkanian to the Board of Directors.

Ishkanian has extensive public and media relations experience, having worked in Maine for more than thirty-five years for a variety of organizations from Maine’s leading environmental advocacy group to its largest utility and

largest health insurance company. He has served on the boards of the American Lung Association of Maine, Bicycle Coalition of Maine, Maine Huts and Trails, and WinterKids. With Ishkanian’s background and experience, he will be a great asset to the board and organization.

“We all appreciate the clean, clear quality

of Lake Winnepesaukee but we can’t take it for granted. LWA deserves the support of everyone who cares about our lake and wants to protect our water quality,” stated Ishkarian.

He and his wife, Ginger, moved to Moultonborough in 2014, and enjoy sailing, cycling, hiking, and chasing after their grandchildren.

The Lake Winnepesaukee Association (LWA) is a non-profit organization dedicated to protecting the water quality and natural resources of Lake Winnepesaukee and its watershed. Through monitoring, education, stewardship, and science-guided approaches for lake management, LWA works to ensure Winnepesaukee’s

scenic beauty, wildlife habitat, water quality and recreational potential continues to provide enjoyment long into the future. Do you have an interest, passion, or skill to share that would benefit the mission of LWA? To learn more about the organization and what we do please visit our Web site at [www.winnepesaukee.org](http://www.winnepesaukee.org) or contact us at 581-6632.

## Terrapin Tours announces travel scholarship award winners

NORTH WOODSTOCK — Terrapin Tours is pleased to announce the first Travel Scholarship of the year has been awarded to Noah Smith of Gilmanston. The \$500 Travel Scholarship has been

provided for Smith to put towards his education-based travel opportunity. Noah’s completed application included a strong letter of recommendation from a staff member of Gilford High School and an essay de-

tailoring his travel plans, why this travel opportunity is important to him, and how he intended to use the award.

A student at Gilford High School, Smith will be traveling to Costa Rica in February with

his Advanced Spanish Conversation Class instructor, Janice Stowell. The class will be using their language skills and knowledge of Costa Rica helping in a service project, donating items to a local school, getting to know some of the students, and planting trees, as well as learning about music, food and dance.

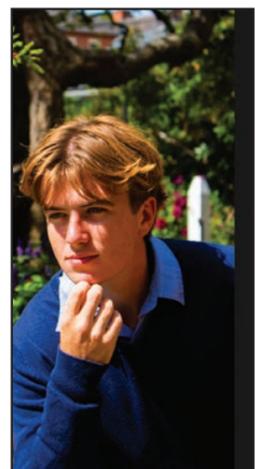
The scholarship fund, which is part of Terrapin’s “Give Back Initiative,” is available to New Hampshire High School students with the goal of the helping students experience cultural, educational, and personal growth through travel. In 2022, Etta Wobber of Inter-Lakes High School was awarded a Travel Scholarship to participate in a French language immersion semester in Québec through the Edu-inter program. Etta’s brother, Amos Wobber, was a recipient of an award in 2019.

Overall, the Terrapin Tours Travel Scholarship fund has awarded over \$3200 in student scholarships since the “Give Back Initiative” inaugural year of 2018.

Terrapin Tours owner, Kelly Cooke, participated in an education-based tour to Europe as a high school student and is excited to support students that have the same opportunity.

“Traveling to Europe at a young age inspired me and helped shape my personal and professional career,” explained Mrs. Cooke.

A travel industry professional for more than 25 years, Mrs. Cooke has seen first-hand the benefits of travel, and says, “Whether it’s the chance to gain independence and confidence or to deepen your knowledge and understanding of other cultures, the benefits of travel are endless. I am thrilled that Terra-



Noah Smith

pin Tours can support students in their quest to learn and grow through travel.”

Terrapin Tours looks forward to continuing their scholarship program and is currently accepting applications. For more information about Terrapin Tours and their Travel Scholarship program, visit [terrapintours.com](http://terrapintours.com), call 603-348-7141, or email [info@terrapintours.com](mailto:info@terrapintours.com).

## Belknap Mill’s Bell and Brick Winter Concert Series presents Dakota Smart



Dakota Smart

LACONIA — The Belknap Mill’s Bell & Brick Winter Concert Series returns Thursday, Jan. 26 from 7-8 p.m., featuring Dakota Smart. Doors open at 6:30pm on the Mill’s third floor Rose Chertok Gallery. Tickets are just \$10 and

can be purchased by cash or check at the door.

Known for his “Amazing One Man Show” Dakotas flexibility to deliver great original music and covers of Pop, and Classic Rock on both Piano and Guitar to include music from; Ed Sheeran, Lumineers, Elton John, Pink Floyd, Tom Petty, Black Keys, Otis Redding, and more! An accomplished musician, Dakota’s main instrument is piano, he also plays guitar, ukulele and drums. He is an ASCAP Writer/Publisher, and

has written more than 100 songs. He performs original music and covers from New England to Nashville. He’s very comfortable on stage. He started performing at age 10 and by the time he was 17, he was on tour with an opening band for legendary, Three Dog Night!

For the full calendar of performers or other Belknap Mill programming visit our Web site, [www.belknapmill.org](http://www.belknapmill.org), or call (603)524-8813.

# ALL WE KNOW IS LOCAL ~ SalmonPress.com



# The Colonial welcomes The High Kings July 27

LACONIA — The Colonial Theatre - Laconia will present The High Kings on Thursday, July 27 at 8 p.m. The High Kings are Finbarr Clancy, Darren Holden, Brian Dunphy Paul O' Brien.

The High Kings formed in June 2007 when Brian, Darren, Finbarr and former member Martin Furey were asked to join a brand-new Irish ballad group by David Kavanagh after he had noticed a gap in the market for a band specializing in traditional Irish music. Tickets go on sale Friday, Jan. 20 at 10 a.m. at ColonialLaconia.com or by calling 1-800-657-8774.

Widely regarded as the standard-bearer for their genre The High Kings continue to surprise and delight and "The High Kings XV TOUR" together with 15 newly reimagined tracks

is just the beginning of their electrifying plans for 2023.

Tickets for The High Kings at the Colonial Theatre of Laconia on Thursday, July 27 at 8pm are \$39-\$69 and go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

It didn't take long during their first studio rehearsal for them to realize that the way their individual voices blended together, that they were on to something special. The High Kings play 13 instruments between them creating the unique sound and atmosphere that they still showcase to this day. This was confirmed when their self-titled debut album reached number 2 on the world Billboard Music chart. In March 2009, The High Kings played five consec-

utive sold out shows to a packed audience in Dublin's Olympia Theatre.

The High Kings continue to set the bar extremely high for Irish Folk bands across the world and are widely regarded to be at the forefront of the genre. In 2019 after a 12 year journey The High Kings continue to perform in sell out venues across the globe to their ever-growing army of loyal fans that span generations.

2021 saw the release of "Home from Home," their brand-new 11 track album. Recorded live at Concert Deck in Dublin, "Home from Home" is a journey through classic folk songs, old and new.

The idea behind this album was to bring our fans on a journey across the world, to some of

the places we call home when we tour, via some of the classic folk songs that have inspired us along the way.

First opened in 1914, the Colonial Theatre was designed by George I. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of operation.

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development

Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246.

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and pro-

gramming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, MA and Laconia, NH. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

## Local students named to Dean's List at Plymouth State University

PLYMOUTH — A total of 330 students have been named to the Plymouth State University Dean's List for the Fall 2022 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2022 semester and must have attempted at least 12 credit hours during the semester.

Jackson Cozzens-Forgione of Belmont

- Lily Rousseau of Tilton
- Meghan Dubiel of Northfield
- Ian Manning of Tilton
- Lydia Morrison of Tilton
- Zackari Lepicier of Tilton

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances professional knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

## Local students named to President's List at Plymouth State University

PLYMOUTH — A total of 889 students have been named to the Plymouth State University President's List for the Fall 2022 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2022 semester and must have attempted at least 12 credit hours during the semester.

- Shannon Goodwin of Sanbornton
- Jessica Holt of Sanbornton
- Jia Chiu of Belmont
- Maggie DeVoy of Sanbornton
- Jordan Seavey of Northfield
- Morgan Agran of Northfield
- Lindsay Blier of Tilton
- Nathan Cammack of Tilton
- Rhiannon Gauthier of Tilton
- Jewel Hamel of Sanbornton
- John Beaulieu of Northfield
- Corbin Gentile of Belmont

- Mason Howe of Sanbornton
- Sarah McGlynn of Belmont
- Caleb Longval of Sanbornton
- Carley Latorre of Sanbornton

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About Plymouth State University  
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances professional knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

## Shannon Caron achieves Dean's List at Belmont University

NASHVILLE, Tenn. — Belmont has announced the list of students recognized on the Dean's List for the Fall 2022 semester. Of the approximately 52 percent of Belmont's 7,100 undergraduate students who qualified for the Fall 2022 Dean's List, Shannon Caron of Tilton was listed.

Belmont Provost Dr. David Gregory said, "The Dean's List achievement among a majority of Belmont's student body exemplifies our campus commitment to exemplary education and the successful matriculation of our students. It is a privilege to recognize the accomplishments of our students in the academic space, and the University looks forward to the continued support, education and growth of those who have entrusted Belmont to equip them with the necessary tools to thrive at the local, national and global level."

Dean's List eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

About Belmont University

Located two miles from downtown Nashville, Tennessee, Belmont University comprises nearly 9,000 students from every state and 33 countries. Nationally ranked and consistently recognized by U.S. News & World Report for innovation in higher education, the University offers more than 115 areas of undergraduate study, 41 master's programs and five doctoral degrees. With a focus on whole person formation and data-informed social innovation, Belmont is committed to forming diverse leaders of character equipped to solve the world's complex problems. For more information, visit www.belmont.edu.

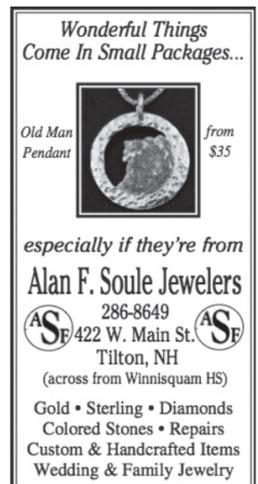


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## Winter travel through the years

The first big storm of the season has come and gone, leaving us with anywhere from three to 12 inches of snow, depending on where you are. As with most things, we like to think about how our ancestors handled certain situations. It was during a snowy drive last winter that this writer became grateful for studded snow tires and heat. That experience prompted thoughts about how those who came before us dealt with travel during snowstorms. During the winter of 1717, a storm dumped four feet of snow, creating snowdrifts of up to 25 feet. Passing through the snow-covered roads was too much for a postman who traded his horse for a pair of snowshoes. Objects similar to skis were attached to carriages as a means of winter transportation. Streets had to be passable for wood and food deliveries. When the roads were not passable townspeople would gather together in large groups and dig out a path. The snow was placed into the back of a horse-drawn cart by gangs of men and driven to the closest river to be dumped. Salt was also used on streets, but many people complained because it ruined their shoes and clothes. Fast forward to 1840, when the first snowplow patent came to be. It wasn't until 1862 that the first snowplow was put into use. The plow was attached to a cart and pulled by a team of horses. Soon after, many cities began to use the horse-drawn snowplow. Typically, the use of the horse-drawn plow was only used to clear main streets, leaving side streets and sidewalks snowed in by large piles often blocking entrances to businesses. Many business owners actually brought lawsuits against the plowing companies as a result because their customers could not gain access to the storefronts. The solution to that conundrum, was the hiring of snow shovelers to accompany the plow. The blizzard of 1888, however, was too much for the "modernized" plow, leaving many people trapped inside their homes. This emergency was the catalyst cities needed to begin coming up with a better plan for snow removal. One idea was to stay on top of the storm as it started, instead of waiting for it to end. Different men driving the plows were assigned to certain neighborhoods as well. The invention of the automobile brought with it a crutch and a new possibility as far as snow removal went. The crutch being that an entirely new method needed to be engineered and put into use. In New York, in 1913 a dump truck could be seen on city streets. Seven years later the first snow loader, came on to the scene. It had a big scoop with a conveyor belt. The snow would go into the scoop via the belt, then dumped into the back of the truck. From there, off to the river it went. It wasn't until 1959 when the weather was able to be predicted more accurately, allowing towns and cities to better prepare for any incoming storms. Reading old diaries of our New England ancestors gives the perfect window as to what it was like to experience a bitter cold winter, prior to modern practices. A shining example is the quote below from literary critic Van Wyck Brooks. "All praise to winter, then, was Henry's feeling. Let others have their sultry luxuries. How full of creative genius was the air in which these snow-crystals were generated. He could hardly have marveled more if real stars had fallen and lodged on his coat. What a world to live in, where myriads of these little discs, so beautiful to the most prying eye, were whirled down on every traveler's coat, on the restless squirrel's fur and on the far-stretching fields and forests, the wooded dells and mountain-tops, -these glorious spangles, the sweepings of heaven's floor."

— The Flowering of New England, 1815-1865

### Rivalry game

The Belmont hoop boys hosted Winnisquam in a rescheduled game on Wednesday, Jan. 18, with the Raiders getting a little revenge over the Bears after Winnisquam got the win two weeks ago. Anakin Underhill (left) and Belmont got the 43-31 win over Frankie McComiskey (right) and Winnisquam. The Bears will be in action on Friday, Jan. 27, at home against White Mountains at 7 p.m. and will be at Kearsarge on Tuesday, Jan. 31, at 6:30 p.m. The Raiders will be hosting Inter-Lakes today, Jan. 26, at 6 p.m. and will be at Somersworth on Tuesday, Jan. 31, at 6:30 p.m.



## Comfort Keepers

### Compassion fatigue: What family caregivers need to know

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Knowing the limits Caring for others is often driven by motivations of love and understanding. It's not uncommon for family caregivers to initially feel that their capacity for helping those they love is nearly limitless. From taking care of finances and managing medications to preparing meals and cleaning, there's certainly a sense of fulfillment that comes along with assisting a loved one. But many find themselves going through the motions of caring without taking time out to focus on their own needs – often to the point of physical and emotional exhaustion. As a result, family caregivers may feel something they've never experienced before: decreased empathy. This condition is known as compassion fatigue.

In decades past, compassion fatigue was seen primarily in health-care professionals. This should hardly come as a surprise considering the profession involves constantly helping patients who are suffering or experiencing diminished quality of life. But as the country's aging population continues to grow, there are many family caregivers who are left feeling much the same way.

In addition to the lower threshold of empathy, family caregivers experiencing compassion fatigue may feel the following:

- Exhaustion (physical and/or emotional)
- Feelings of dread or guilt
- Irritability, anxiety, or anger
- Difficulty sleeping
- Difficulty making decisions
- Feeling disconnected
- Trouble finding meaning in caregiving
- Self-isolation

The Compassion Fatigue Awareness Project notes that the worst symptom of compassion fatigue is denial because it prohibits family caregivers from examining the feelings associated with their caregiving situation. And if ignored for an extended period of time, family caregivers may begin to feel resentment toward their loved one, ultimately leading to a communication breakdown and strained relationship.

Outside relationships suffer as well. In a collaborative research study with the Stanford Center on Longevity, Comfort Keepers, and ClearCare, it was indicated that those responsible for a loved one with a severe illness experience poor emotional wellbeing because of their inability to properly maintain their social lives. The results of the study high-

light the increasing need for family caregivers to not only acknowledge their compassion fatigue, but also take steps toward self-care. Doing so can certainly help the family caregiver, but it will also help mend the relationship with their loved one.

What to do next Below are a few steps that family caregivers can take to combat compassion fatigue and get back to feeling positive about caring for their loved ones.

Understand the common signs of compassion fatigue (listed above) and acknowledge them if they occur.

Practice a self-care regimen that includes a balanced diet, regular exercise, and consistent sleep.

Carve out time to spend with friends and maintain social connections.

Find a caregiver support program, either in the community or online.

Document your thoughts and feelings related to caregiving in a journal.

Choose healthy activities during your downtime (e.g., go for a walk, meditate, or practice a favorite hobby).

Discuss your feelings with a counselor or therapist.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide transportation to community events, support physician-prescribed exercise regimens, provide companionship and help families stay connected through technology. We strive to elevate the

human spirit through quality, compassionate, joyful care.

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

About Comfort Keepers Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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

Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

References: Good Therapy. "The Cost of Caring: 10 Ways to Prevent Compassion Fatigue." Web. 2016. Psychology Today. "Are You Suffering from Compassion Fatigue?" by Sherrie Bourg Carter Psy.D. Web. 2014. Stanford Center on Longevity. "Spotlight on Caregiving: Exploring the Well-being of Family Caregivers" by Sarah Raposo, Jessica Barnes, Tamara Sims, Laura Yotopoulos, Amy Costensen, Mary Bowman, Jacquelyn Kung. Web. 2016. Daily Caring. "How to Cope with Compassion Fatigue: 8 Tips for Caregivers." Web. 2017. AARP. "Caregiving in the U.S." Web. 2015.



## Winnisquam Echo

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[tracy@salmonpress.news](mailto:tracy@salmonpress.news)

**SUBSCRIPTION SERVICES:**  
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(603) 677-9085  
[kerrip@salmonpress.news](mailto:kerrip@salmonpress.news)

**TO PRINT AN OBITUARY:**  
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CALL: 603-677-9084

**TO SUBMIT A LETTER TO THE EDITOR:**  
E-MAIL: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)

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### Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

# BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 9-16.

Sterling R. McDaniel, age 53, of Belmont was arrested on Jan. 11 for Breach of Bail Conditions and in connection with a stalking order.

Ryan S. Collins, age

38, of Laconia was arrested on Jan. 13 for Credit Card Fraud totaling less than \$1,000 and Receiving Stolen Property after Two Prior Convictions.

Melissa R. Gosselin, age 40, of Tilton was arrested on Jan. 14 on multiple counts of Possession of a Controlled

Drug (subsequent offense).

Thomas A. Fillebrown, age 37, of Belmont was arrested on Jan. 14 for one count of Felonious Sexual Assault-Sexual Contact and multiple counts of Aggravated Sexual Assault.

# Kaitlin Bardellini named to Castleton University President's List

CASTLETON, Vt. — Kaitlin Bardellini of Northfield was recently named to the Castleton University President's List for the fall semester of the 2022-23 academic year.

To qualify for this highest academic honor, students must maintain full-time status and a semester grade point average of 4.0.

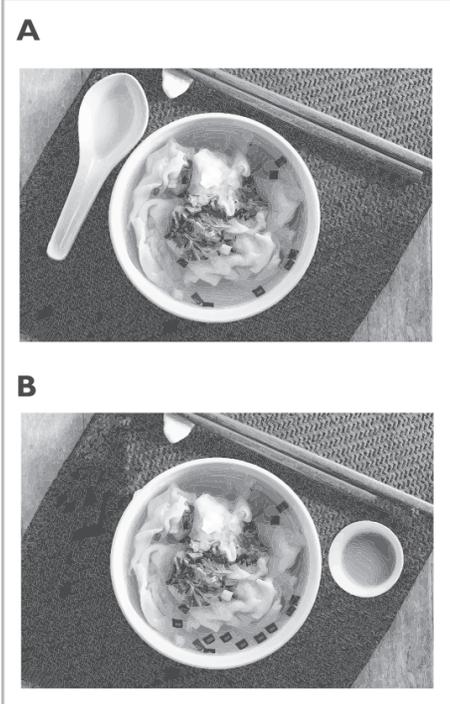
About Castleton University

Castleton University is small enough to be a community where every student matters, yet large enough to offer more than 75 programs of study for undergraduate and graduate students, 28 varsity sports, and over 50 clubs and organizations. The university stresses experiential learning through internships, community service, and research opportunities provided by more than 400 community partnerships. On July 1, 2023, Castleton University will join together with Northern Vermont University and Vermont Technical College to become Vermont State University, a reimagined higher education institution building on the strong legacies of its founding institutions. Learn more at [vermontstate.edu](http://vermontstate.edu).



## What's the Difference?

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



Answers: 1. More scallions in soup. 2. Missing spoon. 3. Chopstick broken. 4. Dipping sauce bowl.

## THIS DAY IN... HISTORY

- 1957: AMERICAN INVENTOR WALTER FREDERICK MORRISON SELLS THE RIGHTS TO HIS FLYING DISC. IT IS LATER RENAMED THE "FRISBEE."
- 1986: THE ROCK AND ROLL HALL OF FAME INDUCTS ITS FIRST MEMBERS.
- 2020: THE WORLD HEALTH ORGANIZATION DECLARES THE COVID-19 PANDEMIC A PUBLIC HEALTH EMERGENCY.

### New Word

**MINISTRONE**  
a thick soup containing vegetables and pasta

### HEALTH FACT:

TRUE OR FALSE?  
DRINKING AND EATING WARM FOODS AND BEVERAGES CAN HELP RELIEVE COLD OR FLU SYMPTOMS.

ANSWER: TRUE

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## TOWN OF TILTON FILING NOTICE

Declarations of Candidacy for elected Town Office positions will begin on Wednesday January 25th, 2023 and expire on Friday, February 3rd 2023 at 5 p.m. You may file at the office of the Town Clerk at Town Hall, 257 Main Street during regular business hours. The office will remain open until 5 p.m. on Friday, February 3rd solely for this purpose.

Selectmen	2 (3) year terms
Town Clerk/ Tax Collector	1 (3) year term
Supervisor of the Checklist	1 (5) year term
Budget Committee	2 (3) year terms
Sewer Commission	1 (3) year term
Library Trustee	1 (3) year term
Trustee of the Trust Fund	1 (2) year term
	1 (3) year term

### How they SAY that in...

**ENGLISH:** Soup  
**SPANISH:** Sopa  
**ITALIAN:** Minestra  
**FRENCH:** Soupe  
**GERMAN:** Suppe

### Did you know?

SOUP WAS FIRST KNOWN AS "SOP." IT WAS A MEDIEVAL DISH OF A THICK STEW POURED ON SLICES OF BREAD USED TO SOAK UP THE LIQUID.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CHICKEN SOUP

## CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to donating blood. Each number corresponds to a letter. (Hint: 14 = O)

**A. 3 14 12 5 15 8 14 12**  
Clue: Gift of money or something

**B. 22 21 14 1 15 5 4 6**  
Clue: Not enough

**C. 17 8 2 6**  
Clue: Growth and sustenance

**D. 19 5 1 8 12 4**  
Clue: Compassionate

Answers: A. donation B. shortage C. life D. caring

## SUDOKU

Fun By The Numbers  
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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

Level: Intermediate

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

ANSWER: 4 2 6 8 7 9 5 3 1

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## Edward Jones: Financial Focus

Open the (back) door to a Roth IRA

There aren't many drawbacks to having a high income — but being unable to invest in a Roth IRA might be one of them. Are there strategies that allow high-income earners to contribute to this valuable retirement account?

Before we delve into that question, let's consider the rules. In 2023, you can contribute the full amount to a Roth IRA — \$6,500, or \$7,500 if you're 50 or older — if your modified adjusted gross income is less than \$138,000 (if you're single) or \$218,000 (if you're married and filing jointly). If you earn more than these amounts, the amount you can contribute decreases until it's phased out completely if your income exceeds \$153,000 (single) or \$228,000 (married, filing jointly).

A Roth IRA is attractive because its earnings and withdrawals are tax free, provided you've had the account at least five years and you don't start taking money out until you're 59½. Furthermore, when you own a Roth IRA, you're not required to take withdrawals from it when you turn 72, as you would with a traditional IRA, so you'll have more flexibility in your retirement income planning and your money will have the chance to potentially keep growing. But given your income, how can you contribute to a Roth?

You may want to consider what's known as a "backdoor Roth" strategy. Essentially, this involves contributing money to a new traditional IRA, or taking money from an existing one, and then converting the funds to a Roth IRA. But while this backdoor strategy sounds simple, it involves some serious considerations.

Specifically, you need to evaluate how much of your traditional IRA is in pretax or after-tax dollars. When you contribute pretax dollars to a traditional IRA, your contributions lower your annual taxable income. However, if your income is high enough to disqualify you from contributing directly to a Roth IRA, you may also earn too much to make deductible (pretax) contributions to a traditional IRA. Consequently, you might have contributed after-tax dollars to your traditional IRA, on top of the pretax ones you may have put in when your income was lower. (Earnings on after-tax contributions will be treated as pretax amounts.)

In any case, if you convert pretax assets from your traditional IRA to a Roth IRA, the amount converted will be fully taxable in the year of the conversion. So, if you were to convert a large amount of these assets, you could face a hefty tax bill. And since you probably don't want to take funds from the converted IRA itself to pay for the taxes, you'd need another source of funding, possibly from your savings and other investments.

Ultimately, then, a backdoor Roth IRA strategy may make the most sense if you have few or no pretax assets in any traditional IRA, including a SEP-IRA and a SIMPLE IRA. If you do have a sizable amount of pretax dollars in your IRA, and you'd still like to convert it to a Roth IRA, you could consider spreading the conversion over a period of years, potentially diluting your tax burden.

Consult with your tax advisor when considering a backdoor Roth strategy. But if it's appropriate for your situation, it could play a role in your financial strategy, so give it some thought.

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith NH 03253  
603-279-3161  
Fax 866-532-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)

TREASURES

CONTINUED FROM PAGE A1

er and lifelong collector, opened Franklin's Hidden Treasures on July 1, 2022, fulfilling a long-time dream to open her

own store. With a strong commitment to the community, Chelsea offers a "free bin" where you can find household items and clothing for those who may need a helping hand. "I am so excited to be a part of downtown Franklin's growing business community. I hope the addition of Franklin's Hidden Treasures will add to that and be a shop to browse, catch a glimpse of the past and find that unique item that you never knew you had to have."

tion, new restaurants, Mill City Park, Veterans Memorial Recreation Area and now there is one more reason to stop and take a look at what's happening" stated Mayor Jo Brown.

Please join us for a ribbon cutting on Saturday, Feb. 4 at 10 a.m. to celebrate the grand opening of Franklin's Hidden Treasures.

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"As the City of Franklin continues to grow, it is my pleasure to welcome another new business to Downtown Franklin. Franklin has so much to offer with downtown revitaliza-



LIBRARY

CONTINUED FROM PAGE A1

calendar in the month of January. This afternoon program is for school aged children who want to learn the fine art of cursive writing every other Thursday at 3:30 p.m. Friday afternoons, tweens and teens alternate between Crafternoons and Film Fridays, meeting at 3 p.m.

School vacation is almost here! Have you made plans yet? The Bel-

GIRLS

CONTINUED FROM PAGE A1

led the charge in a 68-29 win over the Raiders.

"It was one of those games where everything was clicking defensively," said Dawalga. "Like I tell the kids all the time, everything starts with defense and tonight I thought our defense really got our offense going." Lauren MacDonald

had 20 points to pace the offense for the Bears, while Caidyn Carter had 14 points, Philippy had 11 points and six rebounds, Kelly pulled down 11 rebounds to go with eight points. Trinity Carter also added eight rebounds to go with two points, Vanessa Power had six points, Sargent grabbed five rebounds and had four points and Bassett got two rebounds

to go with three points. The Bears are scheduled to be at White Mountains Regional on Friday, Jan. 27, at 6:30 p.m. and will be hosting Kearsarge on Monday, Jan. 30, at 7 p.m.

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

belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. It's our

95th year in the building, and our 130th serving the Belmont community.

NOTICE TO VOTERS OF THE WINNISQUAM REGIONAL SCHOOL DISTRICT

The Winnisquam Regional School Board has a vacancy it seeks to fill from the town of Northfield until the 2023 annual meeting of the school district. Interested candidates must be a resident of Northfield and a registered voter.

Those wishing to apply should send a letter stating their intentions by February 15th to:

Chairperson  
Winnisquam Regional School Board  
433 West Main Street, Tilton, NH 03276

Shaker Regional School District PUBLIC NOTICE

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

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 25, 2023.

The election will occur during the annual voting on Tuesday, March 14, 2023 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

- School District Moderator – one member to serve for two years
- Belmont – two members to serve for three years
- Canterbury – one member to serve for three years

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, February 3, 2023 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School's Office; 58 School Street; Belmont, NH 03220, telephone number 603-267-9223, or by calling Gretta Olson-Wilder, Clerk, at 603-998-7998 evenings.

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

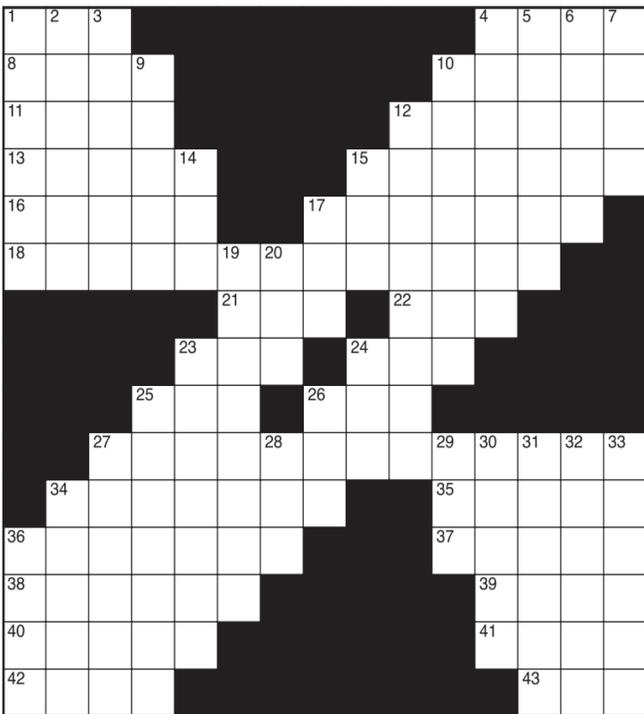
Gretta Olson-Wilder, Clerk  
Shaker Regional School District

The library will be closed Monday, Feb. 20 in observance of Presidents' Day. Make sure to grab a book, movie or a take home kit to keep you entertained over the holiday weekend. The Belmont Public Library is open six days a week and any time at www.



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TAKE A BREAK



43. Midway between south and southeast

DOWN

- Part of your foot
- It's at the back of the eyeball
- Where things stand
- Offered
- Contains pollen
- Boisterous get-together
- Asserts out loud
- They're in the sky
- Canonized
- A politician's official stances
- It can catch fish
- British thermal unit
- Helps little firms
- Where patients go for treatment
- Large red deer
- Pokes holes in
- "Star Wars" hero Solo
- One in a hospital
- Scandinavian god of battle
- Famous cat
- \_\_\_ Angeles: City of Angels
- Type of drug (abbr.)
- City along the Rhine
- Animal disease
- Martini ingredients
- Get away
- Rare species of rodent
- Suppress

ACROSS

- Tax collector
- Fishes without the line touching water
- Brooklyn hoopsters
- Actress Lathan
- A metric for athletes
- Food storage location
- Colossus
- Desolations
- Accustom to something unpleasant
- \_\_\_ Kubrick, filmmaker
- You might ask this at Thanksgiving
- Arkansas city
- Gave food to
- Request
- V-shaped open trough
- Make lively
- It accompanies feather
- Blonde bombshell
- One who revolves
- Bluish greens
- Charity
- Having the shape of a cube
- Unwind
- Believed by some to be the supreme being
- Checks or guides
- Leak slowly through
- Top-quality

BLOOD CELLS WORD SEARCH

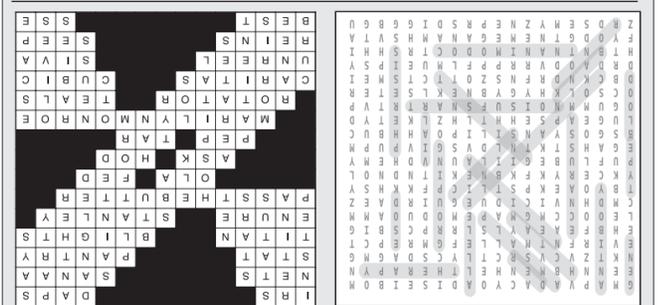
G M A P V A D A C Y O A D I S E I B O M  
E E N N H B M E N H E L T H E R A P Y N  
N K T Z V C V S R C T L Y C S R A G M G  
E V I R F N T M A L L E F G M R E P C T  
E H B F E A E A Y L S L R R P C S B I G  
L E O O C C M G M A P E M O D U O A M M  
C M D H N V I C I D U E G U I R D A E Z  
T B Y O A E K P S T L I C P F K K H S Y  
Y K C E R Y K F K B N E K I T N D N O L  
P U F L U B E G I I L A U N V D H E M Y  
E G A H S T K T N L D V S G I V P U P M  
B S G O S Y A N S I L I P O A H H B U C  
L U G E A P S E H H T L H Z L K E T Y D  
O G U M M N O I S U F S N A R T R T V P  
O C S O L K H Y G Y B N E K L S E T E R  
D B C K N D R F N S Z O T T C T S M E I  
D R D A O D V R R P P F L M U E I P S Y  
H T B N T N A N I M O D O C T R S H H I  
F Y O D G T N E M E G A N A M H S V T A  
Z R D S E M Y Z N E P R S D I G G B G U

Find the words hidden vertically, horizontally, diagonally, and backwards.

BLOOD CELLS WORD SEARCH

ALLELE, ANTIBODY, ANTIGEN, ASSURANCE, BANK, BLOOD, CELLS, CODOMINANT, COMPATIBLE, DONOR, DOSE, ENZYMES, GENE, GROUPING, MANAGEMENT, MATCH, PHERESIS, PLASMA, RED, TESTING, THERAPY, TRANSFUSION, TYPE, VIAL

This Week's Answers





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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777

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**Laconia:** SBR/SBA, Long Bay. 1st fir Primary suite w/ twin vanities, a walking shower, & jetted tub. 4 of the 5 BRs have ensuites. Community amenities include 2 beaches, an inground heated pool, a tennis court, walking trails, and 3 ponds. \$1,099,000 MLS# 4937640

**Laconia:** 3BR/2BA Lakeside at Pausg Bay, luxury waterfront condo on 400ft of Lake Winnepesaukee. 2141 sqft. High-end finishes throughout, private direct entry from the elevator. Western exposure to enjoy the sunsets. Property boasts private docks, day-docks, 2-car garage \$1,299,000 MLS# 4937895

**Laconia:** 3BR/2BA, antique cape has limitless opportunities! Formerly operated as boutique businesses, original hw flrs, vintage woodwork & details of a traditional post & beam design, a loft area, a 1-level living opening to a lrg deck & a private fenced-in backyard. \$359,000 MLS# 4936754

**North Bristol:** 4BR/2BA picturesque Newfound Lake waterfront. Enjoy 237ft of lake frontage w/ 150ft. of sandy beach. 3 levels of finished living space feature a 16ft x 22ft boathouse, new boat dock, mooring, raft, a wrap-around porch & lower stone patio. \$1,750,000 MLS# 4931323

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## PETS OF THE WEEK



**Jenni**

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



**Kitty**

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[info@3lakeslandscaping.com](mailto:info@3lakeslandscaping.com)  
No phone calls, please.

**Shaker Regional School District  
Custodian  
Canterbury Elementary School**

Shaker Regional School District has an immediate opening for a custodian at Canterbury Elementary School to perform cleaning duties according to an established schedule. Also responsible for removing snow, sanding, and salting, as necessary, during the winter months. Must be reliable, have the ability to work independently, and to follow written and verbal instructions. Reliable transportation is required. Work hours are 11 am – 7 pm; pay is \$14.37/hr. Benefits include District contribution toward Health Insurance plus fully paid Dental, Life, and Long-Term Disability Insurance. Participation in the NH Retirement System is required. Successful completion of a post-offer, pre-employment physical and criminal background check is required. For additional information please contact Steve Dalzell, Director of Buildings & Grounds, at 603-267-9223 x5309 or via email at [sdalzell@sau80.org](mailto:sdalzell@sau80.org).

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Belmont High School is seeking an Outdoor Track and Field Coach for the 2022-2023 School Year. Past coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at [cbelyea@sau80.org](mailto:cbelyea@sau80.org), or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220

**Shaker Regional School District  
IT Support Specialist**

Shaker Regional School District has an immediate opening for an IT Support Specialist to provide technical support and assistance to staff and students using a wide range of software and hardware. This is an 8 hour/day; year-round position that qualifies for a District contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance. Other benefits include Personal, Sick, and Vacation Days. Participation in the NH Retirement System is required. Pay is \$20 - \$22/hr. For the complete job posting and to apply for this position please visit the Human Resources section of the District website, [www.SAU80.org](http://www.SAU80.org).

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# Living 50 Plus



## Top Five Misconceptions Regarding Hospice Care

*Explained by Pemi-Baker Hospice & Home Health*

ANNA SWANSON

(Plymouth, NH)— There are many misconceptions around hospice care that often keep patients and caregivers from seeking it out when it could be of benefit and provide much-needed comfort to loved ones in their last days. Here are some of the top misconceptions patients and caregivers have:

**Misconception 1:** Hospice care is a death sentence. Because it often comes at the end of life, it is a popular belief that hospice care means death is imminent. This can certainly be the case if hospice care is delayed until the very end, but waiting until the last minute is not an ideal situation for the patient or the hospice provider. The Medicare benefit has structured hospice benefits for the last six months of life. Patients may remain in hospice care longer if their illness continues to run its course and there is no cure.

**Misconception 2:** Hospice care means giving up. Hospice care does mean giving up active treatment for your disease. This choice is made

because treatments no longer work or the side effects of treatment are worse than the disease itself. However, hospice never gives up hope for the patient; hope just takes a different form. It might not be hope for a long life but hope for another year, or to make it to an event or milestone. End-of-life care focuses on making the remainder of one's life as fulfilling as possible. Patients can still travel, enjoy family reunions and celebrate life events.

**Misconception 3:** Hospice care is expensive. Medicare pays for hospice, and most insurances will have hospice benefits. Hospice covers medications, durable medical equipment and medical supplies related to terminal illnesses. This is a substantial help to families. For more information on what's covered by Medicare, visit <https://www.medicare.gov/coverage/hospice-care>

**Misconception 4:** Hospice care ends with the passing of the patient. Hospice continues to follow the bereaved family for 13 months beyond the life of the patient,

understanding that those "left behind" continue to need support, people to confide in and sometimes just notes to say someone is there for them if they need to talk. Pemi-Baker Hospice & Home Health offers in-person and on line grief support groups and individual support with their chaplains, Guy Tillson and Salvatore Ippolito.

**Misconception 5:** Hospice care means 24-hour care. It is important to know that hospice care does not mean somebody is there with your loved one all hours of the day. Our nurse, chaplain or social worker will visit according to your needs and preferences; the visit times and days are flexible. The bulk of hands-on care is provided by family or private caregivers throughout a patient's time in hospice. Our hospice team will teach caregivers how to give medications, address symptom management and deliver the correct care.

I have questions, when should I reach out to get them answered?

If you have questions about the stage of

your loved one's illness, Pemi-Baker Hospice & Home Health will meet with you in-person or via a phone call to answer your questions. It's never too early to start asking. It is best to reach out while your loved one is still undergoing treatment for their serious illness. Our Palliative care team helps those with Cancer, Diabetes, Stroke, COPD, ALS, Emphysema, Parkinson's, Alzheimer's, Congestive Heart Failure, Liver or Kidney Disease, Dementia or other serious progressive illness.

"Being involved with the patient soon after prognosis allows our nurses to help manage the symptoms, pain and stress that comes with their illness. We work with their primary care physician and family to make them as comfortable as possible and improve their quality of life," said Tori Clark, MMHC, Hospice & Palliative Care Supervisor.

If you have questions

about Palliative or Hospice care, call today: 603-536-2232.

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 29 towns in central and northern NH since 1967. Expert services include at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local

senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and also your neighbors. In your time of need, we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth, NH. To contact us please call: 603-536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org) Like our Facebook Page: [@pemibakerhospicehomehealth](https://www.facebook.com/pemibakerhospicehomehealth)

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## Littleton Eye Care Offers New Solution For Dry Eye Management

### OptiLight, A Bright Solution for Dry Eyes

[Littleton, NH January 20, 2023] – Littleton Eye Care has announced the expansion of their dry eye management options to include OptiLight, a light-based treatment.

Dry eye is a common disease, with up to 49 million suffering from it in the US alone. This disease can have a significant impact on quality of life, leading to a foreign body sensation in the eyes, pain, blurry vision, and dry or watery eyes.

OptiLight is a light-based, non-invasive treatment done in the area below the eyes that addresses many of the key factors in dry eye disease: inflammation, tear break-up time, and meibomian gland functionality. The first and only IPL FDA-approved for dry eye management.

One OptiLight appointment lasts approximately 10–15 minutes. The treatment is safe, gentle, and effective with no downtime, typically allowing the patient to return to their daily activities straight away.

If you would like more information on Littleton Eye Care's dry eye solutions, please call (603) 444-2592.

### Did you know?

Older adults hoping to retire this year may have a new factor to consider. Aspiring retirees may have to play it very smart to ensure they can maximize their savings for the long haul. It's a one-two punch caused by continuously rising costs of everyday items and a bearish market for bonds — one of the most common hedges retirement plans use to offset stock declines. Bonds have been suffering historic losses, according to data from Barclays Aggregate Bond Index. The typical rule of thumb used to be to spend no more than 4 percent of a portfolio's original value each year to plan for retirement. With no gains or losses, that money would last around 25 years. However, experts at The American College of Financial Services say that, in today's economy, 4 percent and even 3 percent may be too aggressive. According to Nora Dowd Eisenhower, executive director at the Philadelphia Mayor's Commission on Aging, higher food prices, longer life expectancies and higher rents/housing costs often lead to financial challenges for people in retirement. Data from the U.S. Current Population Survey shows a trend in the number of people no longer in retirement. In September 2022, the unretirement rate was 2.6 percent, up from 2.4 percent in August. Wealth advisors indicate retirees need to look long and hard at their spending habits, even spending less than their wealth could support. This can help them ride out the ups and downs of the market that affect prices on goods and services. Working with a good financial advisor also can help retirees manage their savings to maximize their money for the years to come.

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# Living 50 Plus



## Pros and Cons of a Family Limited Partnership

### What is a family limited partnership?

An FLP is an entity owned by two or more family members, created to hold the accounts, properties, or businesses that are owned by one or more of the family members. An FLP has at least one general partner who is responsible for the management of the partnership, has unlimited liability, and is compensated by the partnership for their work according to the partnership agreement. An FLP also has one or more limited partners who are permitted to vote on the partnership agreement and are not authorized to manage the partnership. The limited partners receive

the income and profits of the partnership and have no liability. Often, one or both parents are general partners because they contribute accounts, properties, or a business they own to the FLP and want to retain control of them as they transfer them to the next generation. To facilitate this transition, the children are given limited partnership interests while the parents retain general partnership interests.

### What are the benefits of using an FLP?

This estate planning strategy is useful for the following reasons:

An FLP can help protect accounts, prop-

erties, and businesses in the entity from your and your family's creditors, because those items are not owned by you and your family as individuals but instead are owned by the entity. If a creditor obtains a judgment against you or your family for a claim not related to the FLP, it can be difficult for the creditor to access anything that the FLP owns to satisfy that claim.

Because of its lack of control and restrictions on selling a partnership interest, the value of the limited partnership interest that you give to a family member can be discounted, allowing you to maximize your annual gift tax exclusion

and lifetime estate and gift tax exemptions.

Transfer of partnership control can occur slowly, minimizing transfer taxes, allowing you to maintain control, and giving your family a share of the income and profits. Your family can take time to become more familiar with the business. Meanwhile, they will not be exposed to the partnership's liabilities.

If you own real property in a different state, transferring ownership of the property to the FLP allows your loved ones to avoid an ancillary probate proceeding at your death because the entity will own the property, not you.

### What are the downsides of using an FLP?

While there are several benefits to using an FLP, there are a few disadvantages that must be considered:

An FLP must have at least one general partner that will have unlimited liability for the partnership's debts and obligations.

An FLP is a business entity, so the formalities of operating a business must be observed, including holding regular meetings, keeping track of minutes, and paying the general partner appropriate compensation.

If you want to give a limited partnership interest to a minor, additional planning may be needed to make sure that

the interest is held either by a trust for the minor's benefit or in a Uniform Transfer to Minors Act account.

The creation and management of an FLP is a sophisticated planning strategy that requires experienced professionals and continued management by involved parties.

### Could this be the best solution for you?

If you have a business or investment portfolio that you want to plan for, and pass on to the next generation while protecting your life savings, minimizing taxes, and maintaining control for as long as you want, a FLP might be good for you..

## Lakes Region Mental Health Center receives grant from the Dobles Foundation

Lakes Region Mental Health Center (LRMHC) recently received a \$10,000 grant from the Dobles Foundation. The grant will help further LRMHC's mission to provide integrated mental and physical health care for people with mental illness while creating wellness and understanding in our community.

The funding from the Dobles Foundation will help to support the Lakes Region Mental Health Center initiative for increased access to care.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated care to children, adults, elders and their families who are living with and recovering from mental illness and/or emotional distress. LRMHC pro-

professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2022, LRMHC's 200+ employees served 3,512 children, adolescents, adults and families and provided over \$372,000 of charity care. For more information, visit [lrmhc.org](http://lrmhc.org) or call 603-524-1100.

About the Dobles Foundation

The Dobles Foundation was founded by Arthur and Olive Dobles, long-time New Hampshire residents and successful business, who had a significant history of quiet charitable giving during their lifetimes with the goal of improving the lives of New Hampshire residents. The Trust became fully charitable as a Section 501(c)(3) private foundation in 2016 and since that time has awarded 216 discretionary grants totaling approximately of \$3.6 million dollars to New Hampshire public charities. The focus of the Dobles Foundation for the next two years is in the area of mental and behavioral health.

## How to protect long-term cognitive health

Cognitive health is not something to take for granted. Although a certain level of memory loss can be expected as people age, when the ability to clearly think, learn and remember is compromised, those changes can affect an individual's ability to perform daily activities and should serve as a cause for concern.

Brain health should be a priority for everyone. The National Institute on Aging says brain health is an umbrella term that encompasses a host of factors, including:

- cognitive health, which is how well you think, learn and remember
- motor function, or how you make and control movements
- tactile function, which is how you feel sensations; and
- emotional function, or how emotions are interpreted and responded to.

Individuals can safeguard brain health — particularly cognitive health — by taking these steps.

Be more health-conscious

Working with doctors, individuals can put their health first. This includes

getting routine screenings, managing chronic health problems, limiting or avoiding alcohol and nicotine products, and getting the recommended amount of sleep each night.

Manage high blood pressure

All chronic conditions cause long-term repercussions, but the NIA indicates that observational studies show having high blood pressure in mid-life increases the risk of cognitive decline later in life. Lowering blood pressure lowers the risk for mild cognitive impairment and possibly dementia.

Challenge your brain

Harvard Medical School says nurturing social contacts, engaging in stimulating mental activities like reading and doing puzzles, seeing new places, and learning new things can help keep the brain in top form.

Manage stress

Stress can take its toll on the body, and there is reason to believe that it may adversely affect cognitive health as well. Make every stride to reduce stress, whether that involves taking

vacations, meditating, laughing with friends and family, or engaging in relaxing activities that relieve stress.

Get enough vitamin D

Vitamin D is linked to a host health benefits, including its potential to promote a healthy brain. Individuals can get more time outdoors to get vitamin D naturally from the sun and eat foods rich in vitamin D. If doctors find that vitamin D levels are exceptionally low, supplementation can help.

Pay attention to hearing loss

Certain hearing loss has been linked to cognitive decline, says Healthline. Researchers in Italy concluded that people with central hearing loss had a higher risk of mild cognitive impairment than those with no hearing loss or peripheral hearing loss. Individuals with central hearing loss are urged to speak to their physicians to determine if they can take preventive action to stave off further decline.

Cognitive health should be a priority. Adults can employ various strategies to reduce their risk of cognitive decline as they age.

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# Living 50 Plus



## Life & Estate Planning and Elder Law

Attorney Edward Adamsky of Adamsky Law Offices has an office in Ashland, New Hampshire! It is located at 44 Main Street in a nicely restored antique building at the corner of Main Street and Riverside Drive. Future plans include an accessible ramp and further restoration. There is street parking right in front of the building and across the street. The new office is right next to the Quince and Quail Antiques and Vintage Store. This of-

ice increases the area that Adamsky Law Offices can serve. Attorney Adamsky said, "This location will allow us to serve clients in the Lakes Region who have not had the chance to work with an experienced Elder Law Attorney."

Attorney Adamsky's law practice concentrates on Life & Estate Planning and Elder Law. This includes preparing the required planning tools such as Trusts, Wills, Powers of Attorney and Health Care

Directives. Attorney Adamsky counsels clients regarding Long Term Care issues including planning for nursing home stays and Medicaid eligibility. Attorney Adamsky is licensed to practice law in Massachusetts and New Hampshire. He is a member of the National Academy of Elder Law Attorneys and the New Hampshire Estate Planning Council.

Edward H. Adamsky, has been practicing law since 1993. Attorney Adamsky is a cum

laude graduate of the Massachusetts School of Law in Andover and a summa cum laude graduate of Plymouth

State University where he majored in Business Management. He served for four years as an infantryman in the Unit-

ed States Army. He and his wife, Madelyn, enjoy Ballroom Dancing.



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# Belmont girls can't overcome slow start in Bristol

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — Good players can take over a game.

It's safe to say that Newfound's Malina Bohlmann is a good player and the Belmont hoop girls got a first-hand look at that on Tuesday, Jan. 17.

Bohlmann scored the first eight points of the game and then added 10 points in the fourth quarter after Belmont cut Newfound's lead to seven as the Bears picked up the 44-29 win over the Raiders.

"This team has improved dramatically over the last few weeks," said Newfound coach

Kammi Williams, who noted she made an adjustment to her lineup a few weeks earlier, moving Bohlmann to the five spot on the court. "She's in the middle on defense and offense and she opens everything up for everybody else."

"Without that other scoring threat inside, it was tough to get anything going for her," Williams added. "She just moves off the ball so well."

"Malina is tough, she's quick, she can jump, hit outside shots and go to the hoop," said Belmont coach Mike Andriski. "We just don't have the depth to compete right now."

Out of the gate, Bohlmann hit three hoops and two free throws to get Newfound out to the 8-0 lead and then a three-pointer from Cora Sanschagrin and a Rylee Barney hoop pushed the Newfound lead to 13-0.

Alyssa Edgren got Belmont's first points with 2:15 to go, draining a three-pointer, but Barney finished off the quarter with a three for the Bears and Belmont had the 16-3 lead after one quarter of play.

Edgren sank another three to start the second quarter, but Sanschagrin answered with a three at the other end. After a Darci Stone bucket, Barney hit another three for Newfound before Edgren hit a hoop and Stone drained two free throws making it a 22-12 game.

Matti Douville put back a rebound for the Bears and Sanschagrin sunk another hoop to push the lead to 26-12. Stone finished off a steal for another hoop for Belmont before Bohlmann finished out the first half with a hoop to give Newfound the 28-14 lead at the break.

Bailey Dow got the first hoop of the second half for Newfound, but Edgren answered with a three-pointer. Barney hit a three at the other end for the 33-17 lead, but Belmont finished out the third quarter with nine points in a row to cut the lead to seven.

Stone finished off a steal for the first basket and then sunk two free throws. Lena Rodrigues hit a hoop and then drained a three with 40 seconds to go to cut the



Alyssa Edgren fires a shot during action last week against Newfound.



Darci Stone looks to the basket during action against Newfound last week.

lead to 33-26 heading to the final eight minutes. Bohlmann opened the fourth quarter with a three-point play and another free throw before Edgren hit a free throw for the Raiders. After another Bohlmann free throw, Madison Carrier put back a rebound for Belmont to keep the Raiders within nine at 38-29.

However, Bohlmann hit a hoop and converted a three-point play and Barney hit a free throw to put the win on ice for the Bears, 44-29.

"They changed their defense against us and we didn't make adjustments right away," said Williams. "In the fourth we made those adjustments and opened it up again."

"We're young on experience and sometimes it takes us longer to make game time adjustments," the Bear coach continued. "I told the kids, how we started at the begin-

ning of the season is not how we'll finish. We have to see what works for this team."

She noted that Barney had a solid game and has steadily improved at point guard, while Douville did a little bit of everything and Sanschagrin continues to contribute more each time out.

"Teams are outshooting us and want the game more than we do," Andriski said. "I am just disappointed in the effort we had tonight."

"That good run in the third was the only really good basketball we played all game," the Raider coach continued. "We're not good enough to spot teams a 13-point lead after one quarter."

Bohlmann finished with 20 points to lead the Bears, while Barney finished with 12 points. Edgren had 12 points to lead the Bears and Stone finished with 10 points. Newfound will be in

action on Friday, Jan. 27, at home against Prospect Mountain at 6 p.m. and will be at Berlin on Tuesday, Jan. 31, at 6:30 p.m.

Belmont will be at Inter-Lakes today, Jan. 26, at 6 p.m., at St. Thomas on Saturday, Jan. 28, at 4:30 p.m. and will be hosting Somersworth on Tuesday, Jan. 31, at 6 p.m.

NRHS 16-12-5-11-44  
BHS 3-11-12-3-29

Newfound 44  
Dow 1-0-2, Bohlmann 7-6-20, Barney 4-1-12, Sanschagrin 3-0-8, Douville 1-0-2, Totals 16-7-44

Belmont 29  
Stone 3-4-10, Edgren 4-1-12, Carrier 1-0-2, Rodrigues 2-0-5, Totals 10-5-29

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

## HIGH SCHOOL SLATE

Thursday, Jan. 26

**BELMONT**  
Boys' Hoops vs. Inter-Lakes; 6  
Girls' Hoops at Inter-Lakes; 6  
Unified Hoops vs. Laconia; 3  
**GILFORD**  
Boys' Hoops vs. Conant; 6:30  
Girls' Hoops vs. Conant; 4:30

Friday, Jan. 27

**BELMONT**  
Alpine Skiing at Gunstock; 4  
**GILFORD**  
Alpine Skiing at Waterville Valley; 10  
Boys' Hoops vs. Berlin; 6  
Girls' Hoops at Berlin; 6:30  
**WINNISQUAM**  
Boys' Hoops vs. White Mountains; 7  
Girls' Hoops at White Mountains; 6:30

Saturday, Jan. 28

**BELMONT**  
Boys' Hoops vs. St. Thomas; 11:30  
Girls' Hoops at St. Thomas; 4:30  
**BELMONT-GILFORD**  
Hockey at Sanborn (Dover Arena); 8:15  
**GILFORD**  
Indoor Track at UNH; 10  
Nordic Skiing at Waterville Valley; 10:30  
**WINNISQUAM**  
Wrestling at Concord; 8:15

Sunday, Jan. 29

**GILFORD**  
Swimming at Oyster River; 8  
Monday, Jan. 30  
**WINNISQUAM**  
Girls' Hoops vs. Kearsarge; 7  
Unified Hoops at Hanover; 4

Tuesday, Jan. 31

**BELMONT**  
Boys' Hoops at Somersworth; 6:30  
Girls' Hoops vs. Somersworth; 6  
**GILFORD**  
Boys' Hoops vs. Prospect Mountain; 6  
Girls' Hoops at Prospect Mountain; 6:30  
**WINNISQUAM**  
Boys' Hoops at Kearsarge; 6:30

Wednesday, Feb. 1

**BELMONT**  
Unified Hoops at Prospect Mountain; 3:30  
**BELMONT-GILFORD**  
Hockey vs. Laconia-Winnisquam-Inter-Lakes; 5  
**WINNISQUAM**  
Hockey at Belmont-Gilford; 5  
Wrestling vs. Pelham, Concord; 6

Thursday, Feb. 2

**GILFORD**  
Boys' Hoops at Kearsarge; 6  
Girls' Hoops at Kearsarge; 4:30

All schedules are subject to change.

# Shorthanded Raiders pick up win over Campbell

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — After a couple of tough games, the Belmont hoop girls finished their week with a solid win over Campbell on Friday, 48-39.

Belmont jumped out to a 9-3 lead after one quarter, which coach Mike Andriski was happy to see.

"Was nice to come out strong, as we have been having slow starts," the Raider coach said. "Campbell closed the gap to seven a couple of times late, but good free throw shooting down

the stretch kept them at arm's length."

Belmont led 28-15 at halftime and 35-25 after three before finishing things off for the 48-39 win.

"Down to only seven healthy bodies, each kid stepped up their game to get the win," Andriski said, noting the team got in foul trouble in the third, but Megan Divers and Abby Vaughn came off the bench with some solid minutes.

Alyssa Edgren finished with 17 points and eight rebounds, Darci Stone had 12 points and nine rebounds, Lena Rodrigues had nine points and Madelyn Besegai chipped in with six points.

A couple nights earlier, the Raiders dropped a 68-29 decision to rival Winnisquam.

"A tough shooting night for us and a good shooting night for Winnisquam led to a big win

for them," said Andriski. Stone had eight points to lead Belmont, Besegai had six points and Edgren finished with five points.

The Raiders had a busy week, with games against Concord Christian and Conant after deadline and then at Inter-Lakes today, Jan. 26, at 6 p.m. and at St. Thomas on Saturday, Jan. 28, at 4:30 p.m. Belmont will host Somersworth on Tuesday, Jan. 31, at 6 p.m.

# AUCTION

Aubuchon Anchored Multi-Tenant Retail/  
Office Building (Rt. 16)  
Berlin, New Hampshire  
Thursday, February 16th at 1:00 p.m.  
Selling to the Highest Bidder above \$250,000

**38 GLEN AVENUE** (Route 16) is highly visible and accessible as you enter downtown. This multi-unit retail/office building includes 13,853 sq.ft. of rentable space and is sited on a .67± acre, corner lot with 342' of road frontage on Route 16 and Diana Street. There is a lower parking area for the retail portion and an upper lot for the office space. Aubuchon occupies 8,890± sq.ft. with an office tenant occupying 1,750 sq.ft. The property is serviced by city water and sewer and natural gas. Zone: Downtown. Tax Map 118, Lot 137.

**PROPERTY INSPECTION:** One hour prior to the auction.

**TERMS:** A \$10,000 deposit by certified check or E-check through Earnnest payable to Paul McInnis LLC Escrow or other funds acceptable to auctioneer will be required as a qualification to bid. Successful bidder to increase deposit to a total of 10% of the Total Purchase Price at time of sale with the balance due at closing within 30 days of the auction. A 10% Buyer's Premium will be added to the high bid price to become the Total Purchase Price. Subject to all Terms of Sale. Property is being sold with marketable title free and clear of all liens. Sale is subject to all terms of sale.

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