

Raffle aims to promote timely dog licensing in Tilton

BY DONNA RHODES
Contributing Writer

TILTON – Each year, a lot of time and money is spent tracking down dog owners who have failed, for one reason or another, to register their dogs in the town they live in. It's a minimal fee for a required and important public safety issue, but this year Tilton Town Clerk/Tax Collector Kim Sowles and her Deputy Becky Albert have devised a great way to encourage people to be timely with their dog registrations- the Tilton Top Dogs Raffle 2023.

Each year, residents are required to license their vaccinated canines by April 30, but it is an often-overlooked task. The fee for registration is a mere \$7.50 for a spayed or neutered dog, \$10 for those who are not. Senior citizens are only required to pay \$2 for a single dog, while standard fees are assigned for any additional dogs they may own.

Sowles said she has records for more than



Donna Rhodes
Tilton Town Clerk/Tax Collector Kim Sowles and her deputy Becky Albert have received donations for a number of great canine-related items that will be raffled off to pet owners who stop by their office to license their dogs before this year's April 30 deadline.

800 dogs living in Tilton right now, and each year, the Town Clerk's office has had to track down more than 200 of those who have not had their

license renewed by the April 30 deadline. Considering ways to cut down on the number of unlicensed dogs they

deal with every year, the pair decided to hold a dog-oriented raffle this year that has been encouraging residents to

drop by and pay their fees in a timely manner. "I just want people to license their dogs and thought this would be

a fun way to encourage them to do it," said Sowles.

Earlier this year, she and Albert set off on a search for donations for those who license their dogs in a timely manner. Among the many contributions they received were a Fitbit Versa 2 for dog walkers as well as a Fitbark Health Package that measures the activity of their pets. Other prizes they received for the raffle are a Pet Gift Basket, a Pack A Paw safety harness, canine first aid kit, Domestic Dog training from Moonlight Kennels, along with gift certificates and other donations from Bryant & Lawrence Hardware, Tractor Supply and other local businesses

Dog licensing is now underway in Tilton and surrounding towns; per state law, those who fail to license their pets by the April deadline are subject to monthly fines. In June, their names are

SEE RAFFLE PAGE A6

Franklin Savings Bank employees raise more than \$22,500 for Granite United Way

FRANKLIN — Franklin Savings Bank is pleased to announce its employees pledged over \$11,250 as part of the bank's annual Pacesetter campaign for Granite United Way. The bank also made a dollar-for-dollar matching contribution, thereby increasing the amount raised to over \$22,500.

"We are grateful for the many organizations, like Granite United Way, we partner with to support the individuals, families, businesses and communities we serve. Our relationship with G UW is special and goes back many, many years. The work they do each and every day contributes greatly to the quality of life in New Hampshire," noted Ron Magoon, Franklin Savings Bank CEO. "Our employees give generously to the annual campaign which the bank is proud to match on a dollar-for-dollar basis."

Funds raised from Granite United Way's (G UW) annual campaign are used to make strategic investments in communities to help individuals learn, earn and be healthy. In 2022, 137 organizations in six regions served by G UW received support from its local funding process and strategic partnerships.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering an array of commercial lending, personal banking and investment services. The Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Visit fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, Twitter and YouTube.

Spaulding Academy & Family Services adds two to leadership team

NORTHFIELD — Spaulding Academy & Family Services has named two new directors to their executive leadership team. Courtney Constant has joined as the organization's Director of Development and Community Relations, and Nick Silva was recently promoted to Director of Admissions.

Constant previously worked in real estate as Director of Operations at Lake Life Realty – Compass New England since 2018. In her role at Lake Life Realty, she led the agency's team to raise more than \$200,000 for Make-A-Wish New Hampshire and continues to volunteer on



Courtney Constant



Nick Silva

the Rafting for Wishes event planning committee. Constant holds a Master's degree in Human Relations and a Bachelor's degree in Psychology from Plymouth State University.

Since joining Spaulding Academy & Family Services in 2014, Silva was successful in several roles across campus, including Academic

Aide, Paraprofessional, Residential Counselor and Associate Teacher. This experience made him uniquely qualified to earn a promotion to Admissions Assistant in 2017. As the Admissions Assistant, he worked closely with each department on campus to lead tours, follow up on new student's progress and be a part of the Spauld-

ing enrollment process from start to finish. Silva holds an MBA from Southern New Hampshire University and a Bachelor's degree from Elms College.

"We are excited to welcome these young professionals to our leadership team and look forward to the contributions, passion and fresh perspectives these two individuals will undoubtedly bring to our experienced leadership team," said Todd Emmons, Chief Executive Officer, Spaulding Academy & Family Services. "As an ever-evolving organization, Spaulding

SEE SPAULDING PAGE A7

Bulldogs win one for Jake Deware

Belmont-Gilford knocks off three-time defending champion Mountaineers

BY JOSHUA SPAULDING
Sports Editor

LACONIA — On an afternoon when they all wore the same name on the back of their jerseys, it was a team effort that



JOSHUA SPAULDING

Wearing his special Jake Deware Kindness Project jersey, Owen Guerin skates into the zone in action against Berlin-Gorham on Saturday.

SEE BULLDOGS PAGE A8

Leads bring a new perspective to “Romeo & Juliet”



COURTESY PHOTOS
Veteran performers Emily Shafritz and Amanda Wagner star in the coming Powerhouse Theater Collaborative production of “Romeo and Juliet.”

BY ERIN PLUMMER
mnews@salmonpress.news

LACONIA – Two veteran performers are bringing the roles of Romeo and Juliet to life with some unique perspectives in a production of Shakespeare’s classic taking the stage this weekend.

Powerhouse Theater Collaborative is bringing its “R & J Project” to the stage with two different productions looking closer “Romeo and Juliet.” The company will perform “Romeo and Juliet” this weekend at the Colonial Theater and an original sequel “Montague and Capulet” the next week at the Belknap



Juliet (Emily Shafritz) and Romeo (Amanda Wagner) meet at the ball.

Mill. Romeo and Juliet themselves will be played by Amanda Wagner and Emily Shafritz. Both have carefully examined the text, and will be playing their roles based on some unique interpretations. Shafritz splits her time between Burlington, Vt. and Campton. She analyzed the text of “Romeo and Juliet” as a student. She also had a college professor who encouraged her to read for Juliet in a show. “I think numerous other people read it last in high school, but we engaged with the text more than any other shows,” Shafritz said. Wagner is a native of

St. Louis, and lived in Los Angeles for 10 years. She is currently living in Gilmanton with her family. Wagner studied the show in college and said it is a staple. “I’ve been a big fan of Shakespeare since I was a young teenager,” Wagner said. Both Shafritz and Wagner analyzed their characters and came up with their own interpretations based on the text and personal perspectives. Shafritz said interpreting the character starts with the original text and understanding the context. She said the characters can be interpreted based on personal experiences while using the text as a guide. “You can find reasons for why they do what they do,” she said. “You see that relationship that Juliet has with her parents. She said Juliet is close with her nurse, but doesn’t really have a good relationship with her family in general. She said it is possible she would devote everything to a boy. “She doesn’t have a lot going for her family-wise,” Shafritz said.

While people might see Juliet as just a romantic, she said Juliet is a lot deeper than that. Wagner said Romeo is a teenage boy making hasty decisions based on naivete. “For him, it’s very immediate and essential that decisions are made quickly, a lack of thinking about the future,” Wagner said. “I wanted to find out who this teenage boy is.” Wagner has played a number of male roles and said it feels more natural. She considered auditioning for Juliet for this production, but learned they were casting performers no matter the gender of their characters. She prepared an audition for both Romeo and Juliet and her mom said Romeo felt like a better performance. “Romeo and Juliet” will run at the Colonial Theater on Friday and Saturday, Feb. 10 and 11, at 7:30 p.m. and Sunday, Feb. 12, at 2 p.m. “Montague and Capulet” will be performed at the Belknap Mill Saturday, Feb. 18 at 7 p.m. and Sunday, Feb. 19, at 2 p.m. For tickets and information visit <https://www.belknapmill.org/rjproject>.

Lakes Region Mental Health Center provides soft plastics collection point

LACONIA — Lakes Region Mental Health Center (LRMHC) has partnered with the Laconia-Gilford Lions Club and the Green Sanctuary Committee of the Unitarian Universalist Society of Laconia to provide a soft plastics collection point. Accepted items include: plastic grocery

bags, vegetable bags, bubble wrap, newspaper sleeves, bread bags, air packing bags, dry cleaning bags, ice bags, cereal box liners, plastic films labeled with a #2 or #4 recycling symbol, blue and white amazon bags and pellet bags. Crunch snack bags, pet food bags and hard plastics are not

accepted. Any attached paper on bags must be removed. Soft plastics will be accepted at the 40 Beacon St. E location until Feb. 10. 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 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, adults and families and provided over \$372,000 of charity care. For more information, visit lrnhc.org or call

603-524-1100. About the Lions Club and Green Sanctuary Committee of the Unitarian Universalist Society of Laconia For over 64 years, the Laconia-Gilford Lions Club has offered people a chance to give back to their community. From involving members in community projects such as park cleanups to bringing sight to the world’s blind, Lions club members are committed to building a bright

future for their community. The Unitarian Universalist Society of Laconia (UUSL) has earned Green Sanctuary Certification from the national Unitarian Universalist Association. In collaboration with other organizations and communities, they hope to achieve their vision through activities addressing Climate Change, Water Quality and other Critical Environmental and Social Justice issues

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Celebrate the season of love with LRAA

TILTON — Join the Lakes Region Art Association for a celebration of the season of love. A special collection of artwork, from a variety of New England Artists, makes your Valentine shopping easy. Whether you are looking for a gift for a special someone, a best friend, a parent, or even hoping to add a little masterpiece to your own home, Lakes Region Art Gallery has something for everyone. All masterpieces are small works of art no larger than 8” x 8” and perfectly priced. The exhibit opens on Thursday, Feb. 2 at 10 a.m. An Artist’s reception will be held Saturday, Feb. 11, from 4-8 p.m. Yummy chocolate confections provided by Rocky Mountain Chocolates, Tanger Outlet, Tilton. Lakes Region Art Gallery is located at Tanger Outlets, 120 Laconia Rd., Suite #300, Tilton. The exhibit final sales day is Saturday, Feb. 25. Visit our Web site for more information about the gallery: www.LRAANH.org.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 23-30. Jason W. Towne, age 41, of Rochester was arrested on Jan. 25 for Conduct After an Accident. Amber L. Roberts, age 35, of Belmont was arrested on Jan. 26 for Witness Tampering-Inducing Another. Jason R. Fournier, age 32, of Belmont was arrested on Jan. 28 on multiple counts of Criminal Mischief.

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Edward Jones: Financial Focus

Could you cope with long-term care costs?

We all want to stay healthy and live independently throughout our retirement years. Unfortunately, that won’t be possible for some of us, so it’s a good idea to be prepared for health-related challenges — such as the need for long-term care.

As you may know, long-term care covers a variety of services, ranging from occasional visits from a home health aide to full-time residency in a nursing home. But while these types of care may vary in duration and intensity, they all have one thing in common — they’re expensive. Genworth, an insurance company, reports these median annual costs:

Over \$100,000 for a private room in a nursing home

Over \$60,000 for the services of a home health aide

Furthermore, Medicare typically pays very few of these expenses, which means the burden of payment will likely fall on you — or, even worse, on your adult children if you can’t afford the care you need.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

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Of course, you could hope that you will avoid these costs simply by not requiring any type of assistance — but the odds aren’t necessarily in your favor. In fact, someone turning 65 today has an almost 70% chance of needing some type of long-term care services in their remaining years, according to the U.S. Department of Health & Human Services.

So, how can you protect yourself from the potentially enormous costs of long-term care? You could decide that you’ll pay out of pocket — if so, you’ll need to incorporate into your retirement budget a reasonable estimate of potential long-term care costs, and you may need to make some significant changes to your saving and investment plans. And the earlier you begin, the better.

Your other option is to purchase some form of long-term care insurance. Essentially, three types of coverage are available:

Traditional long-term care insurance – A traditional long-term care policy covers long-term care expenses in your home or at a nursing facility. But policies will differ in terms of what services

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are covered and how benefits are paid. And you may also be able to choose whether you want inflation protection. Also, with some policies, you can deduct the premiums from your state and federal taxes. (Your tax advisor can evaluate a policy you’re considering for potential tax benefits.)

Hybrid long-term care insurance – In addition to providing coverage for home health care or a nursing home stay, a hybrid long-term care policy also offers a death benefit, so if you never need long-term care, your family could benefit from the policy’s proceeds.

Life insurance with a long-term care rider – You can find a life insurance policy that lets you add long-term care coverage through a “rider,” or optional add-on. With this type of policy, you can use some of the death benefit to pay for your long-term care needs.

Which policy is best for you? There’s no one right answer for everyone. A financial

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professional can help you evaluate all your options within the context of your overall investment and protection strategies. But keep in mind that all long-term care policies tend to get more expensive as you get older, so if you’re considering this type of coverage, you may want to get started sooner rather than later.

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Canterbury Shaker Village celebrates major grant award



COURTESY
Governor Chris Sununu, Village Executive Director Leslie Nolan, LCHIP's board chair Ben Wilcox, and LCHIP's executive director Paula Bellemore.

CANTERBURY—In December, Canterbury Shaker Village received a \$109,755 matching grant from the New Hampshire Land and Community Heritage Investment Program (LCHIP) to fund a new roof at its Dwelling House. One of 26 restored original Shaker buildings at the Village, a National Historic Landmark, the Dwelling House is a T-shaped structure with 56 rooms that has been expanded numerous times since its construction in 1793.

“We are thrilled by LCHIP’s support of one of the most important buildings in New Hampshire,” said Leslie Nolan, executive director of the Village.

Featuring a Chapel, a

Paul Revere family bell, and Shaker library, the Dwelling House is where the Shakers also ate and slept. Nolan described the structure, which is 8,700 square feet, as “a unique treasure.” “The complex roof features a cupola, multiple chimneys, gables, and dormers,” she added.

The Village’s nearly \$110,000 matching grant award is one of thirty-four land conservation and historic preservation projects funded by LCHIP, which was announced in late 2022 by Governor Chris Sununu. LCHIP grant recipients are required

to match each dollar contributed by LCHIP and to complete the funded projects according to the program’s rigorous standards. The 2022 awards of \$4.3 million will be matched by more than \$23 million from other public and private sources, infusing a total of more than \$27 million into the state’s economy in direct project activity.

“We are actively fundraising right now and hope to begin this project by spring 2023,” explained Nolan, who lauded the role of LCHIP in the state. “LCHIP continues to serve a vital role in the preservation of our

state’s heritage...We are incredibly grateful for their support.”

Established in 1792, Canterbury Shaker Village represents one of the oldest, most typical and completely preserved of the Shaker Villages. To learn more about the Village, or support its historic preservation efforts, visit shakers.org.

The Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.

Bank of New Hampshire promotes Semi Shin-Kenison to Vice President – Assistant Controller



Semi Shin-Kenison

LACONIA — Bank of New Hampshire is proud to announce the promotion Semi Shin-Kenison to Vice President – Assistant Controller. In this role, Semi will be assisting in effectively administering, directing and managing the accounting and finance functions of the Bank.

Semi joined Bank of New Hampshire in May 2018 as a Financial Reporting Manager. She was promoted to As-

stant Vice President – Finance Manager in July 2020. Semi holds a Bachelor of Science degree from the University of New Hampshire and an MBA from Southern New Hampshire University. Semi is a graduate of the Northern New England School of Banking and is currently attending the New England School of Financial Studies.

“Semi is a tremendous asset to our team,” said Jared Price, Vice President – Controller for Bank of New Hampshire. “This is a well-deserved promotion and I wish her great success in this new role.”

Bank of New Hampshire is excited to have Semi in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and ex-

ceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Meredith Village Savings Bank Fund grant supports successful outcomes for Belknap House families

LACONIA — Belknap House is more than grateful to have been awarded a \$5,000 grant from the Meredith Village Savings Bank Fund. The grant will support families in achieving their ultimate goal, to become independent, and secure a place of their own to live. This success is linked with providing families with case management, a vital service for families facing the many challenges of homelessness.

“This funding helps to strengthen the impact of our work with families. Case management is a dynamic process that assesses, plans, monitors and evaluates, families’ progress, and improves outcomes. It guides collaboration, and communication between families, agencies and their essential support services. Belknap House served more families this year, many of whom achieved housing, that any other year,” shares Executive Director, Paula Ferenc.

Belknap House is honored to be a recipient of the many ways the Meredith Village Savings Bank shows their commitment to organizations in our community. This generosity will help further Belknap House’s mission of providing families in Belknap County, safe shelter during homelessness, and to empower families to become independent. The Meredith Village Savings Bank Fund is one of the New Hampshire Charitable Foundation’s donor-advised funds.

The New Hampshire Charitable Foundation is New Hampshire’s statewide community foundation, founded in 1962 by and for the people of New Hampshire. We are the place where generosity meets the dedication and ingenuity of nonprofits and the potential of New Hampshire students. For six decades, thousands of people have entrusted their charitable resources to the Foundation,

creating a perpetual source of philanthropic capital and making it possible for the Foundation to award more than \$60 million in grants and scholarships every year. For more information, please visit www.nhcf.org or call 603-225-6641.

The children and parents at Belknap House say thank you!

For more information about Belknap House, visit www.belknap-house.org.

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The myth of the political divide

It has been one of the most tumultuous times in recent history in regards to politics and the divide taking place across the country is very real. We have noticed plenty of disagreements take place between individuals with opposing view points. Being privy to all sorts of news stories and situations where politics are discussed puts us right in the heart of it. This may not be the case in every situation; however, we have noticed that residents in small towns do not let politics divide them. Sure, you have members of various select boards going head to head about an issue, you have citizens up in arms over certain topics, but people out about the town have remained quite hospitable to each other. During one event that was being covered, we witnessed two long term residents from the same town who could not be further apart in viewpoints, have a genuine discussion. Imagine a long haired ‘hippie’ woman holding protest signs and a die hard Republican, former Marine and hunter dressed in steel toe boots, joking around with each other and having a genuine laugh, then wishing each other well with sincerity, you wouldn’t have believed it. But it happened. Since that moment we have noticed more and more situations like this unfold. Hands are being shaken and smiles are being exchanged despite the so called political ‘divide’ that has ripped through the country. We think citizens in small towns, no matter who or what they are about can genuinely appreciate each other’s differences. A person may not agree with hunting or wouldn’t head out into the woods themselves, however they could see a neighbor who shot an eight point buck and offer a friendly congratulations. We have seen conservatives with a snow bank of over a foot covering their driveways be plowed out by someone with a ‘Bernie’ sticker on their plow truck. We have seen posts on social media that have nothing to do with politics invoke laughter from both sides. In a small town, everyone knows everyone else, and if they don’t they are only separated by one person. In such small towns, that allows for communities to rally around each other and to make sure at the end of the day, that we all had a good one. It’s cold up here, the winters are long and brutal. That camaraderie of wanting to protect our small town niche has benefits that have always stood the test of time. You may be a Republican, Independent or a Democrat, but we all root for the New England Patriots. Well, after this season, perhaps now the Eagles. Still having that hometown pride is something that connects us all.

Even in the darkest of times, one person can make a difference

On a sprawling plantation in Maryland, Harriet Tubman took her first breath into a life of servitude, surrounded by fields of cotton, tobacco, and sorrow. At age five, Harriet was bought by a cruel trapper who forced her to work in the icy rivers, setting muskrat traps. Soon she was too sick to work and was brought back and made to be a caretaker for the plantation owner’s baby; any cries from the baby would result in a brutal whipping for Harriet. One day, while the plantation owner and his wife were in a heated argument, Harriet spotted a bowl of sugar, something she had never tasted before. Sneaking a pinch of the sweet treat, she was seen by the Master’s wife. Harriet bolted out of the house and hid in a pig pen for five hungry days rather than face another whipping. With no food or refuge, she returned and was beaten brutally. Harriet’s faith was a defining force in her life that guided her every step of the way. Rumors of escaped enslaved people reaching freedom in the North captivated Harriet. She prayed for a life beyond the constraints of slavery. Despite her hardships, she found love for a free man named John Tubman. She often confided in John about her dream of escaping, but he threatened to report her if she ever tried. Harriet said, “I had reasoned it out in my mind; there were two things I had a right to, Liberty or Death, and if I couldn’t have one, I would have the other.” One day, a Quaker woman approached her as she worked in the fields. The Quakers were a religious society known for their commitment to anti-slavery beliefs. The lady told Harriet that she could come to her house if she ever wanted to escape. It was the first time Harriet had met someone part of the whispered-about Underground Railroad, a network of safe houses and secret routes used by escaped slaves to reach freedom. Escaping at night when her husband was asleep, Harriet arrived at the Quaker woman’s house, where she was given food and taught to

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navigate using the north star, as she would always travel by night. As she made her way towards her freedom, Harriet was taken from one safe house to another, each one offering her food and shelter along the way. Delighted to be a free woman in Philadelphia, her mind eventually turned to family. One day news reached Harriet that her sister Mary, her children, and other relatives were to be sold at the auction house, and she was determined to rescue them. Harriet again traveled by night, returning to the county where she once lived in slavery. With determination in her heart, she devised a plan with Mary’s husband, a free man, to help her free Mary and her children. He showed up at the auction house with a forged letter, claiming the plantation had a buyer for Harriet’s family, and they were to return home immediately. The guard hesitated, his hands hovering over his rifle as he read the letter. Mary’s husband held his breath for an eternity, wondering if the ploy would work. It did, and Harriet wasted no time, whisking them away to freedom. She was now a conductor on The Underground Railroad. Harriet faced new dangers with the passage of laws allowing captured escaped slaves to be returned to their owners, even when found in the North. Determined, she saved for a house in Canada, where she planned to bring escaped slaves. Harriet embarked on multiple rescue missions from Canada. It wasn’t long before Harriet was a legend amongst enslaved people; they sang gospel songs in the fields about her. They called her Moses, sent to set her people free. A reward was placed on her head, and she was sometimes forced to disguise herself as a man as she traveled from plantation to plantation to rescue any who desired freedom. She made 19 trips and rescued over seventy enslaved people. Her legacy serves as a reminder that even in the darkest times, one person can make a difference, and that we all have the power to overcome fear and stand up to tyranny in all of its forms.

LETTERS TO THE EDITOR

What’s love got to do with it?

To the Editor:
What’s love got to do with saving humanity and the natural environment we are part of? Everything! February is recognized for being a month dedicated to and all about love. We focus on romance, expressions of love and acceptance, and dedication to our relationships with one another. What about love, acceptance, and dedication to the natural environments we are a part of? When was the last time you went outside to simply “be” with your natural surroundings? Not only when the weather is comfortable and pleasant, but also when it is raining, snowing, or gloomy? When we are in relationship with our respective humans, we commit to standing by their side in all the good times and not-so-good times. We support and defend one another in the good, the bad, and ugly times. Why is it that we so easily bail out on our relationship with Nature? The most important sentient entity that demonstrates unconditional giving and resilience. When our friends, family, and loved ones are harmed, we often feel a deep sense of protection and will speak up and act out quite assertively when necessary.

When was the last time you stood up to defend and speak out against the harms inflicted upon Nature? Nature cannot speak for herself in the way humans can and do, but Nature certainly does speak to us. We need to make time and take the time to listen to Nature in the same way we make time for our human relationships. We cannot know one another if we don’t spend quality time with each other. The same is true for our relationship with Nature. The New Hampshire Community Rights Network (NHCRN) is a statewide grassroots non-profit that is eager to have open discussions about what we can do to actively protect our natural environments by recognizing the Rights of Nature to exist, thrive, and flourish free from human-inflicted irreparable harms. To learn more, visit www.nhcommunityrights.org or email info@nhcommunityrights.org. We look forward to hearing from you and taking action together!
Michelle Sanborn
NHCRN
Belmont



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THE WINNISQUAM ECHO
PUBLISHED BY
SALMON PRESS

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
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POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.

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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.

Send your letters!

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Please include your name, address and phone number.

Bear girls fall to Kearsarge, Concord Christian

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam girls’ hoop team held tight with a strong

Kearsarge side in the first half, but the Cougars were able to put the ball in the bucket in the second half and pulled

away for the 43-24 win. “I thought being only down six (16-10) at halftime and us really struggling shooting the

ball, that it was going to come down to the first team to be able to string some baskets together would win,” said coach

Mark Dawalga. “Tonight it was Kearsarge who outscored us in the third and pushed the lead from six points to 13 going into the fourth quarter.”

The Bears were behind 10-3 after one quarter and after the six-point halftime deficit, trailed 31-18 at the end of the third quarter.

“Kearsarge is a very good team and well-coached,” Dawalga said. Lauren MacDonald had 12 points to lead the way for Winnisquam and Mackenzie Philippy and Victoria Kelly each had four points and six rebounds. Vanessa Power, Caidyn Carter, Triniti Carter, Isabella Sargent and McKenzie Bassett

played well on defense. The Bears dropped a 73-33 decision to Concord Christian on Tuesday, Jan. 31.

“Great effort against a very good Concord Christian team,” said Dawalga.

MacDonald had 18 points and 10 rebounds, Kelly had eight points and seven rebounds and Philippy had five points and five rebounds.

The Bears are slated to wrap up the regular season today, Feb. 9, at 7 p.m. at home against Inter-Lakes.

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

Offense struggles as Raiders fall in trio of games

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont hoop girls had a few tough games over the last few weeks, as the Raiders struggled to find the bottom of the basket. Against Inter-Lakes, the Raiders fell by a 52-38 score, falling behind 14-2 after one. Belmont rallied to cut the lead to 18-13 in the second, but

they couldn’t close the gap any further. Lena Rodrigues played well defensively while Alyssa Edgren led all scorers with 16 points.

Against St. Thomas, the Raiders were down three starters and had a tough shooting night, falling 53-16. Belmont was in the game after one, down 13-7, but went more than 15 minutes

without scoring, which put a nail in the team’s coffin for the night.

Concord Christian easily got by the short-handed Raiders by a 79-14 score, with Rodrigues scoring eight points to lead Belmont.

“The kids never gave up and worked for the full 32 minutes,” said coach Mike Andriski. “Story of two teams

going in opposite directions.”

The Raiders are scheduled to finish the regular season at Gilford on Friday, Feb. 10, at 6 p.m.

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

HIGH SCHOOL SLATE

Thursday, Feb. 9
WINNISQUAM
Boys’ Hoops at Inter-Lakes; 6
Girls’ Hoops vs. Inter-Lakes; 7
Friday, Feb. 10
BELMONT
Alpine Skiing at Gunstock; 10
Boys’ Hoops vs. Gilford; 6
Girls’ Hoops at Gilford; 6
GILFORD
Alpine Skiing at Gunstock; 10
Boys’ Hoops at Belmont; 6
Girls’ Hoops vs. Belmont; 6
Saturday, Feb. 11
BELMONT-GILFORD
Hockey at Hollis-Brookline-Derryfield (Conway Arena); 4:10
WINNISQUAM
Hockey vs. Berlin-Gorham; 1:45

Wrestling at Hollis-Brookline; 9
Monday, Feb. 13
BELMONT
Alpine Skiing at Gunstock (State Meet); 10
GILFORD
Alpine Skiing at Gunstock (State Meet); 10
Wednesday, Feb. 15
BELMONT-GILFORD
Hockey vs. Pembroke-Campbell; 6
GILFORD
Nordic Skiing at Jackson Ski Touring; 2:30
WINNISQUAM
Hockey vs. Kingswood; 3:45

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Local residents named to Dean’s List at Saint Michael’s College

COLCHESTER, Vt. — The following local students have been named to the Dean’s List at Saint Michael’s College for the Fall 2022 semester:

- * Kimberly S Butler, a sophomore psychology major from Sanbornton and a graduate of Moultonborough Academy.
- * Lucas C Robdau, a freshman environmental studies major from Sanbornton and a graduate of Winnisquam Regional High School.

About Saint Michael’s College
Saint Michael’s College, founded in the great Catholic intellectual tradition, which also recognizes the principles of social justice and compassion, is a selective, fully residential Catholic college in Vermont’s beautiful Green Mountains. Our closely connected community delivers internationally respected liberal arts and graduate education near Burlington, one of the country’s best college towns. To prepare for fulfilling careers and meaningful lives, young adults here grow intellectually, socially, and morally, learning to be responsible for themselves, each other and their world.



NOTICE OF PUBLIC HEARING

The Winnisquam Regional Budget Committee

will conduct a public hearing on the proposed school budget for 2023-2024 on **Wednesday, February 15, 2023** at the Winnisquam Regional Middle School in the school cafeteria at **7:00 PM.**

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RAFFLE

CONTINUED FROM PAGE A1

then handed over to the police department, and owners will be subjected to an additional \$35 fine, as well as late fees and the licensing costs for each pet that is not licensed. Failure to comply with those mandates

could result in a court appearance. These legal steps, the Tilton Town Clerk's office said, is something they would very much like to avoid.

"It's a waste of our time and the police department's time, and so much cheaper to just license your dog before the deadline," Albert

added.

Current rabies vaccinations, along with an address and phone contact or email information are required to register a dog and the good news is that each timely license renewal this year will be entered in the Tilton Top Dogs Raffle 2023. It is never too soon to

license a dog, but owners of dogs that are due for a rabies vaccination this year are asked to either schedule an appointment with their veterinarian or keep an eye out for upcoming rabies clinics before the annual deadline.

St. Vincent de Paul announces volunteer opportunity

LACONIA — St. Vincent de Paul serves the needs of the people in our area. We are blessed to have this opportunity to serve the Lake Region area. Volunteers are needed in the store and in the food pantry. Help is needed in the morning or the afternoon, or both. The usual volunteer shift is about three hours, but any one may work as many hours as available and may work any day between Tuesday through Saturday.

The store is open on Tuesday and Thursday from 10 a.m. to 4 p.m. and Saturday from 10 a.m. until 3 p.m. Wednesday and Friday, volunteers work in the morning sorting donations and preparing the store for the next day.

The food pantry distributes food on Wednesday from noon to 2 p.m. and Wednesday from 5 to 7 p.m. Volunteers are much needed during those hours and may arrive in a little early to prepare and or stay a little later to close down after the distributions.

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SPAULDING

CONTINUED FROM PAGE A1

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Academy & Family Services is the oldest child care organization in operation in the United States. It is a tax-exempt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Its scenic hilltop campus is located on more than 500 acres in Northfield, and wel-

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BULLDOGS

CONTINUED FROM PAGE A1

got the Belmont-Gilford hockey kids a solid 4-1 win over the three-time defending champion Berlin-Gorham Mountaineers at Merrill Fay Arena.

Three different players scored, four different players had assists and goalie Carson McGreevy made the big saves when needed as the Bulldogs got the win in special jerseys in honor of the Jake Deware Kindness Project.

The Kindness Project honors Belmont graduate Jake Deware, who tragically lost his life two years ago at the age of 20 in a dirt bike accident. Deware was the epitome of kindness, even in his short 20 years and the project continues to spread kindness in many ways throughout the local communities and beyond. All proceeds from the game were donated to the Jake Deware Kindness Project and the full house at the Laconia rink got to see the Bulldogs beat the Mountaineers by the 4-1 score.

“You try to pick this

kind of game for an event like this because you get a big crowd and you get energy from the crowd,” said Belmont-Gilford coach Jason Parent. “The kids feed off of that.”

Parent also noted that he is from Berlin, so beating the Mountaineers is always a special accomplishment for him.

The Bulldogs wasted little time getting on the board, as Evan Guerin took a breakout pass from Brayden Mercier and broke in on goal. He was taken down as he sent the puck in on net and the puck slipped through Berlin-Gorham keeper Kolin Melanson seconds before Guerin crashed into him, giving the Bulldogs the 1-0 lead just 17 seconds into the game.

Rory Doris, Adam Ribeiro and Owen Guerin had chances for the Bulldogs that Melanson turned away and McGreevy was able to stop a couple of chances that came his way. Owen Guerin fired a shot off the post and Aidan McKenzie made a nice run in that was stopped by the Mountaineer defense.



Aidan McKenzie carries the puck into the zone during action Saturday in Laconia.

Jackson Collins had a good centering pass that was stopped by the defense and Evan Guerin sent a shot over the top of the net. McGreevy made another save and Nathan Gerbig had a bid that went just wide of the net. Evan Guerin

had a bid denied, Owen Guerin sent one wide and McKenzie had a couple of chances that were stopped. McGreevy made two late saves and the game went to the first intermission with the Bulldogs up by the 1-0 score.

The Mountaineers were able to even the score less than two minutes into the second period, as they put the puck past McGreevy with 13:19 to go for the tying tally. After Doris had a shot denied by Melanson, the Bulldogs went on the penalty kill. Owen Guerin had a good clear, Evan Guerin blocked a shot and got a short-handed bid out of it, which Melanson stopped and McKenzie also had a shorthanded bid as the Bulldogs killed off the penalty.

The Bulldogs then got their own five-on-three power play with 9:42 to go in the frame and Owen Guerin and Evan Guerin in both had shots denied and Jaxson Embree sent a shot wide of the net and had another denied by Melanson, with McKenzie getting in close on the rebound, only to see the Mountaineer keeper make the big save to kill off the penalty.

McGreevy continued to stop the Mountaineer shots and Embree and Evan Guerin had bids in close at the other end. McGreevy made a series of solid saves as the

Mountaineers pressured and the stops paid off, as the Bulldogs scored with just 1:32 to go in the frame. Gerbig was able to fire the puck home from the top of the circle and Belmont-Gilford took the 2-1 lead to the third period.

The Bulldogs had some early pressure in the third period, but Melanson held tight. McGreevy also held tight at the other end and Owen Guerin had a bid go over the crossbar for the Bulldogs.

With 9:45 to go, the Bulldogs had to kill off a penalty and McGreevy turned away the first bid the Mountaineers threw at him. Collins had a good clear and both Embree and Ribeiro had good defensive plays and Owen Guerin had a nice clear as the Bulldogs killed off the penalty.

McKenzie made perhaps the save of the game following a turnover in the defensive zone, as the Mountaineers got right in close and he was able to snare the puck to keep his team in front.

With 4:25 to go, the Guerin brothers teamed up on a bid, as Owen Guerin took the puck down the ice, dished it across to Evan Guerin, who sent the puck back to his brother, who buried the shot for the 3-1 lead. Ribeiro also got an assist on the tally.

The Bulldogs went on the power play with 3:28

to go and 30 seconds later added the final goal, as Owen Guerin ripped a shot to the back of the net from the point on assists to Evan Guerin and McKenzie for the 4-1 final score.

“We’ve never beat them twice in one year,” Parent said. “So that is a step in the right direction.”

“We have to hold on long enough so we can use our strength, which is our speed and legs later in games,” the Belmont-Gilford coach continued. “We are usually able to pull away at the end of games.”

“Owen is probably the top player in the state right now, he’s fun to watch,” Parent said. “And he’s a great kid, so it’s nice to see.”

“Carson made the big saves too, that’s what you need, that save after the turnover in front was huge,” he continued. “We look for him to step up in those situations.”

The Bulldogs are scheduled to play on Saturday, Feb. 11, against Hollis-Brookline-Derryfield at Conway Arena in Nashua at 4:10 p.m. and will host Pembroke-Campbell on Wednesday, Feb. 15, at 6 p.m.

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

Belmont’s Sann Lavallee named Lakes Region Art Gallery’s Featured Artist



Sann Lavallee

TILTON — The Lakes Region Art Gallery’s Featured Artist for January 2023 is Belmont’s own Sann Lavallee. Formerly the Department Chair of Computer and Design Technologies Department, after 26 years in the education field, Sann found time to focus more on her talents as an artist. Sann

joined the Lakes Region Art Association in January 2022, and became a participating and displaying artist a few months later.

At an early age, Sann was inspired by the late Bob Ross of PBS fame. This inspiration was later bolstered by her high school teachers Mrs. Irwin and Mr. House. More advanced

learning with the late Wilson Bickford of PBS’s and with Acacia Rogers in Meredith.

With experience in pastels, acrylic and watercolor, her favorite medium is painting in oils. While her landscapes grace the walls of the Gallery, she has also produced paintings of bird, flowers and even some family portraits.

Friday Featured Artist is a weekly program that highlights an artist from the Lakes Region Art Gallery each Friday for four consecutive weeks each month. Subscribe to our Facebook or Instagram channels to receive these videos and more in your social media feeds. Past videos are also available on our YouTube channel, www.youtube.com/@LAKESREGIONARTGALLERY.

Visit our Web site for more information about the gallery: www.LRAANH.org.

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.

FOR A PROPERTY INFO PACKAGE
go to paulmcinnis.com



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"Shop Where The Pros Shop"

Advertisement for Cyr Lumber & HomeCenter featuring a man holding a rolled-up blueprint and a diagram of a house with various measurements and labels. The text includes "Cyr Lumber & HomeCenter", "Windham • Warner • Tilton, NH", and "ACE The helpful place."