



The shortest one can feel like the longest one.

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# Winnisquam Echo

THURSDAY, FEBRUARY 2, 2023

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FREE

## Bears get road wins over Fall Mountain, White Mountains

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam hoop girls traveled to Langdon on Tuesday, Jan. 24, and returned with a 12-point win over the Fall Mountain Wildcats.

“Good team win on the road against a well-coached Fall Mountain

team,” said coach Mark Dawalga.

The Bears led 15-6 after one quarter and took a 26-15 lead to the halftime break. They led 37-27 after three and finished off the 52-40 win.

Lauren MacDonald paced the Winnisquam offense with 21 points and pulled down eight

rebounds, while Victoria Kelly chipped in with 13 points and pulled down

14 rebounds and Mackenzie Philippy had 13 points and 10 rebounds.

Triniti Carter snagged seven rebounds to go with two points and

Caidyn Carter, Isabella Sargent and Vanessa

SEE BEARS, PAGE A7

## Franklin VNA & Hospice holds free spring grief group

FRANKLIN — Every Wednesday, March 29 through April 26, Franklin VNA & Hospice is hosting a Grief Support Group from 2 – 4 p.m. Anyone who has suffered a death is welcome, whether they were the caregiver, family member, friend, or a community member. The group will be facilitated by

SEE GRIEF, PAGE A7

## Powerhouse project offers a new perspective on a classic tale

BY ERIN PLUMMER  
mnews@salmonpress.news

LACONIA — A local theater company is offering a new look at the story of “Romeo and Juliet” in a combined project of the classic Shakespeare play plus an original sequel.

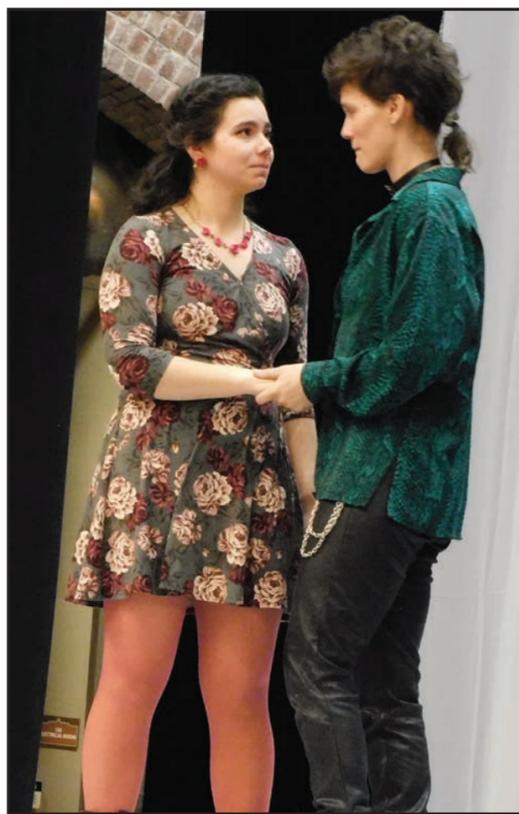
Powerhouse Theater Collaborative is presenting the “R&J Project” two consecutive weekends in February. The project starts on Feb. 10-12 with the group’s production of “Romeo and Juliet” at the Colonial Theater in Laconia at 7:30 p.m., with an additional matinee at 2 p.m. on Saturday, Feb. 12. The next weekend, they will present a staged reading of an original play, “Montague and Capulet,” an unofficial sequel to “Romeo and Juliet,” at the Belknap Mill on Feb. 18 at 7:30 p.m. and Feb. 19 at 2 p.m.

Bryan Halperin and Joel Iwaskiewicz are directing the shows, with Halperin working on most of the staging. Iwaskiewicz is working more with the Shakespearean themes and language.

Halperin said he hasn’t worked with Shakespeare since middle school.

“What I found is, the language we way more accessible than I thought it was,” Bryan said.

He said the intention is clear, and it is even more accessible when



ERIN PLUMMER

Emily Schafritz and Amanda Wagner play the title characters in the coming Powerhouse Theater Collaborative production of “Romeo and Juliet.”

everything comes together the right way.

“Montague and Capulet” focuses on the survivors of the original play — the doomed lovers’ families, friends, and the people of Verona — dealing with the tragedy of Romeo and Juliet’s deaths and focuses on the long feud between the two families.

“Tragedy has gone through this town; Verona’s had some trauma,” said co-producer Johanna Halperin.

The show picks up from the closing lines of Shakespeare’s play, where the Prince of Verona promises that “some shall be pardoned and some punished” for their roles in the tragedy.

“Who’s punished who’s banished? Who bears the results of what just happened?” she said.

In “Montague and Capulet,” the people of Verona will examine

SEE POWERHOUSE, PAGE A11



RC GREENWOOD

### Driving Raider

Darci Stone drives between Inter-Lakes defenders during Belmont’s game in Meredith last week. The Raiders lost 56-38. Belmont will be back in action on Friday, Feb. 3, at home against Raymond and will be hosting Prospect Mountain on Tuesday, Feb. 7, both with 6 p.m. start times.



COURTESY

The Leadership Lakes Region Class being briefed on the County Special Operations Group vehicle.

## Make-A-Wish NH sponsors leadership event

LACONIA — The non-profit group, Leadership Lakes Region, recently completed its annual Social Issues Day under the sponsorship of Make-A-Wish New Hampshire. The group of 25 area professionals met at the Belknap County Complex to hear from a variety of social issues speakers.

The day began with welcome remarks by Julie Baron President and CEO of Make-A-Wish NH. Baron is a graduate of Leadership Lakes as well as a current member of its Board. She explained her organization’s mission and was followed by another graduate, Andrea Condodemetraky, a member of the 2019 Leadership class who set the tone for the day with her presentation “How to turn your Passion into Action; a guide to getting involved through volunteerism.”

Detectives Steve Orton and Eric Adams of the Laconia Police then spoke about law enforcement’s role in collaborating with the community to solve problems. The group also learned from Alton Detective Adam Painchaud about the Belknap County Special Operations Group and how it responds to emergency issues county-wide.

The Leadership group then recapped their individual ride-alongs with area law enforcement as part of understanding social issues at work in the Lakes Region. The discussion was chaired by Lt. Chris Noyes of LPD and County Chief Probation Parole Officer, Serene Eastman. Wrapping up the morning, were Meghan Noyes of the Child Advocacy Center, County Attorney Andrew Livernois and Detective Tony Horan of LPD. Their topic was a multi-disciplinary team approach to the problem of child abuse.

Following a lunch exercise in which class members gained a better understanding of food insecurities, Jessica Gorhan, Deputy Director of NH Hunger Solutions spoke on the subject. Next up for the group was a tour

SEE MAKE-A-WISH, PAGE A7

# Country legend Randy Travis to appear at The Colonial

LACONIA — Country Music Icon Randy Travis returns to the stage Sunday, Aug. 27 at 7 p.m. After suffering a near-fatal stroke in 2013, Randy continues to make improvements and is ready to share his story and get close to the fans once again. This special evening brings Randy and Mary Travis front and center to share stories and songs about the career of a Country Music Hall of Famer, and the health struggles and challenges that have faced them over the last 10 years. The 'Live On Stage' Interview will be hosted by CMA Winning Radio Personality Kevin Richards.



The iconic songs of Randy Travis will be performed by New England's Nashville Bound Duo, Martin and Kelly! Ryan Kelly and Jilly Martin were instrumental in bringing this show to New Hampshire. After hearing of the success of the 'Up Close & Personal' Randy Travis show in Glens Falls, N.Y., they rallied for the Country Music fans of New England to get the chance to enjoy the same experience with this beloved legend. The Travis' quickly agreed to join Richards back in Upstate New York (Aug. 26), and add New Hampshire (Aug. 27) to the Northeast visit to get close to more fans.

In addition to the stories and songs, the crowd will unite their voices in a piano-bar

style sing along to start the show with CMA Winning Radio Personality Richie Phillips.

Richards hosted this show in Glens Falls, N.Y. in 2022 to two sold-out crowds and heart warming reviews. Cathy Dede, Of The Chronicle, raved about the Randy Travis event: "One Of The Great Glens Falls Events Of All Time! Kevin emceed the Q&A format that led to the Travis' story unfolding

in a moving, engaging, entertaining way. Grown men cried, we hooted and hollered. The love was huge and wide!" Richards says "If you are a fan of Traditional Country Music, this is your chance to see the man who 'made' our genre in the mid-80s., realizing many of us never thought we'd ever be in his presence again (after the stroke in 2013). This will be a once-in-a-lifetime experience - an inspiring, magical

journey for the 'real' fan of Country Music!"

Martin and Kelly, who have performed and written with some of Nashville's finest, are honored to share the stage: "Words can't describe what an honor it is to be a part of this show with the one and only Randy Travis! We couldn't be more thrilled to share the stage with such a country music legend at one of our favorite venues, in Ryan's home state!"

## Shaheen visits PSU nursing education facility

PLYMOUTH — New Hampshire Senator Jeanne Shaheen visited Plymouth State University (PSU) Tuesday morning, Jan. 17, to meet with nursing program students and faculty and to tour its nursing program facilities. Shaheen secured \$2.1 million for PSU as part of the final government funding bill for fiscal year 2023 to support nursing workforce expansion.

Specifically, the funding will enable the university to renovate the historic Samuel Read Hall Building, which has been home to PSU's nursing program since 2015, to expand the available physical learning space for the program, including its clinical simulation lab.

"We were honored to welcome Senator Shaheen to campus to tour our current nursing facilities and simulation lab and visiting with nursing students, faculty and staff," said President Donald Birx, Ph.D. "The senator's securing of CDS funding enables PSU to continue to grow our nursing program allowing us to continue to educate New Hamp-



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shire's next generation of nurses."

PSU Clinical Associate Professor Julie Fagan, Clinical Assistant Professor Laura Rogers, Clinical Assistant Professor Kerri Reynolds, and academic operations manager Karen Coughlin gave Shaheen an overview of the nursing program and plans for its expansion as she toured the facility. PSU nursing students Chris-

topher Bilotti of Ashby, Massachusetts and Ashleigh Magoon of Holderness, New Hampshire, both juniors, showed her the clinical simulation lab where students gain hands-on experience in life-like clinical scenarios.

"We've experienced the dire challenges posed by shortages in our nursing workforce - particularly amid the pandemic. Now is the time to

invest in robust nursing training and support to

put quality health care within reach for every Granite Stater. I'm excited to secure funding for PSU's Nursing Workforce Expansion project to do just that," said Shaheen.

A senior member of the Senate Appropriations Committee, Shaheen worked to include federal support for myriad New Hampshire projects in the final government funding legislation for fiscal year 2023, including expanding access to health care, updating water infrastructure, increasing affordable housing and more. Her efforts resulted in \$111,359,972 for 105 New Hampshire projects, including the \$2.1 million for PSU's nursing program.



## Nature journaling with the SLA

HOLDERNESS — Do you enjoy practicing observation and meditation in nature? This program will combine Squam and mindfulness through nature journaling. Come join LRCC members Freda and Virginia on Feb. 4 from 10 a.m. to noon, as we observe and reflect on the beauty of the Squam Watershed in the colder months! We will meet at the Squam Lakes Association building to discuss what makes up a nature journal before heading to the waterfront on SLA's campus to practice what we learn.

This program has both indoor and outdoor components. Please bring weather appropriate clothing as the latter portion of this program will be outside. Please bring microspikes if they would make you feel more comfortable walking outside. We do have a few pairs for folks to borrow. All ages are welcome, but children must be accompanied by an adult.

For more information, or to sign up for this Guided Hike, visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other Guided Hikes throughout the year. These free programs are open to the public and cover a variety of nature and conservation-related topics. The LRCC AmeriCorps members present the Adventure Ecology programs at the SLA, who perform essential conservation work in support of the Association's mission.

The Squam Lakes Association is dedicated to conserving for the public benefit the natural beauty, peaceful character, and resources of the watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of the Squam Lakes Region.

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# Off The Dock Players present A.R. Gurney's "Love Letters"

SANDWICH — Back by popular demand, Off The Dock Players and The Foothills Restaurant of Sandwich have joined forces for a dinner theater presentation of A.R. Gurney's "Love Letters" Feb. 10, 11, 17 & 18. This lovely evening begins with a pre-theater dinner at The Foothills at 25 Main Street in Sandwich, then a stroll across the street to John Davidson's Club Sandwich at 12 Main for this captivating show. Dinner begins at 6 p.m., and the Show at 7:30 p.m.



"Love Letters," by A.R. Gurney is a Pulitzer Prize-nominated play that begins in 1937, and spans fifty years of a lifetime of love and loss as two well-heeled East Coasters commit their dreams, failures, political aspirations, divorce, and love affairs to ink. Nancy Blaine directs two of New Hampshire's favorite actors in this much anticipated revival. Don't miss this funny, brilliant and poignant play.

Dinner/Theater-goers will enjoy a delicious three course dining experience prepared by Chef Boughalem at The Foothills before heading over to Club Sandwich for the show. Dinner Theater Tickets are \$48 per person and can be purchased directly at The Foothills or for reservations email info@thefoothillsofsandwich.com or call (603) 707-2424. A limited amount of theatre-only tickets are available for \$25 for each show.

#### Meet the actors:

Rebecca Cole (Melissa Gardner) began her professional life in the theater in Chicago where she received a Jefferson Award nomination for Best Actress for Lunching, and was in the US premieres of "A Class 'C' Trial in Yokohama" and David

Mamet's, "Red River" at The Goodman. She is a founding member of Off the Dock Players and has starred in "Bakersfield Mist," "Mother of the Groom," "A Doll's House Part 2," "Night, Mother" and "The Humans." Her television credits were accrued as a landscape and interior designer and include "Oprah," "The View," CNN, "The Today Show," and as host/designer "Surprise by Design" on Discovery.

Hank Offinger (Andrew Makepeace Ladd III) has numerous theatre credits in New York. New Hampshire credits include: "Sister Act," "Ragtime" (Interlakes Summer Theatre), "Our Town," "Spider's Web" (Barnstormers Theatre), "The Gin Game," "Barrymore's Ghost," "Twelfth Night" (Advice to the Players), "The Humans," "A Doll's House Part 2," "Bakersfield Mist," "Mother of the Groom," "Love Letters" (Off the Dock Players), "One Slight Hitch" (Sandwich Players). TV credits include "Mansions and Murders" and "Deadly Devotion" (Investigation Discovery Network). Hank is the Director of Care Management at Taylor Community in Laconia, and lives in North Sandwich.

## Newfound Nature Station invites all animal detectives!

HEBRON — Join the Newfound Lake Region Association (NLRA) as we explore animal tracks and other sign during Newfound Nature Station, a free program that connects youth and families to the natural world. This event will be held at Grey Rocks Conservation Area at 178 N. Shore Rd., Hebron, on Feb. 15 from 1 to 3 p.m. and Feb. 18 from 10 a.m. to noon.

In winter, it can be hard to spot wildlife as we look across the white landscape- some species have left for the winter,

some are hibernating, and the rest seem to be hiding from the weather. But snow can hold the clues to finding out which animals have been visiting a location and what they've been doing! At Nature Station, NLRA educators will help visitors become animal detectives, searching for tracks and other sign to figure out what wildlife has been doing at Grey Rocks. You can learn about wildlife behavior in the Newfound Watershed without actually seeing the ani-

mals! Participants will also make a craft to take home. This program is free and open to all.

Newfound Nature Station, along with other family programs and events, is part of NLRA's year-round work to encourage residents and visitors to enjoy the natural beauty around them, learn more about the environment and how to protect it, and fall in love with the Newfound Watershed. By connecting the people of Newfound to the wonders around them,

NLRA works to inspire the next generation of stewards and fulfill the mission of protecting Newfound Lake and its watershed. Along with programs like Newfound Nature Station, NLRA maintains Grey Rocks Conservation Area in all seasons as a place for people and wildlife alike. It offers walking trails, a picnic area, fishing alcoves, and a non-motorized boat launch and is frequented by wildlife like loons, turtles, and bald eagles as well as people. Learn more about NLRA including other upcoming events at NewfoundLake.org.

## Upcoming grief support groups offered by Pemi-Baker Hospice & Home Health, Plymouth Senior Center

BY GUY TILLSON  
PBH&HH Bereavement Coordinator

PLYMOUTH — Grief is the complex of feelings one experiences after loss- any kind of loss. Though we usually associate the idea of grief with the death of someone we have known and loved, grief is also experienced following termination of employment, destruction of one's home after fire or natural disaster, divorce or the breakup of a relationship, relocation to an unfamiliar place where you know no one, loss of one's finances through bad investments or crime, or the death of a pet. Many people choose to brush off grief or ignore it, but it really does not go away on its own. It can be helpful to be in the company of others who are also coming to terms with their grief.

Pemi-Baker Hospice and Home Health offers grief support groups at various times throughout the calendar year to assist persons in our area who would like help and companionship in processing their losses.

GRIEF 101: The Basics

The next group, "GRIEF 101: The Basics," will begin on Tuesday, Feb. 14. There will be an in-person morning



Guy Tillson

session at 11:00am, held in the Exercise Room at the Plymouth Area Regional Senior Center. There will be a late afternoon session, accessible virtually only, beginning at 5:30pm. Virtual participation is also possible for the morning session. All virtual participants will need to download the app for TEAMS (It's like ZOOM) on their devices. There is no cost to attend either session.

Each group will go for six weeks, ending on March 21. The group meetings will include presentations by the facilitator, worksheets, and sharing and discussion on such topics as:

- "Types of Grief"
- "What Is Grief Work?"
- "Principles of Transformation"
- "What About Me?"

You must pre-register by Wednesday, Feb. 7, in order to attend so that we know how many to prepare for. The groups will be facilitated by Guy Tillson, Pemi-Baker's

Bereavement Coordinator. You may contact him by email: gtillson@pbhha.org or by leaving a message by phone at (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

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#### 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,

## Pros and Cons of a Family Limited Partnership

properties, 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..

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# Opinion

A4 Thursday, February 2, 2023

WINNISQUAM ECHO

## Take time away from your phone

Most weeks, our Editorial column spins off of a subject we curious about. While the subject of cell phone and screen addiction comes up often, this week, our perspective on the issue noticeably shifted after receiving a wise tip. A national news story broke, relaying that many younger people are switching to flip phones as a way to curb mental illness and burnout.

There are several tips as far as screen time and how to manage it. The first one is to ignore your phone, don't even look at it, until 30 minutes after you wake up. In that time, sit down, have your morning coffee, and read a book. When you start to scroll on your phone just after waking up, you put yourself into what's called a passive scrolling phase, which can derail your entire day and ward off productivity.

A few days of following this new advice, and there is a noticeable sense of comfort and relaxation that can carry you throughout your day. It's like taking 30 minutes every morning to get back to the basics and recall simpler times.

Most people feel like they are in control of their phone use, but are you? How can you determine if you have a phone addiction, or are just part of the modern era grind? We've said it before, and we'll say it again — nothing beats the days of watching "Jeopardy!" uninterrupted, without the pressure of responding to a ding from your phone.

In 2011, only 35 percent of the population owned Smartphones; today, 81 percent do. It is our main form of communication, so much so that now there is a term called nomophobia, or the fear of going without your phone.

Excessive cell phone use is a huge problem for many. As far as addiction goes, some experts say the dopamine connection the phone offers can be linked to something akin to a drug addiction. The triggering of that chemical in your brain, reinforces compulsive behavior. When we can't predict when we will receive a text or a "like" on social media, we check our phones more often.

Adolescents are more vulnerable to this problem than any other age group. Excessive use in that age group is such an issue that most teenagers never turn off their phones. Experts say that the younger a child has access to a phone, the sooner the problems begin. Problematic cell phone use is linked to low self-esteem, low impulse control, depression and anxiety.

Signs you may have a phone addiction could be that you reach for your phone if you're bored, you feel anxious or upset if you can't get to your phone, you wake throughout the night to check it, or your phone has caused you to get into an accident. Other signs could be that you spend most of your waking hours on your phone, and that it interferes with personal relationships or work.

When trying to focus on work, or any task, you are significantly disrupted, and your concentration is thrown off.

Ways to break the addiction in order to fix your relationships, your health and other responsibilities include figuring out if there is a larger issue as to why you're using your phone so much. Are you avoiding something else bigger? Resolving the larger issue at hand, could cause a decrease in phone use.

Change your settings to remove notifications and other alerts, set your screen to dark mode at night, keep your phone out of sight and never charge it in your bedroom. After a certain time, set your phone up so that only emergency contacts can get through to you, everyone else can wait. Try replacing games on your phone with real in person games or develop a hobby you've been wanting to try. Too much cell phone use can develop into a loss of control.

There have been some experiments where people have gone two days without their phones. Some people choose to give up their phones all together, while others make significant changes to reduce use.

The potential risk of depression, insomnia and lack of productivity just isn't worth it. Think back to pre-cell phone times. While there are safety benefits to having a phone, we don't need to be connected 24/7, and we don't need to respond or answer our phones just because they ding.

Your responsibility is to yourself, and it is revelatory how much you can get done if you just unplug. Take a breather, shut your phone completely off for 15 minutes and see how you feel. If you do try this trick, send us an email, and let us know what you find. If you are willing to take it one step further, and switch to a flip phone temporarily, let us know how that goes. Flip phones are very affordable and often come without a plan, and can be purchased at most stores.

### 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.



RC GREENWOOD

### Eye on the hoop

Winnisquam's Caleb Robdau looks toward the basket during his team's game with White Mountains Regional on Friday. The Bears picked up the win, 48-38. Winnisquam is back in action on Friday, Feb. 3, at Stevens at 7 p.m. and will host Gilford on Tuesday, Feb. 7, at 6:30 p.m.

## From slave to hero

In 1748, James Armistead was born into the world, and his life was far from ordinary. James was born into slavery, belonging to the Armistead family, a well-established and prominent family in Virginia who owned a vast plantation and many different businesses. Little did they know, this enslaved man would become one of the greatest American heroes ever.

Amidst the darkness of slavery, James learned to read and write, unlike many of his fellow enslaved people. James's ability to read and write was invaluable as the Revolutionary War was heating up and would prove to be the key that unlocked his path to freedom.

By 1781, the colonies were amid a fierce war for independence against England.

The British, led by the infamous Lord Cornwallis and his army of redcoats, were making devastating raids and attacks on the Continental Army and their cities. Under the command of General George Washington, the colonies fought bravely alongside their French allies, but it seemed as though victory was slipping from their grasp.

To turn the tide of the war, Washington sent the Marquis De Lafayette from France to reinforce the Continental Army's position in Virginia. Lafayette, a seasoned military leader, knew that the Continental Army alone was no match for British forces; he had to think outside the box.

Although enslaved people weren't allowed to fight, Lafayette recruited James; he was determined

### POSITIVELY SPEAKING

TOBY MOORE

to utilize every advantage and was eager to learn more about the enemy's plans.

Together they devised a plan to infiltrate the British camp and gather vital information from within. James knew the stakes were high and was willing to take the risk.

James posed as a runaway slave and offered his services to Cornwallis, desperate for a chance to serve the British army, and Cornwallis believed him.

Day after day, as he served dinner to Lord Cornwallis and his generals, he gained their trust and listened in on their secret plans. With every word, he memorized their strategies, studied their maps, and learned their procedures. He was like a fly on the wall, unnoticed but always present, always listening.

Cornwallis and his generals had no idea that the servant before them was not just an enslaved man but a spy working for the Continental army.

As the war was getting closer to the climax, The Battle of Yorktown, every piece of information James gathered was crucial for the Patriots to win. He was determined to help win the war and secure his freedom.

He provided the Marquis with detailed information about the location and strength of British troops, their supply lines, and plans for escape or reinforcement.

Armed with this information, The Marquis launched a bloody siege against the British army in Yorktown. The siege lasted for several weeks, as the Continental Army and the French allies bombarded the British positions with artillery.

The Patriots could anticipate the British's every move and turn the tide of the battle. Defeated, Cornwallis surrendered, and the Battle of Yorktown was over.

James's bravery and dedication to the cause of freedom for himself and our nation played a vital role in the defeat of the British.

This victory may have never been possible without James's bravery and dedication as a double agent. His actions as a spy during the war were instrumental in securing freedom for the colonies and served as a powerful example of resistance against slavery and oppression.

He defied the notion that enslaved people were merely passive victims and showed that they, too, could actively fight for their liberation.

Some believe that James and the Marquis kept in touch. Fifty years later, when The Marquis was on a rockstar tour of American Cities, almost 100,000 showed up to see him; James was there and was embraced by the Marquis as a hero while the crowds roared with approval. James took the last name Lafayette in honor of his relationship with the Marquis de Lafayette.

James Armistead Lafayette's story remained largely unknown for many decades. It was in the 20th century that historians began to acknowledge his role in the war and his significance as a symbol of courage, determination, and resilience.

Although he's no longer here, I wish to say to James, "Thank you for your service."



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# SLA to host moonlit hike through Belknap Woods

HOLDERNESS — If you'd like to wander the woods at night, this event would be a great time to do so! SLA is hosting an evening stroll through Belknap Woods. Bright moonlight reflecting off the snow and a nearly full moon can light our way, but bring your headlamp, too! Listen to the sounds of the woods at night, and perhaps witness some nocturnal animals on our journey. This program will be held at Belknap Woods on Wednesday, Feb. 1, from 6-8 p.m. All are welcome.

Participants should wear warm layers and bring water, a headlamp (preferably with red light function), and rain gear (just in case!) for the easygoing hike. Snowshoes or microspikes can be provided if needed at a first come-first serve basis, but also feel free to bring your own.

For more information, or to sign up for this Guided Hike, visit the SLA Web site ([squamlakes.org](http://squamlakes.org)) or contact the SLA directly (603-968-7336). The SLA also offers other Guided Hikes throughout the year. These free programs are open to the public and cover a variety of nature and conservation-related topics. The LRCC AmeriCorps members present the Adventure Ecology programs at the SLA, who perform essential conservation work in support of the Association's mission.

The Squam Lakes Association is dedicated to conserving for the public benefit the natural beauty, peaceful character, and resources of the watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of the Squam Lakes Region.



## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 16-23.

Christopher R. Chase, age 42, of Belmont was arrested on Jan. 16 in connection with multiple bench warrants. Chase was subsequently arrested again on Jan. 18 for Violation of a Restraining Order, and on Jan. 19 for Violation of a Restraining Order and Breach of Bail.

Katherine L. Carr, age 41, of Tilton was arrested on Jan. 17 for Driving After Revocation or Suspension, Suspension of Vehicle Registration, violating Driver's License Prohibitions, and in connection with multiple bench warrants. George E. Dockham, age 43, of Tilton was arrested during the same incident in connection with a warrant.

Jamie A. Ogara, age 49, of North Conway was arrested on Jan. 18 for Criminal Threatening with a Deadly Weapon and Reckless Conduct-Domes-

tic Violence involving a Deadly Weapon.

Michael Patterson, age 29, of Laconia was arrested on Jan. 19 for Driving After Revocation or Suspension (subsequent offense) and Operating Without a Valid License.

Dylan J. Collins, age 24, of Belmont was arrested on Jan. 21 in connection with multiple bench warrants.

James E. Smith, age 43, of Concord was arrested on Jan. 22 for Possession of a Controlled Drug (subsequent offense), Control of a Premises Where Drugs were Kept, Transportation of Drugs in a Motor Vehicle, and Falsifying Physical Evidence.

Angeline M. Pelky, age 34, of Laconia was arrested on Jan. 23 in connection with multiple bench warrants. Nathan G. Slack, age 49, of Belmont was arrested during the same incident for Criminal Threatening-Conduct.

## Show the love for the animals at Squam Lakes Science Center



HOLDERNESS — This Valentine's Day do something Wild... Sponsor A Species at Squam Lakes Natural Science Center! Give your sweetheart a unique and memorable gift by showing the love to the animals at the Science Center. Animals available to symbolically sponsor are Bald Eagle, black bear, bobcat, butterfly, coyote, mountain lion, river otter, and Owl.

Complete your sponsorship request by Sunday, Feb. 5 at [nhnature.org/support](http://nhnature.org/support) and your Valentine will receive a plush animal, trail tickets (number of tickets depending on the level chosen), a certificate of appreciation, subscription to the quarterly newsletter and recognition on the Science Center's website, and in the Trailhead Gallery on the live animal exhibit trail.

"The animals at Squam Lakes Natural Science Center serve as ambassadors for their species, here for the purpose of teaching about New Hampshire's natural world," said Executive Director Iain MacLeod. "The cost of caring for wildlife is

considerable. All the animals need specialized diets, daily care, and creature comforts. When you Sponsor A Species your dollars go toward providing food, health care, and housing for the animals."

Learn more about the Science Center at [nhnature.org](http://nhnature.org). For further details about Sponsoring a Species please contact Joy Huke at [joy.huke@nhnature.org](mailto:joy.huke@nhnature.org) or 603-968-7194, ext. 146.

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## Belknap Mill's Bell and Brick Winter Concert Series presents Audrey Drake Trio

LACONIA — The Belknap Mill's Bell & Brick Winter Concert Series returns Thursday, Feb.

2 from 7-8 p.m., featuring the Audrey Drake Trio. Doors open at 6:30 p.m. on the Mill's third floor Rose Chertok Gallery. Tickets are just \$10, and can be purchased by cash

or check at the door. Years of hard work, classical training, and real life experience are the driving forces

behind her original music. Haunting melodies and soulful lyrics transport you to a place where there is only you, the music, and life's journey.

Audrey's stage presence is warm, authentic, personal and completely relatable. Her lyrics tell of old family history and her own experiences and are knit together with

gorgeous melodies, an expressive velvet voice and her fine guitar playing. The listener is drawn in, wanting to hear every evocative word and tone. As one fan, Adine Storer,

describes her experience: "Audrey's songs are heard in the heart."

Combining a truly unique musical style with her formal study and a desire to tell



stories that speak to us all, an evening spent with Audrey Drake is like an evening spent with any of the great soulful singers of our time.

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.

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## SLA presents “When Winter Comes”: A StoryWalk® at Chamberlain Reynolds Memorial Forest

HOLDERNESS — A StoryWalk® is a fun, educational activity that places a children’s story along a popular walking route in your community, in this case Chamberlain Reynolds Memorial Forest, located on College Road off of Route 3 in Holderness.

We hope you enjoy Aimee M. Bissonette’s story where you will explore the winter woods. Discover how much is happening in a seemingly empty woods once you slow down, listen carefully, and look closely. Erin Hourigan’s beautiful illustrations bring this winter wonderland to life. As you walk along while reading the story, remember to look for animal signs along the trail!

After exploring the story along the trail be sure to visit the Holderness Free Library for a fun craft activity where you can create your own animal track stories!

The StoryWalk will be up from Thursday, Dec. 15-Tuesday, Feb. 28. This is a free activity. For more information, head to Squamlakes.org or call the office at 603-968-7336.



## SLA to host Five Finger Point Trail guided hike

HOLDERNESS — Don’t let the winter cold keep you from adventure! Join the Squam Lakes Association on a 3.1-mile hike that will take you through several beaches on the University of New Hampshire’s Five Finger Point. Lakes Region Conservation Corps member, Shannon, will lead the hike. Be prepared for a moderately challenging hike with beautiful views of the lake and good company!

Participants will meet at the West Rattlesnake parking lot at 10 a.m. on Feb. 8. We will return to the parking lot by 1 p.m. Expect uneven terrain and moderate changes in elevation.

Make sure to bring plenty of water, a snack, comfortable hiking clothes and shoes, and plenty of weather-appropriate layers!

For more information, or to sign up for this guided hike, visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also

offers other guided hikes and Adventure Ecology programming throughout the year. These free programs are open to the public and cover a variety of nature and conservation-related topics. The LRCC AmeriCorps members present the Adventure Ecology programs at the SLA, who perform essential conservation work in support of the Association’s mission.

The Squam Lakes Association is dedicated to conserving for the public benefit the natural beauty, peaceful character, and resources of the watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of the Squam Lakes Region. Hiking Five Finger Point is one of many ways to enjoy and take in the natural beauty and peaceful character of some of Squam Lakes’ beaches.

## 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 intellec-

tual 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.

## Area residents named to Dean’s List at University of New England

BIDDEFORD, Maine — The following students have been named to the Dean’s List for the 2022 fall semester at the University of New England. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine’s largest private university, with two beautiful coastal campuses in

Maine, a one-of-a-kind study-abroad campus in Tangier, Morocco, and an array of flexible online offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are the state’s top provider of health professionals and home to Maine’s only medical and dental colleges, a variety of other interprofessionally aligned

health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit une.edu.

Belmont  
Savannah Perkins

Sanbornton  
Eveline Auger, Emma Griffin, Julia Latham

## 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!



Buck

Are you looking for an active companion? Buck is craving an outdoor adventure buddy to help keep busy. With proper introductions and management, he could do well living with other dogs. He has not previously lived with small animals. Buck is very treat motivated which will be very beneficial while continuing training!

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# University of New Hampshire announces Dean's List

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2022 semester.

Nicholas Kafkoulas of Belmont, earning High Honors

Angelo Papadopoulous of Belmont, earning Highest Honors

Seth Rupp of Belmont, earning Honors

Jia Chiu of Belmont, earning High Honors

Kaitlynn Delisle of Belmont, earning Highest Honors

Miriam Kafkoulas of Belmont, earning Highest Honors

Megan Sinclair of Belmont, earning Honors

Kelley Allen of Belmont, earning Honors

Jacob Dumais of Belmont, earning Highest Honors

Joshua Riley of Belmont, earning Highest Honors

Noah Longval of Sanbornton, earning Highest Honors

Kelsey Rotonelli of Sanbornton, earning High Honors

Jacob Holt of Sanbornton, earning Highest Honors

Daisy Burns of Sanbornton, earning Highest Honors

Alexander Latham of Sanbornton, earning High Honors

Nathaniel McCarvill

of Sanbornton, earning Honors

Jason Plant of Sanbornton, earning Highest Honors

Camden MacLean of Tilton, earning High Honors

Mary Thomas of Northfield, earning Highest Honors

Ashley Deshaies of Northfield, earning Honors

Felicia Blodgett-Duran of Northfield, earning Highest Honors

Noelle Drouin of Northfield, earning Honors

Anthony Syhabout of Tilton, earning High Honors

Olivia Dill of Tilton,

earning Highest Honors

Bryce Baird of Tilton, earning Highest Honors

Olivia MacLean of Tilton, earning Highest Honors

Kylee Rock of Tilton, earning High Honors

Olivia MacLean of Tilton, earning Highest Honors

Kylee Rock of Tilton, earning High Honors

## High School Slate

**Thursday, Feb. 2  
GILFORD**

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

**Friday, Feb. 3  
BELMONT**

Alpine Skiing at Gunstock; 10  
Boys' Hoops at Raymond; 6:30  
Girls' Hoops vs. Raymond; 6  
Unified Hoops vs. Kingswood; 3

**GILFORD**

Alpine Skiing at Gunstock; 10  
Boys' Hoops vs. Inter-Lakes; 6  
Girls' Hoops at Inter-Lakes; 6:30

**WINNISQUAM**

Boys' Hoops at Stevens; 7  
Girls' Hoops vs. Stevens; 7

**Saturday, Feb. 4  
BELMONT-GILFORD**

Hockey vs. Berlin-Gorham; 1:45

**WINNISQUAM**

Hockey at Pembroke-Campbell; 7:30

**Sunday, Feb. 5  
GILFORD**

Indoor Track at UNH; 10

**Tuesday, Feb. 7  
BELMONT**

Boys' Hoops at Prospect Mountain; 6  
Girls' Hoops vs. Prospect Mountain; 6

**GILFORD**

Boys' Hoops at Winnisquam; 6:30  
Nordic Skiing at Proctor; 3

**WINNISQUAM**

Boys' Hoops vs. Gilford; 6:30

**Wednesday, Feb. 8  
BELMONT-GILFORD**

Hockey at Kennett; 6

**GILFORD**

Boys' Hoops vs. Concord Christian; 6

**WINNISQUAM**

Hockey vs. Kearsarge-Plymouth; 5  
Wrestling at Lebanon; 6

**Thursday, Feb. 9  
WINNISQUAM**

Boys' Hoops at Inter-Lakes; 6  
Girls' Hoops vs. Inter-Lakes; 7

*All schedules are subject to change.*

## BEARS

CONTINUED FROM PAGE A1

Power all played well on the defensive side of the ball.

The Bears then hit the road to the north, traveling to Whitefield to take on White Mountains on Friday, Jan. 27. The result was an 81-44 win over the Spartans.

"I thought tonight our defense in the first half was a struggle," Dawalga said. "We were a step behind."

Despite that, the Bears were still up by a score of 39-32 at the half-

time break and then the defense started stepping up, as they allowed the Spartans just 12 points in the second half.

"Our defense needed to step up in the second half and it did," Dawalga noted. "I was happy with our team defense in the second half and to the kids' credit, they responded to our half-time talk and adjustments."

Philippy finished the night with 26 points and 10 rebounds, MacDonald had 19 points, four rebounds and four steals, Caidyn Carter had 13

points, Kelly had 11 points and 12 rebounds and Triniti Carter had 10 points and six rebounds. Sargent and Power earned their coach's praise for their defensive work.

The Bears will be in action on Friday, Feb. 3, at home against Stevens at 7 p.m. and on Thursday, Feb. 9, they host Inter-Lakes at 7 p.m.

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

## MAKE-A-WISH

CONTINUED FROM PAGE A1

of the Belknap County Corrections Department led by Superintendent Adam Cunningham and County Sheriff Bill Wright. Becky Bryant, CEO of Lakes Region Community Services, was joined by her colleague Alyssa Tandy in explaining to the Leadership class the role their agency plays in promoting independence, dignity and opportunity for their clients. Ms. Bryant is a graduate of Leadership Lakes and current board member while Ms. Tandy is a member of the current class.

The final presenta-

tion for the Social Issues Day was by Katie Pelczar, Community Outreach Coordinator for CASA NH accompanied by her co-presenter, a CASA volunteer, Tom Goulette.

"This was a jam-packed day covering the spectrum of social issues at work in our area," said Leadership Lakes Coordinator, Jennifer McLean. She credits her graduate planners; Meghan Noyes, Carol Stone and Alyssa Raxter with putting together a diverse array of law enforcement, hunger solution, community service and children advocates to cover the far reaching subject matter. Leader-

ship Lakes Region appreciates the strong support from Make-A-Wish NH which made the day possible.

For more information about how your business can sponsor a Leadership Lakes' Program Day or how you can become a member of the group, please visit [www.leadershiplakesregion.org](http://www.leadershiplakesregion.org).

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## GRIEF

CONTINUED FROM PAGE A1

our Chaplain, Tobias, and Rebecca, a long time Hospice Volunteer and End of Life Doula. Past experience has shown us that participants are ready for the class if at least three to six months has passed since the death of their loved one.

Each session will focus on a new skill for dealing with grief. The support group is free to attend but does require pre-registration. To register call 603-934-3454 or email [cmurray@franklinvna.org](mailto:cmurray@franklinvna.org).

Grief has no timetable. It may come in waves during the turbulent

months of a loved one's illness and then intensify after he or she has passed away. Each experience is unique and deeply personal. Emotions run the gamut from sadness, anxiety and guilt to anger, helplessness, and depression. What many people who've lost someone they love want, is the opportunity to be able to talk about their loved one in a space where they can safely share what they are going through with people who have had a similar loss in an environment structured to help them navigate the grieving process.

This five-session

group is designed to help people on that journey. Grieving is our response to sorrowful change, and grief takes as long as it takes. There is no magic length of time until you are better. But with support and the freedom to share what you are going through it can help you accept and learn to live with your new reality.

You have a choice in your Homecare and Hospice provider. Choose local. Choose Franklin VNA & Hospice. For more information, call Franklin VNA & Hospice at (603) 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).



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### Edward Jones: Financial Focus

**Can you reduce the Medicare surcharge?**

Before you turn 65, you'll want to become familiar with Medicare's rules and features. And if you're a high earner, you'll want to be especially aware of the Medicare premium surcharge — because, over time, it can add up to some significant dollars.

The premium surcharge — known as the income related monthly adjustment amount, or IRMAA — is assessed on premiums for Medicare Parts B and D, and generally is based on an individual's modified adjusted gross income (MAGI) of two years ago. So, the IRMAA for 2023 would be based on one's MAGI from 2021.

For someone who's married and files taxes jointly, and whose MAGI for 2021 was \$194,000 or less, the Part B premium for 2023 will be \$164.90 per month, and the Part D premium will be whatever amount is charged by their Medicare plan. But if their 2021 MAGI was between \$194,000 and \$246,000, they'll pay \$230.80 (a surcharge of \$65.90) for Part B and an additional \$12.20 for Part D. And the IRMAA rises at different income levels, reaching a maximum of \$560.50 (a surcharge of \$395.60) for Part B and an additional \$76.40 for Part D for a MAGI of \$750,000 or more.

If you're unprepared for the IRMAA, it can be an unpleasant surprise. So, if you've still got a few years until you enroll in Medicare, you may want to look for ways to control your MAGI and possibly limit the surcharge.

Here are a few suggestions:

Contribute to a Health Savings Account (HSA). If you have access to a Health Savings Account (HSA), your contributions will reduce your taxable income, helping you on the IRMAA issue. Furthermore, any investment growth within your HSA is tax free, as are withdrawals for qualified medical expenses, which can include Medicare premiums, deductibles and copays.

Contribute to a Roth IRA. Roth IRA withdrawals are tax free, provided you don't start taking them until you're 59½ and you've had your account at least five years. These tax-free withdrawals can enable you to avoid taking taxable withdrawals from other accounts, which may help you avoid an increase in your IRMAA.

Consider a Roth IRA conversion. You could convert some, or perhaps all, the assets of a traditional IRA into a Roth IRA. But you'll need to consider the impact of taxes — any deductible contributions to your traditional IRA and the earnings generated by these contributions will be fully taxable the year of the conversion, so you'll want to have funds outside your IRA available to pay these taxes. Also, timing is important — to be on the safe side, you might want to complete the Roth conversion three or more years before you enroll in Medi-

care, so the conversion and the likely increase in your MAGI won't increase the IRMAA.

Manage your withdrawal rate — Taking large withdrawals from your retirement accounts can bump up your MAGI bracket and your IRMAA. So, as you near retirement, you'll want to establish a sustainable withdrawal rate — one that provides you the income you need but without going overboard.

While these moves could potentially help you control the Medicare surcharge, they still must make sense for your overall financial strategy. It's obviously desirable to keep the surcharge as low as you can — but it's even more important to take the steps necessary to reach your financial goals.



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# Accounts vary on Valentine's Day origins



on February 15 included animal sacrifices and priests called the Luperci who would take pieces of animal hide and touch it to the foreheads of women in the hopes it would make them more fertile. Fortunately for the squeamish (and the sacrificial animals), Pope Gelasius I ended Lupercalia and replaced it with St. Valentine's Day by the end of the fifth century.

Two or three St. Valentines?  
Most people attribute the origins of Valentine's Day to the holiday's namesake, St. Valentine. But it seems that Valentine was the surname of a few different individuals. According to History.com, the Catholic Church recognizes at least three different saints named Valentine or Valentinus. One Valentine was a priest during the reign of Emperor Claudius II, who decided that single men made better soldiers than those with families or wives. Claudius outlawed marriage for young men. Valentine disagreed with the decree and would perform marriages in secret.

Others believe it was St. Valentine of Terni, a bishop beheaded by Claudius II outside of Rome, who was the true namesake.

Yet another Valentine may have been jailed and fell in love with a jailer's daughter while in prison. He purportedly wrote to her, beginning the first Valentine card or letter tradition. Other stories say the imprisoned Valentine actually was writing to a blind woman he purportedly healed, and signed the note "from your Valentine."

It is hard to know who is who in regard to the name Valentine, as the stories and the people behind them are used interchangeably. Some historians believe they actually are the same person rather than several Valentines, while others insist there were multiple martyred individuals.

However you slice it, the defiant actions of one or more people named "Valentine" set the course for centuries of romance to follow.

## The most popular Valentine's Day gifts

Valentine's Day sparks one of the busiest shopping seasons of the year. Though it might not inspire the masses quite like Black Friday, Valentine's Day compels millions of people to find gifts for that special someone in their lives each February. In fact, the National Retail Federation's Annual 2022 Valentine's Day Spending Survey found that the average person expected to devote \$175 to Valentine's Day spending in 2022.

Any heartfelt gift can light up a sweetheart's smile on Valentine's Day, but certain items tend to be more popular than others on February 14. Though Valentine's Day shoppers can always go their own way when shopping for their sweethearts, some of the more traditional gifts remain wildly popular. In its survey, the NRF found that these go-to gifts maintained their status as the most popular items for individuals to show their love for that special someone in 2022:

- Candy: Fifty-six percent of survey respondents indicated they planned to buy candy for their sweetheart on Valentine's Day. Though any candy can suffice, chocolates inside a heart-shaped box tend to be especially popular in mid-February.
- Greeting cards: Greeting cards will likely never go out of style, as 40 percent of respondents indicated they would give a card in 2022.
- Flowers: The appeal of a bouquet is undeniable, prompting 37 percent of shoppers to give flowers on Valentine's Day.
- A night out: A romantic night out is perhaps as meaningful as ever in a world still emerging from the pandemic. So it's no surprise that 31 percent of respondents indicated they planned to take their sweethearts out for a night on the town in 2022.
- Jewelry: Though it might rank below the others on this list, jewelry remains a go-to gift on Valentine's Day. And with total Valentine's Day spending on jewelry estimated at more than \$6 billion in 2022, this could be where most Valentine's Day dollars go this February.

Valentine's Day is a bright light in the middle of the winter. Come February 14, sweethearts celebrate their love and affection for one another on this day devoted to happy couples.

The origin of Valentine's Day has generated much speculation over the years. Most early accounts do not point to heart-shaped boxes filled with chocolates. Rather, a few distinctive tales may paint the picture of early Valentine's Day, and they have nothing to do with stuffed animals or romantic dinners.

Roman festival  
One of the earliest records of the term Valentine's Day is traced to the Roman festival of Lupercalia, which was a fertility festival. This annual event held



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EOE

# Valentine's Day indulgence done devilishly right

If asked to describe the favored foods of Valentine's Day in a single word, "decadent" might prove the most apt descriptor. Foodies and non-foodies alike recognize that Valentine's Day and chocolate are intertwined, making the day an ideal time to indulge in something decadent. This Valentine's Day, couples can share their love for decadent delights by working alongside one another to whip up this recipe for "Devil's Food Layer Cake" from Elisabeth M. Prueitt and Chad Robertson's "Tartine" (Chronicle Books).

## DEVIL'S FOOD LAYER CAKE

Yields 1 10-inch cake; 12 to 16 servings

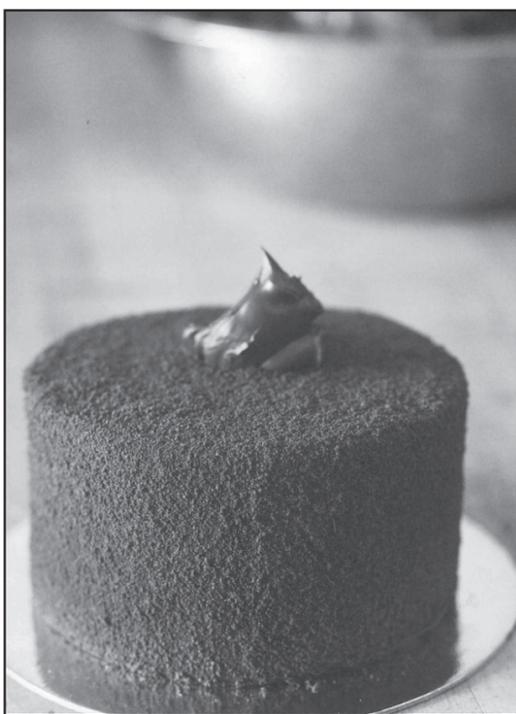
**Cake layers**  
 1 3/4 cups all-purpose flour  
 4 1/2 tablespoons cornstarch  
 1 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1 1/4 cups cocoa powder  
 1 teaspoon salt  
 1 cup unsalted butter, at room temperature  
 2 3/4 cups sugar  
 5 large eggs  
 1 1/4 cups full-fat buttermilk

**Chocolate Ganache**  
 24 ounces or 32

ounces bittersweet chocolate  
 3 cups or 4 cups heavy cream  
 1/2 cup plus 1 tablespoon caramel

Preheat the oven to 350 F. Butter and lightly flour the sides of two 9-inch cake pans, knocking out the excess flour. Line the bottom of each pan with parchment paper cut to fit exactly.

To make the cake layers, sift together the flour, cornstarch, baking powder, baking soda, cocoa powder, and salt into a bowl and set aside. In the bowl of a stand mixer fitted with the paddle attachment, beat the butter on medium-high speed until light and creamy. Slowly add the sugar and continue to beat on the same speed light in color and fluffy. Add the eggs one at a time, mixing well after each addition until incorporated before adding the next egg. Stop the mixer and scrape down the sides of the bowl with the rubber spatula. With the mixer on low speed, add the flour mixture in 3 equal batches alternately with the buttermilk in 2 batches, beginning and ending with the flour mixture. Stop the mixer, scrape down the sides of the bowl and then mix again for another few seconds.



Divide the cake batter evenly between the prepared cake pans. Bake until the top springs back when lightly touched or a cake tester inserted in the center comes out clean, about 45 minutes. Let the cakes cool completely in the pans on a wire rack.

When the cakes are cool, turn them out by inverting the pans, and then turn the cakes upright. Using a serrated knife, slice off the domed portion from the top of each cake to make the tops flat. If you want to decorate the cake with

crumbs as described in the headnote, reserve the slices for making the crumbs.

To make the crumbs, preheat the oven to 250 F. Line a baking sheet with parchment paper or a nonstick liner. Break up the cake slices and spread on the lined baking sheet. Place in the oven and toast until completely dry, about 1 hour. Let cool completely, then transfer to a food processor or blender and process until finely ground. Sift the crumbs through a medium-mesh sieve. (Don't use a sieve

with fine mesh or the crumbs won't pass through.) Set aside.

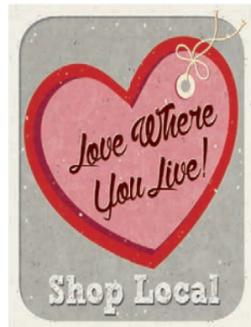
To make the ganache, place the chocolate in a heatproof bowl, using the smaller amount of each ingredient if you will be decorating the cake with crumbs and the larger amount if you will not. Bring the cream to just under a boil in a small saucepan. Pour the cream over the chocolate. Let the mixture sit for a few minutes without stirring until the chocolate is partially melted, and then stir with a rubber spatula until smooth and shiny.

To assemble the cake, split each cake into 2 layers to make 4 layers in all. Transfer 1 layer to a serving plate. Using an offset spatula, spread 3 tablespoons of the caramel evenly over the cake layer. Spread a thin layer of ganache (about 1/4-inch thick) over the caramel. Top with a second cake layer, and again spread with 3 tablespoons caramel and then a thin layer of ganache. Top with the fourth cake layer. Refrigerate the cake until the center seems firm, 1 to 2 hours. Cover the remaining ganache with plastic wrap and leave at room temperature for finishing the cake.

Remove the cake from the refrigerator. Using the rest

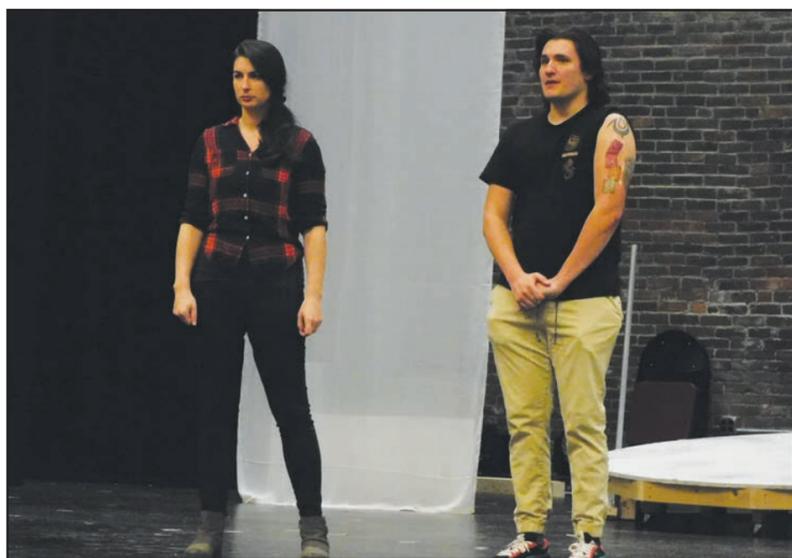
of the ganache, frost the top and sides of the cake with the offset spatula. If you are going to coat the cake with the toasted cake crumbs, the cake must be evenly frosted and the ganache must be soft enough for the crumbs to adhere. If the ganache has hardened, use a kitchen torch to soften it slightly, or put the whole cake into a 400 F oven for 10 seconds or so, just until the chocolate looks shiny. Sprinkle the crumbs evenly over the top of the cake, then tilt and turn the cake so that they spill over the sides, adhering to them as they fall. If you are using only the ganache and not the crumbs, the ganache will be thicker on both the top and sides.

Serve the cake at room temperature. To store, cover tightly and keep in a cool place for up to 4 days. It is not necessary to keep this cake in the refrigerator.



ERIN PLUMMER

"Romeo and Juliet" takes the stage at the Colonial Theater in Laconia Feb. 10-12.



ERIN PLUMMER

Powerhouse Theater Collaborative's "R&J Project" also includes some new perspectives on "Romeo and Juliet" with some new narrators and an unofficial sequel, "Montagues and Capulets."

## POWERHOUSE

CONTINUED FROM PAGE A1

what happened to Romeo and Juliet, and what led everything happening. She said it was ultimately the younger people who suffered because of this old feud and the community faced a tragedy.

"Montague and Capulet" focuses on three characters who all serve as narrators of "Romeo and Juliet."

One narrator is Benvolio, who survived the events of the original play but lost his close friends, Romeo and Mercutio.

The events of the play will also be seen from the perspective of Romeo's former love Rosaline, whom Romeo abandoned quickly after meeting Juliet. The

new play also introduces the character of Mercutio's sister, Valentina.

All three of these characters give narration during "Romeo and Juliet," and Bryan Halperin said the concept is that the events of the play are being seen through their eyes.

The new play was written by Jaydie Halperin, who is currently a senior at Wesleyan University. Jaydie started working on this show as a part of her senior studies at Inter-Lakes Middle High School.

The play was previously presented in the form of an online read-through from the Sandwich-based Shakespeare company Advice to the Players, and at her school. Both times, she received feedback

and edited the dialogue with this input.

Each show influences the other. While "Montague and Capulet" is a direct sequel, the events from that show echo back to "Romeo and Juliet," and influence how it is presented.

Bryan said they use the second show as a way to introduce a lot of ideas into the main show, such as character traits. He said with everything together it creates a richer experience for the performers.

"Our hope is that people who see 'Romeo and Juliet' will watch and come back the next week to see the parts of the story," Bryan said.

The production of "Romeo and Juliet" is also aimed at being more accessible, espe-

cially for those who might not be as familiar with Shakespeare's language. Johanna said they are presenting the show in a way that's a little more accessible while not losing any of the original play's language and events.

The production of "Romeo and Juliet" has been shortened to tighten up the running time, a practice that even the Bard himself would likely have engaged in. Shakespeare's original dialogue has been kept intact, though they aim to present it in a more relatable way.

"We try to make it understandable," Johanna said.

The costumes are inspired by the show's Renaissance setting, but with a more modern twist.

"We think the story is so great, let's tell the story; let's give our actors a challenge," Johanna said. "We really wanted to present it in a way it was accessible. We think everyone knows the basic story. We challenged the actors and the design team to make it accessible."

Nikolai Fernandez of Belmont plays Benvolio.

"It was kind of fun to have a whole other piece to dive into," Fernandez said.

He worked a lot with the performers playing Romeo and Mercutio to get their close dynamic and working on how Benvolio fits with this group.

Brendan Berube of Laconia is playing Escalus Scaglieri, the

Prince of Verona, who has the unenviable task of trying to keep the feuding Montagues and Capulets in line, and who, in "Romeo and Juliet," loses two of his own kinsmen to the violence. His growing obsession with punishing someone for the bloodshed drives much of the plot of "Montague and Capulet."

He also talked about how both plays influence each other.

"Are we playing our characters as themselves, or are we playing our characters as the narrators see them?" Berube said.

(Next week's edition will feature our interview Amanda Wagner and Emily Schafritz, who play Romeo and Juliet.)

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The congregation of the Unitarian Universalist Society of Laconia held a vigil after Sunday service on Jan. 15 to honor the work of Martin Luther King, Jr.

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