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# Winnisquam Echo

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FREE

## Belmont boys give defending champs a battle

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — In one of the most anticipated matchups of the Division III boys' basketball season, both Gilford coach Rick Acquilano and Belmont coach Tony Martinez believe they learned things about their team and things they can improve on.

The Raider boys gave the three-time defending champions all they could handle on Tuesday, Jan. 10, going to the third quarter all tied up before Gilford hit free throws late to hang on for a 61-58 win.

"That was quite a game," said Acquilano. "Obviously we have to play better, but give them credit, they played well."

"They came in here and played well," the Gilford coach continued. "They'll be a team to be reckoned with down the stretch."

"The biggest goal coming in was to compete, I wanted to see what our character was after the tough one at Winnisquam last week," said Martinez. "What an awesome way to have the first game after a loss be against the defending champions."

"I have a lot of respect for the way they play," the Raider coach added. "I wanted to see where we were at mentally."

Gilford did get out to a 10-4 lead out of the gate after the first two and a half minutes where neither team was able to put the ball in the hoop. Jalen Reese hit a hoop for Gilford before Sam Reposa answered with a three for Belmont. Isaiah Reese followed up with a three for Gilford and a Logan Grant bucket made

SEE BASKETBALL, PAGE A15



Gilford's Isaiah Reese rises toward the hoop as Belmont's Jamison Gaudette (left) and Anakin Underhill defend in action last Tuesday.



Gilford's Brendan Baldi reaches in to get a hand on the ball as Belmont's Keegan Martinez hauls in a rebound during action last week.

## Local artisans to be featured at Keck Golden Ticket Foundation Craft Fair

FRANKLIN — On Saturday, Feb. 18 from 10 a.m.-2 p.m., the Keck Golden Ticket Foundation will be sponsoring a craft fair at Highland Mountain Bike Park to raise funds for the upcoming year. In case of bad weather, the event will be postponed and held on Sunday, Feb. 19. This event promises to be fun for the whole family with raffles, food, and lots of great shopping opportunities. Local crafters and artisans will be showcased and are invited to be part of this event.

Keck Golden Ticket Foundation (KGT) was founded in memory of Dr. Eric Keck, a beloved local educator who was passionate about the outdoors and mountain biking. KGT works closely with Highland Mountain Bike Park to facilitate and fund scholarships for local kids to attend summer camps and after-school programs. Recently, KGT was instrumental in building the pump track at Southwick School in Northfield. Eric's legacy of kindness and support for local youth lives on through the Keck Golden Ticket Foundation.

SEE CRAFT FAIR, PAGE A12

## Aroma Joe's now open in Belmont



BELMONT — Aroma Joe's, one of the nation's leading handcrafted beverage chains, announces their new location in Belmont is now open at 93 Daniel Webster Highway. This 1,500 square foot coffee house and drive thru location features handcrafted coffee and espresso drinks, unique flavor infusions, signature AJ's RUSH® Energy Drinks and all-day food options. This new location is owned and operated by Aroma Joe's franchisees Eric and Kim Gustafson and their son, Joshua Gustafson. The family also owns and operates the Aroma Joe's Tilton location.

There are 41 New Hampshire locations and two were opened in 2022.

Aroma Joe's is a major disruptor in the quick service coffee space. Headquartered in South Portland, Maine, Aroma Joe's now has 97 locations across Maine, New Hampshire, Massachusetts, Pennsylvania, Florida, Rhode Island and Connecticut. They are currently planning development and opening new stores along the East Coast from Maine to Florida. The chain's proprietary coffee blends are craft roasted and Rainforest Alliance Certified which means they are sustainably grown and ethically sourced. And their signature AJ's RUSH® Energy drinks have resonated with a new generation seeking their daily energy in new and unique beverages.

Aroma Joe's is actively expanding, and multi-unit franchise opportunities are available. Aroma Joe's advantages include low franchise fee compared to other coffee business opportunities, varying build-out options, community engagement and an opportunity to positively impact people. Learn more about Aroma Joe's franchising at <https://aromajoes.com/franchising/>.

SEE AROMA JOE'S, PAGE A12



Ben Fair works for a pin during action against John Stark last week.

## Bear wrestlers sweep dual meet

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam wrestling team warmed up for its annual Winnisquam Winter Classic with a dual meet against John Stark and Kingswood on Wednesday, Jan. 11.

The Bears and Generals were on the mat first and the teams ac-

tually finished tied at 42 at the end of action, with Winnisquam getting the tiebreaker win for the score of 43-42.

Sam Weisman was first on the mat for the Bears at 182 pounds, falling by pin for the 6-0 lead for the visitors. A forfeit win at 195 pounds pushed the lead to 12-0 and Michael Defosse fell

by pin at 220 pounds for the 18-0 lead. A forfeit by the Bears at heavyweight gave the visitors a 24-0 lead.

Lucas Fournier got a forfeit win at 106 pounds and Ryan Cormier finished with a pin at 113 pounds to cut the lead to 24-12. Ava Anderson was pinned at 120 pounds and Nathan Tassey was

pinned at 126 pounds, giving John Stark the 36-12 lead.

Carter Laliberte earned a forfeit win at 132 pounds and Ben Fair won by pin in a long match at 138 pounds. Henry Osmer's pin at 145 pounds got the Bears to within six at 36-30, but David Jean was pinned

SEE WRESTLING, PAGE A13



Christian Sanborn fires a shot during action against Plymouth last week.



Olivia Mulcahy puts up a shot during action last week against Plymouth.



Chrisian Marrone reaches in to play a little defense last week against Plymouth.

# Unified Raiders drop close one to Plymouth

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — For the second time in less than a week, the Belmont unified hoop team found itself in a back and forth battle that could have gone either way.

This time, the Raiders played host to Plymouth and the Bobcats scored the final two baskets of the game to edge Belmont by a 40-36 score on Tuesday, Jan. 10.

Olivia Mulcahy got Belmont on the board first, but Brandon Avery answered with a hoop for the Bobcats. Christian Marrone drilled a pair of hoops for the Raiders to give them a 6-2 lead before Ella Schaeffler hit a basket for the Bobcats.

After another Marrone basket, Danny Hallock hit a shot for the Bobcats, but David Lacey answered for the Raiders with a basket. Matthew Michaud hit for the Bobcats and Marrone answered for the hosts to push the lead to four. However, Cameron Englund and Michaud hit consecutive baskets to pull the teams even at 12 after one quarter.

Mulcahy and Owen Hickey exchanged hoops to open the second quarter and then Christian Sanborn and Brayden Rayburn exchanged hoops as the teams remained tied at 16. Mulcahy hit another hoop and Gage Giovan hit for the Bobcats before Brandon Hickey gave Plymouth the 20-18 lead, but Mulcahy finished the quarter like she started, hitting a hoop and the two teams were tied at 20 heading to halftime.

Avery drained a bucket to start the third quarter for Plymouth, but Mulcahy answered with a hoop at the other end. Michaud sunk another bucket before Lacey connected on two hoops in a row to give Belmont the

26-24 lead. Plymouth got three hoops in a row, one from Rayburn and two from Giovan to take the four-point lead, but Marrone got the final basket of the third quarter and the Bobcats had the 30-

28 lead heading to the fourth quarter. Hickey sunk a basket to start the fourth quarter for Plymouth, but Marrone had a pair of hoops sandwiched around a Mulcahy hoop to send the Raiders to the

34-32 lead. Plymouth got baskets from Michaud and Hickey to push them back to the lead at 36-34, but Marrone tied the game at 36 with a hoop. However, Hickey and Michaud sank the final two baskets of the game

to give Plymouth the 40-36 win. Marrone led the Raiders with 16 points, while Mulcahy added 12 points and Michaud led the way for Plymouth with 10 points.

## Guerin, Embree combine for nine goals as Bulldogs roll



Jaxson Embree prepares to fire a shot on net in action on Saturday afternoon.



Nathan Gerbig controls the puck in action against Lebanon-Stevens-Mount Royal on Saturday.

BY JOSHUA SPAULDING  
Sports Editor

LACONIA — The undefeated Belmont-Gilford Bulldogs had no problem dispatching a shorthanded Lebanon-Stevens-Mount Royal squad on Saturday at Merrill Fay Arena, coming through with a 12-1 win over the visitors behind huge performances from Owen Guerin and Jaxson Embree.

Embree, Evan Guerin, Owen Guerin and Aidan McKenzie had the early chances for the Bulldogs, with Owen Guerin's shot going off the post. The Bulldogs capitalized on their pressure with 11:38 to go in the first, as Owen Guerin lit the lamp for an unassisted tally and

the 1-0 lead. Rory Doris sent a shot high, Evan Guerin had a bid denied and Aidan Stafford got in close for the Bulldogs as well. With 9:52 to go, Chris Port put home the puck after a scramble in front of the net, with assists going to Stafford and Cole Bertholet for the 2-0 lead. Stafford had a bid go wide and Sophia Gilbert had a shot blocked as the Bulldogs continued to pressure. With 5:11 to go in the first, Owen Guerin wristed home his second of the game on an assist from McKenzie for the 3-0 lead. Port had another chance go wide of the net, Embree got in close with a bid that was stopped and

Gilbert had another shot blocked. The Raiders were able to get a shot past B-G keeper Nolan LaFrance on a rebound with 3:08 to go to cut the lead to 3-1, but after bids from Owen Guerin and Doris, Owen Guerin lit the lamp again with 41 seconds to go in the first period on assists from Port and Bertholet and Belmont-Gilford had the 4-1 lead after one period. McKenzie sent a shot off the post early in the second period and the Raiders had a bid that LaFrance stopped. Evan Guerin had a shot stopped and Owen Guerin and Stafford got in close for chances. Port had a couple of chances

denied as well. With 10:47 to go, Embree was able to pick up the Bulldogs' fifth goal on assists from Owen Guerin and McKenzie for the 5-1 lead. The Bulldogs went on the power play with 10 minutes to go and Evan Guerin had a couple of chances stopped. The Bulldogs got the power play goal with 9:13 to go, as Owen Guerin made a good move into the zone and Embree was able to put the puck in the net for the 6-1 lead. After a good defensive play from Doris, Andrew Gately had a chance

stopped and LaFrance made the save at the other end. Sean Ellis had a bid denied for the Bulldogs as well. With 5:55 to go, Owen Guerin picked up another goal, his fourth of the game to push the lead to 7-1. Adam Ribeiro had a shot denied and McKenzie and Bertholet combined on a bid that was stopped. The Bulldogs pushed the lead to 8-1 with 2:04 to go, as Embree scored on a shot from the boards on an assist from Bertholet and the Bulldogs took the 8-1 lead to the final period.

## University of Saint Joseph congratulates Kiara Chase on being named to Dean's List

WEST HARTFORD, Conn. — Kiara Chase, of Tilton is among the 400 undergraduate students who have been named to the University of Saint Joseph Dean's List for the fall 2022 semester. Students who are awarded this academic achievement have earned a GPA of 3.50 or higher for the semester, with no grade lower than a "B."

"Once again, USJ students proved that they are committed to academic excellence," said Provost Michelle Kalis, Ph.D. "These students are the future nurses, teachers, social workers, scientists, actuaries, and leaders our community needs. The entire University community is proud of their accomplishments."

Chase is a student majoring in Nursing. Congratulations on earning this achievement, Kiara.

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# Lakers fall short against Kennett



JOSHUA SPAULDING

Kennett's Noah Keefe and Jack Nedeau of Laconia-Winnisquam-Inter-Lakes battle along the boards in action on Saturday.

BY JOSHUA SPAULDING  
Sports Editor

LACONIA — The Kennett hockey team scored three times in the first two and a half minutes and never looked back, cruising to a 9-1 win over Laconia-Winnisquam-Inter-Lakes on Saturday at Merrill Fay Arena in Laconia.

Just 21 seconds into the game, the Eagles got on the board, as Noah Keefe sent a shot on net that LWI keeper Patrick Kenney turned away, but Sam Seavey was there to put the rebound home on assists from Jack Robinson and Keefe for the 1-0 lead.

After Cam Fusco got

in close for the Eagles and Seavey had a shot denied, the Eagles got their second goal just 2:06 in, with Robbie Murphy firing a shot from the point to the back of the net on an assist from Noah Deyak for the 2-0 lead.

Then, less than 20 seconds later, it was David Silvia lighting the lamp, as he put the puck home on an assist from Nolan Proulx and Kennett was off and running with the 3-0 lead.

The Lakers got the game's first power play with 12:21 to go and Jack Nedeau had a bid denied by Kennett keeper Tanner Smith and

John Shea got in close as well for the Lakers, with Smith making the save. Austin Keenan and Zach Spicuzza also had chances for the Lakers, but Smith held his ground. Gabe Shaw had a shorthanded bid for the Eagles before the penalty expired.

Silvia and Patrick Laughland got in close for chances, but Kenney held tight. Silvia got off another shot and Proulx also had a bid, but Kenney continued to make the saves.

The Lakers got on the board with 8:12 to go in the first period, as Reid Vaillancourt scored on an assist from JP Harriman to cut the lead to 3-1. Murphy and Seavey answered back with chances for the Eagles, but they were turned away by Kenney.

However, with 6:15 to go in the first, Robinson was able to reach for a loose puck in front and fire it home for the 4-1 lead, with Seavey and Keefe getting the helpers. Sawyer Hussey, Connor Wiggin, Robinson and Deyak continued the pressure for the Eagles, but they could not convert.

The Lakers went on the power play with



JOSHUA SPAULDING

Patrick Goodwin of Laconia-Winnisquam-Inter-Lakes works to push the puck away from Kennett's Gabe Shaw in action on Saturday.

4:11 to go, but Greyson Witchley had a nice clear for the Eagles and Laughland and Proulx did a nice job killing off the penalty. Spicuzza came back with a bid that Smith stopped, Fusco had a shot at the other end that Kenney stopped and Robinson, Seavey and Deyak also had bids in the final minutes of the first but could not convert and Kennett took the 4-1 lead to the second period.

The second period saw Kennett get some early chances from Austin Silvia, Murphy, Deyak and Robinson, with Kenney standing up in the net for the Lakers. The hosts got a power play chance with 11:58 to go and Nedeau had a chance stopped by Smith. Keenan just missed connecting with Spicuzza on a pass in front of the net before the penalty was killed off.

Shea had a chance denied by Smith and Brady Parsons had a bid the other way that was stopped. Proulx connected with David Silvia and Laughland for a bid, but Kenney turned the chance away.

The Eagles got their fifth goal with 7:41 to go in the middle frame, as Proulx put a shot

on net that Kenney stopped, but Laughland was there for the rebound and put the puck home for the 5-1 lead. Shea came back with a chance for the Lakers that Smith stopped.

Kennett went on the power play with 6:10 to go in the period and Robinson had a bid denied by Kenney, but less than a minute into the advantage, Murphy fired a shot on net that Silvia was able to tip in for the 6-1 lead. Murphy and Seavey got the assists on the goal.

After chances for Wiggin for the Eagles and Spicuzza for the Lakers, the visitors got their seventh goal, as Murphy netted his second of the game on an assist from Deyak for the 7-1 lead. Hussey followed up with a bid that was denied by Kenney.

In the final minute, Seavey was able to fire the puck from the side off a faceoff for the 8-1 lead on an assist from Keefe and Kennett took that lead to the third period.

The Eagles made it 9-1 just 1:05 into the third period, as Proulx picked up the tally on assists from Murphy and Laughland. Wig-

gin and Witchley had chances for Kennett before LWI got the power play chance with 10:33 to go. The Eagles took another penalty that gave the Lakers a short five-on-three chance, with Keenan getting a chance that Smith stopped.

Robinson had a shorthanded bid denied, as did Proulx, while Spicuzza, Harriman and Shea had chances for the Lakers on the power play that Smith stopped.

With one minute to go, Kennett got a power play again, with Nedeau making a nice clear and Vaillancourt making a good clear to help close out the game, with Kennett taking the 9-1 win.

Kennett is scheduled to host Kearsarge-Plymouth on Saturday, Jan. 21 at 6 p.m., while the Lakers will be hosting Hollis-Brookline-Derryfield at 1:45 p.m. on Saturday, Jan. 21, and Lebanon-Stevens at 1:25 p.m. on Wednesday, Jan. 25.

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

## Raider 4X400 girls, Sanborn pick up wins at Plymouth State

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Belmont indoor track girls finished in third place overall and the boys were eighth at a meet at Plymouth State University on Saturday, Jan. 14.

The Raider team of Jaelyn Nialez, Helena Papadopoulos, Ava Lacasse and Adeline Takantjas took the win in the 4X400-meter relay with a time of 4:43.27, while the team of Hannah Young, Lacasse, Rebekah Edgren and Papadopoulos finished in sixth place in the 4x200-meter relay in 2:05.7.

Lacasse took fifth in the 55 meters in a time of 7.95, with Young right behind in sixth place in a time of 8.27 seconds. In the 300, Nialez was seventh in 48.5 seconds, Takantjas placed eighth in 48.91 seconds, Papadopoulos was 25th in 52.82, Hailey Clermont was 31st in 57.96 seconds and Jeanna Rowley was 34th in 1:03.79.

Emilie Defrancesco ran to second place in the 1,000 meters with a time of 3:58.68 while in the 600 meters, Edgren was fifth in 2:08.02 and Emerson Decato was eighth in 2:19.93.

Damien Sanborn took a win for the Belmont boys in the 55 meters with a time of 6.85 seconds, with Demetri Kafkoulis in seventh place in 7.29 seconds, Hunter Erlick in 28th in 7.96 seconds, Brady Filteau in 31st in 8.02 seconds, David Tripp in 41st in 8.35 seconds and Ethan Rivera in 43rd in 8.46 seconds.

Sanborn was also fourth in the 300 meters in a time of 39.81 seconds, while in the 600 meters, Andrew Cryans was 18th in 1:55.08 and Nicholas Daigneault was 19th in 1:58.19.

Evan Christensen finished in fifth place in the 1,500 meters with a time of 5:46.37 while in the 55-meter hurdles, Tripp was fifth in 10.76 seconds. Tripp also placed 17th in the long jump at 14 feet, 2.5 inches.

The team of Kafkoulis, Filteau, Sanborn and Cryans finished in ninth place in the 4X200-meter relay in 1:52.21. Erlick was ninth in the shot put at 33 feet, with Rivera in 18th at 30 feet, one inch and Filteau in 21st at 29 feet, three inches.

The Raiders are slated to compete at UNH on Saturday, Jan. 21, at 2:30 p.m.

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

## Lakes Region Food Pantry accepting scholarship applications

REGION — Applications for Lakes Region Food Pantry scholarships are now open. Because of the generosity of donors, LRFP now has five \$1,000 scholarships available towards higher education for the 2023-2024 school year. The application is open to high school

seniors as well as students already enrolled in secondary education. Awards are based on volunteer activities and the impact it has on the student. The application can be found at [lakesregionfoodpantry.org](http://lakesregionfoodpantry.org). and must be postmarked by April 15.

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Ora Schwartzberg, Esq.

Some tips for surviving flu season

Flu season has peaked in New Hampshire, and COVID cases are back on the rise. Hospitals in Boston have reported putting several patients on ventilators due to COVID complications. A highly contagious variant, XBB has surfaced, and experts have reminded people to remain vigilant and take precautions such as wearing a mask on a plane or in any other space that puts one in close quarters with others.

The Flu has run rampant this year, and with many still unsure about getting vaccinated against influenza, we have some reminders and tips that will boost your immune system. Noted is the fact that even a flu shot cannot completely keep you safe from falling ill. Depending on what you want to find, you can read arguments on both sides of the flu vaccine debate. One thing we can all agree on, with or without the shot, is that there are things we can do to boost our immune system. Below is a friendly reminder of those simple steps.

The first and most obvious step is to wash your hands as this is the most effective way to prevent the flu. The next step is to be mindful of maintaining gut health. Experts say 70 to 80 percent of our immune system lives there. Eating whole foods that are nutrient-dense is key. Abstaining from a diet with processed foods can boost your immunity — after all, food is medicine. Sticking with foods that you can't open, besides, of course, the famous banana is a good rule of thumb. Foods loaded with sugar weaken the immune system; this includes refined flours found in breads, pastries, crackers, pasta, and cereal.

Loading up on vitamins A and D will help support your immune system. The highest levels of vitamin A are found in the liver of many animals such as duck, goose, beef, and lamb. If you refuse to eat liver, such as this Editor, an alternative would be sweet potatoes, cantaloupe, squash, carrots, spinach, and apricots.

Drinking bone broth can restore much needed minerals back into our bodies. Modern farming practices as well as the influx of processed foods has made the absorption of minerals more of a challenge. Bone broth contains magnesium, zinc, calcium, phosphorus, and Sulphur.

Taking probiotics promote healthy gut flora which can help the body fight against viruses. Taking vitamin C is something we've heard our care givers repeat constantly throughout our youth. Some doctors suggest taking 1,000 milligrams a day on an empty stomach. If you already have a cold or a flu taking 1,000 milligrams two to four times a day could help according to doctors.

Lastly, find a way to get a good night's sleep, keep your stress at bay and exercise. Lack of sleep can increase inflammation levels in your body giving you a high white blood cell count. Sleep produces the hormones prolactin and melatonin, if you don't have enough of these, you will be more susceptible to infections. Avoid stress because it can cause a biochemical change in your gut as well which can compromise your immune system. A good workout will also boost your immune system.

The flu is primarily spread through droplets made when those infected sneeze, talk or cough. The virus can be transmitted from up to six feet away.



JOSHUA SPAULDING

Winner, winner

Will Riley of Belmont skis during last Wednesday's Nordic meet at Great Glen Trails in Pinkham Notch. Riley finished with the overall win in a time of 13:19. He is scheduled to race again on Wednesday, Jan. 25, at Whitaker Woods in North Conway.

GOING OUT OF TOWN

Ring in the New Year in Boston



ERIN PLUMMER

Fireworks shot off the roof of the Fairmont Copley Plaza in Boston at the stroke of Midnight on Jan. 1.



ERIN PLUMMER

The Greater Boston Chinese Cultural Association did a dragon dance during First night Boston's parade.



ERIN PLUMMER

Some ice sculptures in Copley Square.



ERIN PLUMMER

Skaters performed on the Frog Pond in Boston Common for Boston's Frog Pond Skating Spectacular.

BY ERIN PLUMMER

mnews@salmonpress.news

A little while ago, I talked about how Boston goes all out for the holidays with so many parts of downtown adorned with colorful decorations. Skip ahead a few weeks later and there's another holiday Boston does to the nth degree: New Year's Eve. First Night Boston is a big event that has taken on various forms for the past several years. After a few years of a pandemic, First Night returned to full activities for 2022 and Copley Square was especially a pretty fun place to be to watch the clock turn midnight on the new year.

First Night Boston is a tradition for me, and I try to get there whenever I can provided the weather is cooperating and there isn't outside circumstances like...you know...a global pandemic. My idea of a great New Year's Eve is doing some cool stuff like enjoying some good food and doing fun activities. I'm not a partier by any stretch of the imagination, in

fact I can't stand the taste and smell of alcohol. That's why I absolutely love going to First Night Boston: there's so much stuff to do and see and then there's

SEE OUT OF TOWN, PAGE A15

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.



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LIFE ON THE BACK ROADS

Welcome to the roads I’ve traveled

BY DONNA RHODES

“I shall be telling this with a sigh somewhere ages and ages hence; Two roads diverged in a wood and I- I took the one less traveled by, and that has made all the difference.” — Robert Frost

Those who know me well will tell you that I, like Robert Frost, have never met a back road I didn’t like and never regretted any one I chose as they have each made a difference in my life.

I pride myself in being able to travel from Bristol to Warren then back to Tilton or Belmont, rarely seeing speed limits above 30; coaxing my car up to 40 or 50 mph only when it’s necessary to get to the next back road.

My grown children don’t necessarily understand my passion for the back roads, but if you love rural life like I do, tractor-trailers, roads clogged with leaf peepers and even traffic lights just don’t cut it for me. There’s a lot more to enjoy on an old dirt road than on a two- or four-lane highway.

Shhh- keep it a secret, but I grew up in



rural New Jersey. On the bright side, Mom worked in the biology department of Princeton University, which I always thought was really cool, while my father was an avid outdoorsman who worked for the highway department before he got his dream job in forestry. That meant that in my high school years we

moved to a 1,000 acre state park on the Delaware River. The woods were filled with all types of wildlife, including a large deer population that boasted an albino deer strain, the occasional bear, and the bobcat who treed my cat in our backyard one time when I was returning home from a date. That was one goodnight kiss

I’ll never forget! Anyway, getting back to my love of back roads, each summer our family would load up the car, hitch up the boat trailer and head to Cupsuptic Lake in the Rangeley Region of Maine for two weeks of camping. When we weren’t swimming or trolling the lake for fish, Dad would take us for a drive to explore

the logging roads that crisscrossed the area. Looking back, perhaps that’s when I got my passion for dirt roads and the adventures they afforded.

Getting my driver’s license was heaven because then I could explore on my own. In my junior year in college I moved a short distance off the campus of what was then Plymouth State College. There I could have my car throughout the entire school year and (hopefully) not receive so many parking tickets.

Most of my friends didn’t have a car though so I became the main mode of transportation. My 1962 German-made, battleship gray VW Beetle that I called “Benny” had a steel plate protecting the undercarriage and was light enough for four people to pick it up if we got stuck in mud or snow. I have to remind myself to this day that I no longer have that great little backwoods buggy.

Bored one Sunday in October, I invented a driving game that entertained us many a weekend thereafter. We would decide upon a route- take the second right, third left and the fifth left- then see where that got us. Accomplishing that, we’d determine another set of turns and keep going until we ran low on gas or got hungry. We got lost a few times but I soon knew how to get almost anywhere in the region.

Enough about my background, however. To this day, I still love a back road and all that it has to offer, be it

wildlife, beaver ponds, pristine lakes or raging rivers in the spring. Old barns, flowering shrubs and vistas of the surrounding mountains make me pause on my journeys. I sometimes stop to take a photo but have come to find the pictures in my mind are even better than what my Nikon or iPhone can capture.

I head out almost daily these days on “Crittter Patrols” as sunset nears, a time when I feel blessed by any wild creature I see. During the daylight hours I may also take a break from work to inspect water levels in nearby brooks (I loved my college limnology classes) and just enjoying all New Hampshire offers us. Every now and then I am surprised by hawks, owls or even a deer out for a daytime stroll.

In my world, there is nothing like the mountains and the sound of river music. Owls hooting, coyotes howling or even a cow mooing in a field makes me smile. Back roads- there’s nothing better!

I will occasionally receive text messages from my friend Rhonda, asking about my whereabouts. I’ve been okay (so far!) but do appreciate her welfare checks and send her occasional “wildlife alerts” when I come upon my friends of the woods.

So here I am today, challenged with the mission of filling the big boots of John Harrigan, a man whose writing I have admired for many years. It is humbling, a bit intimidating, but most of all challenging for me to not only honor his love for the outdoors but fulfill my own dreams. John, thank you for your inspiration and leadership in journalism.

Through this column I hope to share my adventures and rural observations. I have a long list of things to write about and future adventures to report on because, after all, New Hampshire is a state filled with history, hard working people, beauty and some really awesome tales. That’s what makes this the greatest place to live.

As this new column gets underway, I encourage readers to contact me at 603backroads@gmail.com with your own stories that I can in turn share with others. Happy Trails!

Comfort Keepers

How seniors can enhance mental health

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

No matter what age we are, living a life of purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult.

Why is it important for seniors to focus on their mental health?

Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation (Forbes).

The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).

Depression in the elderly is associated with increased risk of cardiac diseases and risk of death from illness (WebMD).

For older adults that want to improve their quality of life through enhanced mental health, there are a few things they can do to kick off their healthy habits.

Exercise– Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain.

Connection– At any age, many people find joy in spending time with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren’t able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help.

Volunteering– Sharing time and talents doing volunteer work can bring a sense or purpose and fulfillment. Many organizations have programs and volunteer opportunities specifically geared to older adults.

Spending time on joyful activities– Everyone has a different interest or hobby that brings joy, whether that’s music, art, dance, gardening or games. Seniors should try to spend time doing something that brings them happiness on a daily basis to improve their quality of life.

Comfort Keepers® can help

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

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

About Comfort Keepers

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

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

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

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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Edward Jones: Financial Focus

Worried about inflation? Consider these moves

As you know, inflation was big news throughout 2022. But will it continue in 2023? And looking even further ahead, how should you account for inflation in your long-term plans?

In regard to the first question, many experts predict that inflation will cool off this year, though there are no guarantees. The high inflation of last year is thought to have been caused by some unusual factors, such as a spike in the demand for consumer goods as the world came out of the COVID-19 pandemic, which led to supply chain issues. Also, the war in Ukraine drove up oil prices, increasing the cost of manufacturing and shipping and driving up the price of wheat and other commodities.

In any case, last year reminded us that inflation needs to be reckoned with as you work toward your financial goals. But how you respond to

inflation will depend somewhat on your stage of life. So, here are some suggestions to consider:

**If you're still working...**

- Contribute more to your retirement plans. If you can afford to put more money away in your IRA and 401(k), you may want to do so. The more resources you'll eventually have available in retirement, the better protected you are against the rising cost of living.
- Adjust your portfolio objectives with your financial professional. Using tools such as "hypothetical" illustrations, a financial professional can show you some different paths you might take with your investments, given different rates of inflation. So, for example, if you feel that inflation may be higher for a longer period than you once thought, you could request a hypothetical showing how you might

need to adjust your investment mix to achieve your long-term goals, given your risk tolerance and time horizon.

**If you're already retired...**


- Consider part-time work or consulting. Once you retire from your career, it doesn't mean you can never do any paid work again. If you've accumulated years of experience and expertise, you could use your skills as a consultant. Also, many part-time jobs are available for retirees. With the added income from employment, you may be able to delay taking withdrawals from your retirement accounts and other investments, possibly extending their longevity. (Once you turn 72, though, you will need to begin taking money from your 401(k) and traditional IRA.)
- Delay taking Social Security. You can begin taking Social Security

when you're 62, but your monthly checks will be substantially bigger if you wait until your full retirement age, which will likely be between 66 and 67. (You could even wait until 70, at which point your monthly benefits will max out.) Of course, the ability to delay taking Social Security depends on whether you can afford it, but it may be possible if you work longer than you once planned or if you work part time in retirement. But even if you do need to take Social Security before your full retirement age, your payments will be adjusted annually for inflation — in fact, for 2023, benefit checks will rise 8.7% over 2022.

We'll always have to deal with some level of inflation — so it's a good idea to be prepared.

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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# From Led Zeppelin to ballet, the Colonial announces unique slate of upcoming shows

LACONIA — The Colonial Theatre - Laconia will present Get the Led Out on Thursday, April 6 at 8 p.m., Safe Haven Ballet: Beauty and the Beast on Saturday, April 15 at 4:30 p.m., and Tusk on Saturday, Oct. 7 at 8 p.m. Tickets go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

Dubbed by the media as "The American Led Zepelin," Get The Led Out offers a strong focus on the early years. They also touch on the deeper cuts that were seldom, if ever heard in concert. GTLO also include a special "acoustic set" with Zep favorites such as "Tangerine" and "Hey Hey What Can I Do."

Safe Haven Ballet will grace the Colonial Theatre with its production of Beauty & The Beast, for one spellbinding performance only. This production features choreography from Columbia City Ballet's Director, William Starrett and music composed by Thomas Semanski.

No fancy tricks, no gimmicks, just five musicians recreating the music of Fleetwood Mac to perfection with note for note renditions that no other Fleetwood Mac tribute on the touring scene today can come close to duplicating.

Tickets for Get the Led Out, Safe Haven Ballet: Beauty and the Beast, and Tusk at the Colonial Theatre of Laconia go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

Get the Led Out (Thursday, April 6 at 8 p.m.)

GTLO has amassed a strong national touring history, having performed at major club and PAC venues across the country. GTLO's approach to their performance of this hallowed catalog is not unlike a classical performance.

"Led Zeppelin are sort of the classical composers of the rock era," says lead vocalist Paul Sinclair. "I believe 100 years from now they will be looked at as the Bach or Beethoven of our time. As cliché as it sounds, their music is timeless."

From the bombastic and epic, to the folky and mystical, Get The Led Out (GTLO) have captured the essence of the recorded music of Led Zeppelin and brought it to the concert stage. The Philadelphia-based group consists of six veteran musicians intent on delivering Led Zeppelin live, like you've never heard before. Utilizing the multi-instrumentalists at their disposal, GTLO re-create the songs in all their depth and glory with the studio overdubs that Zeppelin themselves never performed. When you hear three guitars on the album...GTLO delivers three guitarists on stage. No wigs or fake English accents, GTLO brings what the audience wants...a high energy Zeppelin concert with an honest, heart-thumping intensity.

A GTLO concert mimics the "light and shade" that are the embodiment of "The Mighty Zep." Whether it's the passion and fury with which they deliver the blues-soaked, groove-driven rock anthems, it's their attention to detail and nuance that makes a Get The Led Out performance a truly awe-inspiring event!

Paul Sinclair - Lead Vocals, Harmonica  
Paul Hammond - Electric and Acoustic Guitars, Mandolin, Theremin  
Tommy Zamp - Electric and Acoustic Guitars, Vocals  
Andrew Lipke - Keyboards, Guitar, Vocals, Percussion  
Phil D'Agostino - Bass, vocals  
Adam Ferraioli - Drums, Percussion  
Eddie Kurek - Keyboards, Electric and Acoustic Guitars, Vocals, Percussion

Tickets range from \$29-\$59 and go on sale Friday

at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

Safe Haven Ballet: "Beauty and the Beast" (Saturday, April 15 at 4:30 p.m.)

A love story perfect for all ages, Beauty & The Beast is a captivating fairytale that blends magic with artistry. The Beasts' character is created to come off artistically elegant with a touch of menace, and Belle from the original fairytale leads this dramatic performance emerging as the merchant's daughter chosen by the Beast to be his bride. The dancers of Safe Haven Ballet couple beautiful lines and riveting stage presence to tell a beautiful tale where love conquers all. Choreographer William Starrett says, "My goal has always been to allow the audience to discover the art of ballet and love it as much as I do. To see how amazing the ballet is."

This classic story mixed with despair, travail, patience and glory is fitting for the whole family.

Tickets are \$40 Seniors and Children and are \$45 for adults and go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

Tusk (Saturday, Oct. 7 at 8 p.m.)

Tusk covers all the great hits of Fleetwood Mac, which has featured the talents of Mick Fleetwood, Christine and John McVie, Lindsey Buckingham, Stevie Nicks and others over the years. The five seasoned, well-respected musicians comprising Tusk have been making music together in various combinations and styles, in original outfits and in cover bands, for over twenty-five years. It seemed only fitting that they should come together to form the Ultimate Fleetwood Mac Tribute and pay homage to a group that dominated the charts during the band members' formative years. Authentic-sounding and always respectful, Tusk leaves no stone unturned in replicating the sounds of one of the world's best-loved, top-selling bands.

Tickets range from \$29-\$49 and go on sale Friday at 10am at ColonialLaconia.com or by calling 1-800-657-8774.

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

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

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

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, Mass. and Laconia. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

## Point of Law



### Protect your family from lawsuits with a Domestic Asset Protection Trust



ATTORNEY ORA SCHWARTZBERG  
Schwartzberg Law  
Plymouth

The Domestic Asset Protection Trust

A domestic asset protection trust (DAPT) is a legal entity into which you (in your role as the grantor) transfer your accounts and/or property. Once transferred into the DAPT, the DAPT may offer protection from future lawsuits, divorcing spouses and creditors. Even though you have transferred these assets to the trust, you can continue to enjoy the benefit of this property in the DAPT, with some limitations.

DAPTs work on the legal principle that someone cannot take away from you something that you no longer own. When you transfer ownership of your property to a DAPT, you are actually transferring it to the trustee (the person or entity you have chosen to manage, invest, and use the accounts

and property) on behalf of the irrevocable trust. The trustee is then under a legal obligation to use this property for your benefit, or for the benefit of those you have named in the trust – according to the rules you create within the trust.

How a DAPT works

When you create a DAPT, you sign a trust document and transfer certain property into the trust. If designed correctly, the trustee may be able to make distributions to you as the grantor, thereby allowing you to continue enjoying some benefits of the property in the trust.

What kind of creditor protection does a DAPT provide?

A DAPT does not protect against certain state and federal claims. It also does not protect against creditor claims that existed at the time the DAPT was funded. Creditors are also precluded from bringing claims against the grantor more than 4 years after the DAPT was funded.

Despite the protection offered by a DAPT, some creditors will be able to reach

the property owned by the DAPT. Currently, state law does not allow a DAPT to be used to spend down or qualify a grantor or the grantor's spouse for Medicaid eligibility; defeat state or federal reimbursement claims or rights of recovery for Medicaid benefits paid to the grantor or the grantor's spouse; or defeat pre-existing creditor claims if property is transferred to a DAPT with the intent to prevent, hinder, or delay a known or present creditor from reaching the property.

Who is likely to need a DAPT?

Not everyone will need a DAPT because not all people face the same kinds of risks. However, there are certain professions and circumstances for which you may want to consider using a DAPT as part of your estate planning.

High-risk occupations. Lawsuits are increasingly common against those in certain professions, such as doctors, accountants, lawyers, real estate developers, builders, architects, and business executives. Creating a DAPT to protect a portion of your assets can be an effective shield against risks associat-

ed with lawsuits if you are in one of these occupations.

Owning a business. Owning a business can put you at a higher risk of lawsuits. Using a DAPT can protect your home and other personal property against claims brought against your business.

Personal injury and accidents. Unfortunately, accidents happen to everyone. Moreover, it is common today for even innocent accidents to lead to litigation and potential loss of personal wealth. A tool such as a DAPT can be a critical part of protecting your property for your family both now and in the future.

Additional benefits

To the extent assets within the DAPT generate income, the income, if distributed to a beneficiary, can be taxed to the beneficiary. In the event that the beneficiary is in a lower tax bracket than the grantor, this strategy can save income taxes. Grantors can use annual gifts to offset the income tax payable by the beneficiary, allowing the beneficiary to receive the income, and use part of the gift to pay the income taxes, which are already subject to a lower rate than that of the grantor.

## TOWN OF TILTON FILING NOTICE

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

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



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# Bank of New Hampshire supports Granite United Way

LACONIA — Bank of New Hampshire is pleased to announce a \$10,000 donation to Granite United Way as part of a corporate pledge for 2022.

Granite United Way is a nonprofit organization that makes strategic investments in our community that help others Learn, Earn and Be Healthy. Their impact covers more than 85% of New Hampshire and Windsor County, Vermont. Granite United Way has the expertise, trust and scope to bring together stakeholders like local nonprofits, government, businesses, private foundations

and volunteers with the common goal of delivering total community impact. The organization believes that every one of us has the power to be a change agent and they are committed to removing barriers and creating opportunities for people to make a positive impact in our community. Granite United Way's commitment to transparency and efficiency has been recognized at the national level and of the highest accolade, by both Charity Navigator and GuideStar; organizations that ensure charities are held to standards of excellence. By working closely with



COURTESY  
(LEFT) New Hampshire students in Granite United Way apparel.

volunteer leadership to invest donor dollars to help our community learn, earn and be healthy and by focusing

on these investment initiatives, they are helping people in new and strategic ways.

“Granite United Way

is proud to partner with the team at Bank of New Hampshire to ensure our community has access to critical pro-

grams and services that strengthen individuals and families,” said Patrick Tufts, President and CEO of Granite United Way. “We thank Bank of New Hampshire for this corporate gift and appreciate their dedication to helping others.”

Bank of New Hampshire is proud of this partnership as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional 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](http://www.BankNH.com).

## Gilford pulls away from Belmont girls in fourth quarter

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — Down a starter due to injury, coach Mike Andriski's

Belmont girls' hoop team pulled even with Gilford at halftime and cut the Golden Eagle lead to four early in

the fourth quarter, but the visitors hit three three-pointers to pull away and took the 53-36 win on Tuesday, Jan. 10.

“Love the effort this team puts out,” Andriski said.

Gilford took the five-point lead after the first quarter, but the Raiders outscored Gilford by five in the second quarter to pull even at the half. Gilford pushed the lead out to six heading to the fourth quarter before the Raiders scored the first two points of the fourth quarter to make it a four-point game. However, Belmont could not get any more shots to fall and Gilford's sharp-shooting from beyond the arc put the game away for them.

Darci Stone and Madelyn Besegai led the way for the Raiders with 10

points each while Alyssa Edgren finished with eight points. Lena Rodrigues was strong on the defensive side of things, pulling down nine rebounds and grabbing six steals.

Belmont is slated to host Campbell on Friday, Jan. 20, at 6 p.m., will be at Concord Christian on Monday, Jan. 23, at 6 p.m., at Conant on Tuesday, Jan. 24, at 6:30 p.m. and at Inter-Lakes on Thursday, Jan. 26, at 6 p.m.

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

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests from Dec. 26 to Jan. 9.

Mark T. Carroll, age 44, of Epsom was arrested on Dec. 26 for Driving After Revocation or Suspension and Circumvention of an Alcohol Ignition Interlock.

A 46-year-old female from Belmont was arrested on Dec. 26 for owning a dog deemed a menace, nuisance, and vicious.

Troy R. Marcoux, age 21, of Belmont was arrested on Dec. 27 in connection with multiple bench warrants.

Troy R. Marcoux, age 21, of Belmont was arrested on Dec. 29 in connection with a warrant.

Jason R. Fournier, age 32, of Belmont was arrested on Dec. 31 for Transportation of Drugs in a Motor Vehicle, Control of a Premises Where Drugs have been Kept, and multiple counts of Possession of a Controlled Drug (subsequent).

Alicia J. Morin, age 35, of Laconia was arrested on Dec. 31 in connection with multiple bench warrants.

Shawn R. Cassavaugh, age 29, of Belmont was arrested on Jan. 2 in connection with multiple bench warrants.

Heather E. Hodgdon, age 41, of Tilton was arrested on Jan. 2 for Driving After Revocation or Suspension and in connection with multiple bench warrants.

Joseph Lara, Sr., age 46, of Warner was arrested on Jan. 3 for Suspension of Vehicle Registration.

Jazmyne Conway-Morel, age 27, of Meredith was arrested on Jan. 5 in connection with multiple bench warrants.

David G. Kimball, Jr., age 45, of Sanbornton was arrested on Jan. 5 for Reckless Operation.

Kayla Shay Durdu, age 28, of Belmont was arrested on Jan. 7 for Driving After Revocation or Suspension, Suspension of Vehicle Registration, Breach of Bail Conditions, and in connection with multiple bench warrants.

## University of New Hampshire announces December graduates

DURHAM — The following students graduated from the University of New Hampshire in December 2022. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

Robert Caryl of Sanbornton (graduated with a MS in Cybersecurity Pol & Risk Mgmt)

Stephanie Penney of Tilton (graduated with a DNP in Nursing)

Olivia MacLean of Tilton (graduated Cum Laude with a BS in Neuroscience & Behavior)



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# Full motion flight simulator now at Laconia Airport

GILFORD — A Redbird Full Motion Flight Simulator recently “landed” at the Laconia Airport’s Laconia Flight Academy, a branch of Skybright Aviation. This innovative technology simulator provides pilots and pilot candidates with a cost-effective, state-of-the-art trainer.

The simulator enables students to undergo an immersive training experience while reducing the time and cost to earn a pilot’s license or advanced certification. Laconia Flight Academy now has the Lakes Region’s only Redbird full motion simulator.

Lee Avery, owner of the Flight Academy and Skybright Aviation, said, “Redbird is a great addition to the

tools we have to help customers reach their aviation goals.”

He added that the simulator training hours can be counted towards a portion of the FAA requirements for beginning and advanced certifications. Redbird’s video package enables the user to “fly” anywhere in the World to experience a variety of airspace environments.

“The sophistication and technology of these simulators can reduce the cost of earning a pilot license while, at the same time, providing valuable experience not easily replicated in an actual aircraft,” said Pilot Karen Mitchell, one of the Redbird instructors.



COURTESY  
Pilot Karen Mitchell, left, shows fellow Pilot Jeff Davis (right) the numerous high tech features of the new Skybright simulator. Both Mitchell and Davis are Certified Flight Instructors. Davis, a retired airline pilot, owns and operates Double Time Aviation.

## Powerhouse announces January auditions for multiple spring projects!

LACONIA — Powerhouse will be accepting video auditions for its two-part Playwriting Festivals consisting of 12 short plays written by New Hampshire residents in its fall 2022 Playwriting Workshop.

Five plays will be rehearsed and recorded on Zoom to be aired in April, and seven more plays will rehearse and perform live in Rotary Park and the garden behind the Laconia Library on June 3 and 4. These events are part of the 2023 Mill Series sponsored by Taylor Community, and the

Garden Festival is sponsored by the Laconia Public Library.

Says producer Johanna Halperin, “These short plays are a great way for people to get a chance to participate in a Powerhouse production or try their hand at acting with a smaller time commitment. To be in the Zoom plays one doesn’t even need to leave the house! It’s also an opportunity for new directors to get a chance to work on a play.”

On Jan. 29, and also by video, musical theatre performers can audition for the first of SIX musicals in the 2023 Powerhouse season sponsored by The Home Beautiful. The Tony Award winning musical The Secret Garden, based on the classic children’s book, has roles for kids and adults and will perform as part of the 2023 Colonial Series sponsored by The Platinum Group,

Grappone Mazda, and Bank of New Hampshire. It performs May 5-7.

All information about the productions and audition details can be found at <https://www.belknapmill.org/powerhouse-auditions> as well as links to register and audition materials.

In its less than two year existence, more than 200 individuals have participated in at least one Powerhouse production - these opportunities offer newcomers a chance to get involved and join Powerhouse veterans for fun on stage. For more details on Powerhouse and all the programs at the Belknap Mill or to find out how to become a sponsor, visit [powerhousenh.org](http://powerhousenh.org) or email [powerhouse@belknapmill.org](mailto:powerhouse@belknapmill.org).

## Bear hoop girls edge Timber Wolves

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam girls’ hoop team was in a battle with Prospect Mountain on Tuesday, Jan. 10, and the Bears finished strong and pulled out a 59-55 win over the Timber Wolves.

“In a game that could have gone either way, we were able to make a couple of more baskets than Prospect,” said coach Mark Dawalga. “I was really happy with how we withstood their runs.”

The Timber Wolves cut the Bear lead to two points with a minute and a half to go when Dawalga called a timeout and after the break, got a basket from Lauren MacDonald to push the lead to four and held on for the win.

Winnisquam led 11-8 after one and the Timber Wolves led 27-26 at the half-time break before Winnisquam took

the 49-39 lead after three quarters of play.

“Prospect is a very good team and well-coached,” Dawalga said.

Mackenzie Philippy finished with 17 points, 13 rebounds and five steals, while MacDonald had 17 points, two rebounds and three steals. Victoria Kelly had nine points and seven rebounds, Caidyn Carter finished with nine points, four rebounds and four steals and Isabella Sargent had five points, two rebounds and two steals. Triniti Carter and Vanessa Power earned the coach’s praise for their defensive play.

Winnisquam is back in action on Friday, Jan. 20, at Raymond at 6:30 p.m. and at Fall Mountain on Tuesday, Jan. 24, at 6:30 p.m.

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

## Donahue leaps to win at Plymouth State meet

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Winnisquam indoor track team traveled to Plymouth on Saturday and the boys finished with an 11th place finish and the girls snared a 12th place finish.

Aidan Donahue took the win in the high jump, clearing five feet, 10 inches and also finished in 16th place in the 55 meters with a time of 7.57 seconds.

In the long jump, Jo-

seph Curtain finished in 20th place at 12 feet, nine inches.

For the girls, Rebecca Kulengosky finished in fourth place in the shot put with a toss of 27 feet, 10 inches and also added a seventh place finish in the 55 meters with a time of 8.3 seconds.

In the 300 meters, Kaiden Robb was 18th in a time of 51.32 seconds, Emily Tripple was 19th in 51.66 seconds and Zariah Moore finished in 28th place in 55.2 sec-

onds.

The team of Tripple, Moore, Kulengosky and Robb finished in eighth place in the 4X200-meter relay with a time of 2:09.67.

The Bears will be in action at UNH on Saturday, Jan. 21, at 2:30 p.m.

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

## Lakes Region Art Association to host “Love, Passion & Chocolate” exhibit

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 eight by eight inches, and perfectly priced.

The exhibit opens on Thursday, Feb. 2nd at 10 am.

Artists reception – Saturday, Feb. 11, 4 – 8 p.m.

Yummy chocolate confections provided by Rocky Mountain Chocolates, Tanger Outlet, Tilton.

Regular gallery hours are: Thursdays 10 a.m. - 7 p.m., Fridays & Saturdays 10 a.m. - 8 p.m. and Sundays 10 a.m. – 6 p.m.

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](http://www.LRAANH.org).

## Lakes Region Community Developers awarded \$20,000 from Rural LISC & Clayton Homes

LACONIA — Lakes Region Community Developers (LRCD) is proud to announce they were recently awarded a \$20,000 grant from Rural LISC and Clayton Homes to support LRCD’s healthy housing initiative in their scattered site rental units in Laconia.

The grant will support LRCD’s ongoing efforts to ensure these units meet healthy housing standards. This initiative is focused on 33 of LRCD’s multi-family buildings in La-

conia, most of which are 50-100 years old. Together, these buildings contain a total of 80 affordable apartments.

With this grant from Rural LISC and Clayton Homes, LRCD can continue to invest in the improvement of these buildings; something they’ve been focused on for the last ten years. Despite significant renovations in many of these units, there are still improvements to be made in order for LRCD to meet their own high

standards. During the past two years, LRCD began to systematically conduct lead testing and abatement to ensure all of their units are Certified Lead Safe. They also began performing energy audits in these older buildings to identify additional energy efficiency improvements to save their tenants money on their utility bills.

LRCD Executive Director, Carmen Lorentz says, “We are so grateful for the support of Rural LISC and Clayton Homes.

This grant helps us achieve our vision where everyone in the Lakes Region lives in a home that supports good physical, financial, and mental health.”

**About Lakes Region Community Developers**

Lakes Region Community Developers’ mission is to create opportunities for the Lakes Region to thrive by developing healthy homes, creating vibrant community assets, and engaging residents.

# The end of an era

## Local Hospital Auxiliary dissolves

LACONIA — For more than 128 years, the Lakes Region General Hospital Auxiliary supported Lakes Region General Hospital and Concord Hospital-Laconia (CH-L) through its volunteer activities and fundraising efforts to benefit patients, staff, and the community. Sadly, like many auxiliary organizations across the country, the Auxiliary’s long history of service has ended.

**A rich history**

In 1893, the Laconia Hospital Association legally formed, as did the Ladies Hospital Auxiliary. Together, they set out to open the original hospital in Laconia.

Auxiliary volunteers hit the ground running to raise much-needed funds, hosting a charity ball, knocking on community members’ doors, and creating a system of bands dedicated to the pursuit of specific items. The first band, composed of 10 women, pledged five cents of their own money every week to help defray the cost of dishware. They were aptly named the China Band. Other bands formed, the Linen, Curtain, and Nightgown Bands. In 1897, the Town of Laconia proudly opened the Cottage Hospital on Court Street.

It was not long before the community realized they needed a bigger hospital. With help from the community, auxiliary, and a generous donation of land from the Reverend Jeremiah Jewett, the Laconia Hospital opened its doors at its present location in 1908. In 1967, the hospital was renamed Lakes Region General Hospital (LRGH) and the Ladies Hospital Auxiliary incorporated to become the LRGH Auxiliary, welcoming men to their ranks.

**The end of an era**

At its peak, the LRGH Auxiliary had more than 100 members proudly raising funds on behalf of the local community hospital. In 2021, LRGHealthcare was acquired by Concord Hospital, and the LRGH Auxiliary adapted once again and became the Concord Hospital-Laconia (CH-L) Auxiliary. However, the Covid-19 pandemic had a profound impact on volunteerism, including the closure of the Auxiliary Gift Shop, which greatly reduced the ability to raise funds. Also, like many other volunteer organizations across the U.S., auxiliary membership dwindled. With too few members to fulfill its mission and sustain fundraising activities, the CH-L Auxiliary made the difficult decision to dissolve as of Dec. 31.

“While it is the end of an era, I am grateful for the many wonderful memories and people I have

worked with over the years,” said former Auxiliary President Paulette Adams. “It has been a privilege to support our local hospital and make a difference for the thousands of people who have come through our hospital’s doors for care.”

Former Auxiliary President and Gift Shop Manager Sue Dalton added, “I joined the Auxiliary because I wanted to be part of an organization that gave back to the community. I am honored to have been a member and served in leadership roles for this special organization. I also wish to extend my sincere and heartfelt appreciation to the community for the many decades of support and patronage in the gift shop and at the annual Auxiliary craft fair, thank you for being a special part of our story.”

**Making a difference**

Proceeds from Auxiliary fundraising efforts have supported the hospital in the form of annual gifts for the purchase of new medical equipment, technology, and furnishings. Over its lifetime, the Auxiliary has raised hundreds of thousands of dollars in support of patient care items such as hospital beds, Staxi-wheelchairs, blanket warmers, body scanners, and so much more. A Crisis Clothing Closet within the emergency room, as well as annual scholarships for students pursuing careers in the medical field. The Auxiliary also made sizable donations to numerous capital campaigns and sponsored philanthropic events such as the Tanger Breast Cancer Walk and the Red Dress Gala.

The Auxiliary’s final contributions to Concord Hospital-Laconia include \$30,000 towards the replacement of an echocardiogram machine, \$10,000 for continuing education for Mammography Technicians, and \$1000 donation to the Employee Helping Hand Fund to assist employees of CH-L.

**Gifts of service**

Some former members of the Auxiliary will continue to serve at CH-L within the hospital’s Volunteer Program.

“Our Auxiliary has made a difference in the lives of generations of patients and their families through their gifts of service, and CH-L will always remember and be grateful for everything they have done for the hospital,” said Heidi Smith, CH-L Community Affairs Coordinator, and liaison to the Auxiliary. “I am thankful that I will continue to have the opportunity to work with some of the Auxiliary members, who are continuing on as volunteers at the hospital.”

### RE/MAX Bayside welcomes back Sara Robinson



**Sara Robinson**

LACONIA — Sara Robinson has recently rejoined RE/MAX Bayside as the newest member of the Platinum Group.

Chris Kelly of the Platinum Group expressed, "Sara has always created success at RE/MAX Bayside. The fact that she is joining Chris Adams, Scott Knowles and me at the Platinum Group is a great benefit for our present and future clients."

Robinson is a native who strives to ensure that the home buying or selling process is fun, easy, and stress-free. She provides quality service to build relationships with clients and most importantly, earn their trust, referrals and repeat business. She specializes in the beautiful Lakes Region of New Hampshire, assisting buyers and sellers to fulfill their dreams of a beautiful second home, first home or investment property.

Robinson can be reached at 603-296-5247, at sararobinson514@gmail.com or simply stop by RE/MAX Bayside at 208 Daniel Webster Highway in Meredith. She is just a phone call away and looks forward to assisting you with all your real estate needs.

## SNHU announces Fall 2022 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2022 Dean's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Victoria Ribeiro of Belmont  
Michaela Gallien of Belmont  
Jennifer Dykstra of Sanbornton  
Hannah McCain of Tilton  
Alexis Garside of Northfield  
Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults.

## Lakes Region Mental Health Center receives grant to support child & family programs

LACONIA — Lakes Region Mental Health Center (LRMHC) recently received a two-year, \$50,000 grant from the New Hampshire Charitable Foundation. The grant will help further LRMHC’s mission to provide integrated mental and physical health care for people with mental illness while creating wellness and understanding in our community.

The funding from the New Hampshire Charitable Foundation will help to support LRMHC Child & Family programs in 2023-24, such as: parent education, workforce incentives, and LGBTQIA support groups for children and families.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the New Hampshire-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 more than 200 employees served 3,512 children, adolescents, adults and families and provided over \$372,000 of charity care. For more information, visit lrmhc.org or call 603-524-1100.

About the New Hampshire Charitable Foundation

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.

Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

# Cast of “Romeo & Juliet” brings action to the stage along with romance

LACONIA — Tickets are on sale now for Powerhouse Theatre Collaborative’s “Romeo & Juliet” Feb. 10-12 at the Colonial Theatre, sponsored by Franklin Savings Bank. This classic will feature Powerhouse’s first stage fighting, and the expertise of professional fight choreographer Jenry Towle. Says Towle, “What I love most about teaching stage combat is offering performers tools to show emotion and character where words and normal physical ac-

tion aren’t able to. When a character resorts to physical harm, or the use of weapons, it can give a very nuanced insight into their true intentions and thoughts. The cast of ‘R&J’ quite literally leapt into training, and have already created a support network for each other to keep everyone safe while getting to do some really cool swordplay!” A staged reading of the sequel, “Montague and Capulet,” written by Jaydie Halperin, will be performed at the Belknap Mill on Feb. 18 &



COURTESY (LEFT) Nikolai Fernandez and John Bachelder spar in a stage combat rehearsal for “Romeo and Juliet.”

19 with the same actors from Romeo and Juliet. Whereas “Romeo and Juliet” ends in tragedy, “Montague and Capulet” give hope for a better future. The performance is sponsored by Irwin Automotive Group. Tickets for this production can be purchased via pow-erhousenh.org or at the door.

## OUT OF TOWN

CONTINUED FROM PAGE A4

everything that can be found in the whole city of Boston. I started coming to First Night around the 2010’s. Back then there were a bunch of activities inside the Hynes Convention Center as well as on Copley Square. I can recall seeing a trick bike demonstration, an acrobatic performance, and some anime films. In the following years First Night scaled back and reorganized their events. The last First Night I went to was 2017 and I wasn’t able to come back for another four years. Three of those years had snow and ice storms that kept me away and 2020...

well take a guess why I stayed away in 2020. First Night 2023 had unseasonably warm weather with steady rains all across Massachusetts and most of New Hampshire. As long as the moisture wasn’t freezing, I was more than content to pack a raincoat and an umbrella to finally do this again. This past year marked the first time since the pandemic First Night had its full indoor and outdoor schedules. Performances and activities were scheduled throughout the day at Copley Square and The Boston Public Library. A puppet theater went on throughout the day in the Copley Place Mall and three city churches offered special per-

formances. I got into Boston early in the evening in time for the First Night Parade from Copley Square to Boston Common. I exited the T at Park Street and got to see some figure skating performances in Boston Common for the Skating Club of Boston’s Frog Pond Skating Spectacular. Young skaters and skating teachers around the Boston area did routines in front of an audience. The parade started around 6 p.m. with Mayor Michelle Wu at the front. It was kind of cool to see her in person. Several different nonprofit organizations in the Boston area had different displays and marchers. Some highlights included the dragon dance presented by the Greater Boston Chinese Cultural Association, a performance by the William Diamond Junior Fire and Drum Corps, an array of puppets and colorful outfits, and much more. Boston is also celebrating the 250th anniversary of the Boston Tea Party in 2023 and there was a lot of people in Revolutionary outfits to commemorate the occasion. After the parade most of Boylston Street was still closed to traffic and was open to pedestrians only for most of the night. Copley Square was the center of activity. This year the stage was set up by the Boston Public Library with the crowd and vendors on

Dartmouth Street and into Copley Square itself. Bands performed on the stage into the night leading up to the countdown. You could also look up to the Prudential Tower art any time and see the building’s lights take the number “23” on the sides of the building. Ice sculptures were on display throughout Copley Square and other locations around downtown. While the warm and wet weather did result in some melting, the sculptures did maintain most of their shapes throughout the night. To encourage people to use public transportation as opposed to driving, the MBTA opened all subway gates at 8 p.m., and anyone could ride the T for free. I took advantage of this to take a detour from Back Bay Station to Chinatown to find some Chinese pastries and go for an evening walk (albeit a wet one). After a while I found my way to Government Center and boarded the Green Line for Prudential. Around 11:30 p.m., I found a spot among the crowd in front of the stage to get ready for the countdown. A light show broadcast the time right on the library wall above the stage. When midnight approached, the lights counted down with the crowd yelling out the last 20 seconds. A fireworks display on the roof of the Fairmont

Copley Plaza Hotel officially rang in the New Year. As I indeed in planned to drive all the way back to Meredith right that night, I joined the lines for the nearest T station to get back to my car. By this point I was convinced I was the most sober person in the city of Boston (okay that’s an exaggeration...maybe). Finally I reached Alewife Station and was headed back north. The biggest issue with the drive back was heavy fog starting around the New Hampshire line and this combined with ponding on the highway got me off I-93 around Concord and I took Route 106 the rest of the way home. There was a brief break in the parking lot of the Shaw’s on Loudon Road for some wake-up calisthenics (yes, I probably looked weird but that area has probably seen weirder). Less than an hour later, I was going back home a little tired and soggy but happy. I highly recommend checking out First Night Boston. So much was going on throughout the entire day and even into New Year’s Day and there was so much more I wanted to see. I was just happy I finally got the chance to return and barring weather or global pandemics I want to come back next year.

### 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!

**Lucy**

Lucy is an absolute sweetheart, she loves to get brushed and receive all of the chin rubs you are willing to provide. She could do well with similar, mellow mannered, animals in her new home.

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## HELP REBUILD OUR ECONOMY!

# James Roberge and Simon Thomson join Franklin Savings Bank's Board of Directors

FRANKLIN — Franklin Savings Bank is pleased to welcome James "Jim" Roberge, Principal of Roberge and Company PC, and Simon Thomson, Government Relations Representative with Sheehan Phinney Capitol Group, to its Board of Directors. Both were recently confirmed at the bank's Annual Meeting of Corporators in December.

"We are honored to have Jim and Simon as new members on our Board of Directors," commented Ron Magoon, Chief Executive Officer. "Jim has an im-

pressive background in accounting and auditing in the municipal sector, making him a wonderful addition to our board. Simon's remarkable background in government relations has enabled him to develop meaningful relationships throughout the state and in-state government. He will be a great asset to our board as we continue to navigate regulatory proposals impacting the banking community."

Roberge is a Certified Public Accountant with over 40 years of experience in accounting

and auditing. He takes a great deal of pride in providing quality and personal service to his clients. In his leisure time, he enjoys spending time with his family, fishing and exploring the outdoors.

Thomson joined Sheehan Phinney Capitol Group in 2015 where he has been involved in many key legislative issues at the State House. His extensive background in public service, commitment to his

clients, along with the respect he has built on both sides of the aisle has served the firm's clients well. Simon is no stranger to politics. His grandfather, Meldrim Thomson, Jr., served three terms as New Hampshire's governor and his mother served three terms as a state representative. Locally, Thomson is a member of the Merrimack Conservation Commission and is a former board member of the Greater Nashua YMCA.

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](http://fsbnh.bank) to learn more or follow the bank on Facebook, LinkedIn, Instagram, Twitter and YouTube.

## Nicole Reusch of Sanbornton named to Lasell University Dean's List

NEWTON, Mass. — Nicole Reusch, a Lasell University student from Sanbornton, was named to the Dean's List for their academic performance in the fall 2022 semester.

To be named to the Dean's List, Lasell students must complete at least 12 credits as a full-time student and achieve a semester GPA of 3.5 or higher.

For more information contact: Samantha Mocle, assistant director of communications, at (617) 243-2386, or [smocle@lasell.edu](mailto:smocle@lasell.edu)



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**Laconia:** 3BR/ 2BA, in the Ferncroft community. This updated detached condo features fresh exterior paint, new quartz countertops, & Mitsubishi mini splits for heating & cooling, including updated appliances & carpet. **\$499,900 MLS: 4933183**

**Moultonborough:** 5BR/2BA, on 1.10 acres. This 2,100sqft. vintage but updated cape has all the charm & warmth! Beamed ceilings, brick hearth & wood stove in the living room, original wood doors w/ antique glass knobs, original floors in some areas. **\$399,000 MLS# 4940700**

**Laconia:** 2BR/2BA, Fantastic opportunity to own a renovated modern move-in patio condo or turn-key investment with weekly rentals at the Villages of Winnepesaukee! Highly desirable spot. Beach rights with Akwa Marina. Furnished excluding personal items **\$299,900 MLS#: 4932105**

**Laconia:** 2BR/2BA, contemporary home in pristine condition at Weirs Beach Village within walking distance to Weirs Beach. The loft features an additional BR & custom bar. Landscaped yard w/ gardens & underground sprinklers. **\$499,900 MLS #4934923**



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\* Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

## NOTICE TOWN OF NORTHFIELD

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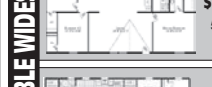




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### Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



AROMA JOE’S

CONTINUED FROM PAGE A1

For more information, please visit [www.aromajoes.com](http://www.aromajoes.com) or follow us on Facebook ([www.facebook.com/aromajoescoffee](http://www.facebook.com/aromajoescoffee)), in South Portland,

Twitter ([www.twitter.com/aromajoescoffee](http://www.twitter.com/aromajoescoffee)) or Instagram ([www.instagram.com/aromajoescoffee](http://www.instagram.com/aromajoescoffee)).

About Aroma Joe’s® Founded in 2000 and headquartered in South Portland,

Maine with 97 locations across Maine, New Hampshire, Massachusetts, Pennsylvania, Florida, Rhode Island and Connecticut. Aroma Joe’s is a

local destination for handcrafted coffee and espresso drinks, unique infused blends, signature AJs RUSH® Energy Drinks and all-day food offerings

served in a friendly and upbeat environment. Aroma Joe’s is positively impacting people with passion, caring and a commitment to excellence

throughout every shop and community. For more information and for franchising opportunities visit: [aromajoes.com](http://aromajoes.com).



### Snow Plow Driver Wanted

Full-Time  
401K, Dental, Life, Medical included

We are currently seeking a Snow Plow Driver to join our team! You will be responsible for snow removal services to our clients located in your assigned area. This is a year round job that transitions into landscaping in the early spring. Position pays an hourly rate (depending on experience) and employee performance.

**Responsibilities:**

- Driving the vehicle using snow removal equipment
- Shoveling, operating snow blower and operating sand/salt machines
- Maintaining clean and safe driveway and walkways for commercial and residential accounts

**Qualifications:**

- Previous experience in slow plowing required
- Familiarity with snow removal equipment
- Valid drivers license
- Ability to work long hours including overnight, weekends, and holidays depending on snow and ice conditions
- Ability to be reliable and on time

To apply, please send your completed application to:

3 Lakes Landscaping  
ATTN: Hiring Manager  
1 Steel Drive Plymouth NH 03264  
[info@3lakeslandscaping.com](mailto:info@3lakeslandscaping.com)  
No phone calls, please.

CRAFT FAIR

CONTINUED FROM PAGE A1

February is a time to celebrate the beauty of winter while entertaining thoughts of new spring adventures! For many, these adven-

at Highland Mountain Bike Park in Northfield in both after-school programs and summer camps. Financial assistance and scholarships are available for local students through the Keck Golden Ticket

If you are interested in learning more about resources available for students through KGT or being a vendor at the upcoming craft fair,

via the Keck Golden Ticket Fund Web site, <https://keckgoldenticket.org/contact>.

We are looking for motivated and dependable individuals to join our

## Dining Services Team

Full-Time Positions available

Visit our website for staff opportunities

[www.newhampton.org/about/careers](http://www.newhampton.org/about/careers)



## Shaker Regional School District Custodian Canterbury Elementary School

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



## Upper Connecticut Valley Hospital

### JOB OPPORTUNITIES


**Spotlight Positions:**

Phlebotomist	Health Unit Coordinator
Registered Nurse	Environmental Services Technician
RN – OR	Certified Surgical Technician
RN – Med/Surg Charge Nights	Multi-Modality Radiologic Tech
RN Nurse Manager – ED/Med-Surg	Medical Assistant
Endoscopy Technician	Medical Technologist
Physical Therapist	

**APPLY ONLINE**  
**WWW.UCVH.ORG**

Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236  
[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
EOE

HELP WANTED



### Fleet/Maintenance Mechanic Wanted

Full-Time

We are Landscaping Company located in Plymouth, NH looking to add a qualified Fleet Mechanic to our team. This position is responsible for diagnosing and repairing vehicles and large equipment.

- Provide Miscellaneous mechanic work, including but not limited to bodywork, diagnosing, disassembling and assembling components and engines.
- Repair brake systems
- Ability to trouble shoot and diagnose a wide range of vehicle and heavy equipment issues.
- Replace or repair transmissions and fuel components as needed
- Knowledge to order parts
- Maintain a clean, safe working environment
- Plowing in the winter months
- Dependable

**Benefits:**

- 401 (k) matching
- Dental insurance
- Health insurance
- Life insurance
- Paid time off

**Qualifications:**

- Driver’s License Required

To apply, please send your completed application to:

3 Lakes Landscaping  
ATTN: Hiring Manager  
1 Steel Drive Plymouth NH 03264  
[info@3lakeslandscaping.com](mailto:info@3lakeslandscaping.com)  
No phone calls, please.

## Shaker Regional School District IT Support Specialist

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



## Precision Lumber Inc.

### WATCHMEN WANTED

PART TIME WATCHMEN  
POSITIONS AVAILABLE



Precision Lumber Inc.  
576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)  
603-764-9450



## Precision Lumber Inc.

### IMMEDIATE OPENINGS

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Apply in Person  
or email [precisionlumber@lumbemh.com](mailto:precisionlumber@lumbemh.com)  
to request us to email an application



Precision Lumber Inc.  
576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)

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# 2023 Delta Dental Snow or No We Go Trail Series returns to Canterbury Shaker Village

CANTERBURY — The 2023 Delta Dental Snow or No We Go Trail Series returns to Canterbury Shaker Village on Jan. 28, Feb. 11, and Feb. 18. Taking place at 10 a.m., the races provide snowshoers with the opportunity to hike, jog, or run through the Village's extensive trail system.

"These trails are open year-round and accessible to the public at no charge," explained Leslie Nolan, executive director of the Village.

The Delta Dental Snow or No We Go Trail Series is pre-registration only and limited to 75 participants per race. Each of the trail races are between two and four miles. Other races in the series take place at Prospect Acres (4 Beaumier Dr., Franklin) and Highway View Farm (100 River Rd., Boscawen).

To register for any race in the 2023 Delta Dental Snow or No We Go Trail Series, visit [shakers.org/winter-races](http://shakers.org/winter-races).

Established in 1792, Canterbury Shaker Village represents one of the oldest, most typical and completely preserved of the Shaker Villages. 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](http://nhmuseumtrail.org).



## Seth Wilkinson of Sanbornton named a Presidential Scholar at Clarkson University

POTSDAM, N.Y. — Seth Wilkinson of Sanbornton, a junior majoring in chemical engineering, was named a Presidential Scholar for the Fall 2022 semester at Clarkson University.

Presidential Scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship,

research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research

facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous pro-

grams of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the

top 2.5% in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

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