

Kuster delivers holiday cards to Veterans Home



TILTON — Last week, Congresswoman Annie Kuster (NH-02) visited the New Hampshire Veterans Home in Tilton to deliver holiday cards to Granite Staters who have served our nation in uniform. Over the past few weeks, through Kuster’s ‘Holiday Cards for Heroes’ program, students across the state have made holiday cards to honor New Hampshire veterans.

“We owe an incredible debt to the men and women who served our country in uniform – especially around the holidays, it is so important we show them the appreciation they deserve,” said Kuster. “That’s why I started the ‘Holiday Cards for Heroes’ program, to help spread joy around the holidays and ensure young students across New Hampshire learn about the service and sacrifice of our veterans. Today’s visit was a lovely opportunity to celebrate our servicemembers and the holiday season!”

“Congresswoman Kuster’s personal greetings and delivery of adorable, handmade holiday cards were a great addition to our Tarr coffee social and our John Stark Christmas Party today,” said Kimberly MacKay, Commandant of the New Hampshire Veterans Home. “Our veterans relay their feeling of pride when our elected officials visit. Annie’s support of our State’s Veterans here at the New Hampshire Veterans Home is appreciated by our veterans and staff, alike.”

During her first term in Congress, Kuster created the ‘Holiday Cards for Heroes’ program to express thanks and help show students the importance of honoring our veterans. Students from Fairground Middle, New Searles Elementary, Bicentennial Elementary, Main Dunstable Elementary, Dr. Norman Crisp Elementary, and Bethlehem Elementary helped to create cards and letters this year.

MacDonald’s 38 points pace Bears over Saints

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam girls’ hoop team got an impressive offensive performance from junior Lauren MacDonald and cruised to an 82-58 win over St. Thomas on Monday, Dec. 19.

“Complete team effort against a very good St. Thomas team,” said coach Mark Dawalga. “St. Thomas never quite, as they were able to get it to a 12-point game with four minutes to go.

“I told our team at halftime they would make a push and they did,” the Bear coach said. “We were able to take a timeout and gain our composure back.”

Winnisquam led 23-9 after the first quarter and was up 34-21 at halftime and 56-38 at the end of the third quarter.

MacDonald finished with a career high 38 points and also added four rebounds, Mackenzie Philippy finished with 16 points and 10 rebounds and Victoria Kelly had 11 points and 13 rebounds. Caidyn Carter added nine points and six rebounds and Isabella Sargent added seven rebounds, two assists, two steals and two blocks.

“Caidyn, Isabella, Trinity (Carter) and Vanessa (Power) were all huge on the boards,” Dawalga said. I thought our team defense tonight was outstanding, which led to our offense getting going.”

Winnisquam is taking part in the Lakes Region Holiday Hoop Tournament in Gilford, with the championship game taking place today, Dec. 29, at 4:30 p.m. They return to regular season action on Tuesday, Jan. 3, at Belmont at 6 p.m.

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

Performance art, relationships focus of Spaulding’s 2022 Arts Festival

NORTHFIELD — The students of Spaulding Academy & Family Services recently held their first in-person Arts Festival performance since 2019. With support from Art and Music Teacher Robyn A. Allen and Visiting Artist TJ Wheeler, the children created artistic materials that were used during the festival. They acted, danced, played music, and sang on stage for their fellow students, teachers, and invited guests.

The 2022 Arts Festival theme was “Ubuntu,” a South African humanist philosophy that focuses on relationships. It means, “I am because we are, together as one.” Each classroom created their own songs, plays, or visual art based on this theme. They also connected it to the “Choose Love” curriculum used campuswide.

“Our students learned a lot during the COVID-19 pandemic, and this was their time to finally show off their skills on stage,” said Allen. “The students were fantastic, and everyone left with a smile on their face!”

For more information about Spaulding Academy & Family Services, visit SpauldingServices.org.

About Spaulding



Academy & Family Services
Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological,

Holiday makes for early deadlines

The offices of the Winnisquam Echo will be closed Friday, Dec. 30 and Monday, Jan. 2 in observance of New Year’s Day.

To ensure that our Jan. 5 edition arrives in subscribers’ mail boxes on schedule despite the holiday break, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up to Thursday, Jan. 29 at 9 a.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

The staff of the Winnisquam Echo thanks our readers for their cooperation with this scheduling change, and wishes them a safe and happy New Year.

Raffle planned during screening of Warren Miller’s “Daymaker”

LACONIA — The Lakes Region Disabled Sports will be hosting a raffle during the Warren Miller “Daymaker” 73rd Annual Ski and Snowboard Film on Dec. 29. Lakes Region Disabled Sports is the non-profit Adaptive snow sports school at Gunstock Mountain Resort, providing recreation, movement, and inclusion for athletes with a disability throughout the New Hampshire Lakes Region and greater New England.

The raffle will include:

Lake Winnepesaukee Golf Club – round of golf for four with grounds and cart fee

Winnepesaukee Chocolates – 13 chocolate bars gift bag

Pepperidge Farm gift basket

Wayfarer Coffee – 1.5# coffee and \$20 gift card

Uvex goggles

Gunstock – 8 mid-week non-holiday lift tickets, 4 mid-week non-holiday tubing tickets

Tickets for Warren Miller’s “Daymaker” 73rd Annual Ski and Snowboard Film at the Colonial Theatre of Laconia on Thursday, Dec. 29 at 7 p.m. are \$25.50, and are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Warren Miller films are annual celebrations that cross generations and connect us to the comforting constant of snow. “Daymaker,” the 73rd feature film in the Warren Miller library, will take you on a journey to peaks so high, they’ll replace the mountains in your mind with ones that free your mind.

To create this experience, the Warren Miller production team enlisted big names for the film and planned even bigger adventures. Daymaker” features Crazy Karl Fostvedt and a local crew of freeskiers in Sun Valley, and Katie Burrell on a Canadian road trip, as she attempts to go pro alongside Freeride World Tour competitors Hedvig Wessel, Lexi duPont, and more.

From there, Warren Miller returns to Snowmass for the biggest party of the winter with the National Brotherhood

of Skiers, where you’ll meet the emerging talent that the NBS supports to further its goal of placing Black skiers and snowboarders on the U.S. Team.

The film captures a trip to Greece’s Olympus Range with Michelle Parker and McKenna Peterson, plus the powder days we all dream of with a killer storm cycle in British Columbia’s Monashees. Follow two trips to Alaska, featuring Daron Rahlves, Ryland Bell, Cam Fitzpatrick. And watch as Pete McAfee and Dominic Davila rewrite the rules of adaptive backcountry riding.

“Daymaker” serves up the winter stoke from Snowbasin to Switzerland, where Connery Lundin tackles the ultimate grass skiing run. Warren Miller’s 73rd film will bring you along for the biggest days so you can get ready for your own. Because there’s no better day than one out on the hill.

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 Powderhouse 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 En-

gland 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 ven-

ue 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



RC GREENWOOD

Bulldogs win

Aidan McKenzie skates the puck into the zone during last week’s game against Kennett. The Bulldogs came through with the 3-2 win over the Eagles. Belmont-Gilford will wrap up their Brady Sullivan Christmas Tournament at Merrill Fay Arena today and return to regular season action on Wednesday, Jan. 4, at Berlin-Gorham at 6 p.m.

Raiders knock off Lakers for first win of the season

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont girls’ basketball team picked up its first win of the season, defeating Inter-Lakes by a 47-17 score on Tuesday, Dec. 13, in the home opener.

The Raiders came out strong, taking a 10-5 lead after one quarter and held the Lakers to just two points in the second quarter to take a 19-7

lead at halftime.

Belmont then came out strong in the third quarter and went on a 14-0 run to ice the game.

“Everyone on the team contributed,” said coach Mike Andriski. “It’s nice to see all the hard work the girls have put in pay off with a nice win.

“Still lots of work to do to get where we want to be,” the Raider coach added.

Darci Stone led the way with 25 points and four rebounds and Alyssa Edgren added nine points, eight rebounds and five assists while Lena Rodrigues and Madelyn Besegai led the charge on the defensive side of the ball.

Belmont is slated to wrap up the 2022 portion of the regular season today, Dec. 22, at Raymond at 6:30 p.m. The Raiders will compete in the Mike

Lee Holiday Basketball Bash at Farmington High School starting with a game against Coe-Brown on Monday, Dec. 26, at 2:45 p.m. and continues on Tuesday, Dec. 27, against Franklin at 9 a.m.

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

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Dec. 12-19.

Nicolas Didonato, age 41, of Laconia was arrested on Dec. 12 in connection with multiple warrants. Tiffany L. Albert, age 26, of Manchester was arrested on Dec. 13 for Operating a Vehicle After Certification as a Habitual Offender and multiple counts of Possession of a Controlled Drug.

Melinda A. Bastraw, age 51, of Laconia was arrested on Dec. 13 for Violation of Probation or Parole. Devon A. Eldridge, age 27, of Franklin was arrested on Dec. 14 for Possession of a Controlled Drug and in connection with multiple warrants.

Michael W. Hoffman, age 43, of Belmont was arrested on Dec. 15 in connection with a warrant. Jay M. Pease, age 35, of Laconia was arrested on Dec. 15 for Disobeying an Officer and Operating a Vehicle after Certification as a Habitual Offender.

Colin C. Dowling, age 35, of Canterbury was arrested on Dec. 16 in connection with multiple warrants. Jaymi L. Uphold, age 29, of Belmont was arrested on Dec. 17 for Driving After Revocation or Suspension for DUI.

Coreen Blaire Gagne, age 23, of Franklin was arrested on Dec. 18 in connection with a warrant.



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Bank of New Hampshire’s Giving Tuesday campaign raises \$50,000

LACONIA — Bank of New Hampshire’s Matching Gift campaign centered around Giving Tuesday and powered by Givio’s Charitable Banking™ platform, raised \$50,000 for more than 100 area non-profits in record time.

The campaign, in recognition of Giving Tuesday, which took place on Nov. 29 this year, was so successful the original goal of a \$20,000 match on any donation made through BNH’s digital banking portal, was reached in just a matter of days, prompting BNH to raise the match ceiling to \$25,000. The new goal was reached just a few days later – a remarkable 26 days before the Dec. 31 deadline.

Givio’s Charitable Banking platform enables BNH customers to donate to all their favorite charities, schools, and religious organizations, directly from their secure and convenient BNH online banking. A banking industry first, Givio enables BNH customers to easily track all their charitable donations in one easy, secure place – a true time saver at tax time. Additionally, Givio enables BNH to launch its own fundraising campaigns that they can share and promote to their customers and the community. BNH launched Givio on Nov. 1, and it is available

to retail customers now. Customers will see a new link in their online banking portal that says ‘Marketplace,’ under which they’ll find the ‘Donate to Charity’ link.

“We are proud to partner with a community leader like BNH in order to have such a positive impact on the communities they serve throughout the greater New Hampshire region,” said Gary Carr, CEO of Givio, Inc. “The impact that these funds will have on the local level for the non-profit recipients will be felt for years to come and will truly make a difference in the lives of the countless people served by these organizations.”

Givio is safe and simple to use. BNH customers can search for and easily find their favorite nonprofit organizations, or they can explore various cause categories like Animals, Disaster Relief, Education, Health and more to discover nonprofits to which they may want to donate. Customers can also bookmark their favorite organizations for easy access to give quickly, anytime inspiration strikes. Among the non-profits receiving funds from this year’s BNH Giving Tuesday campaign are Gilda’s Club New Hampshire, Claremont Soup Kitchen, Conway Area Humane Society and the Boys and Girls Club of the North Country. Only IRS approved 501c3 organizations are available in the Givio database. As an added benefit, BNH can expand its own community impact efforts by not only allowing customers to easily donate to all their favorite causes, but by being able to launch and promote matching gift campaigns to customers, driving campaign participation.

“We’re thrilled with the success of this campaign,” said Givio Chief Marketing Officer, Cindy McLaughlin.

“People love to donate to causes that are near and dear to their hearts and most people donate to several nonprofits, multiple times, every year. But traditionally, that requires people to visit multiple websites, fill out long registration forms, remember passwords and use different payment methods. Trying to track all those donations is even harder. Together, BNH and Givio are giving donors a better experience. From ensuring a nonprofit is in good standing with the IRS, to making the process convenient, secure – and if the donor wants – private, Givio makes charitable giving a truly rewarding experience,” she said.

“Bank of New Hampshire and our customers have a strong commitment to our communities, and the success of this campaign clearly demonstrates that commitment,” said Julie Fenn, Marketing & Digital Media Specialist for Bank of New Hampshire. “Givio allows us to provide a secure, fast and simple way for our customers to make their donations to the charitable causes that are most important to them. We quickly reached our initial matching goal of \$20,000, increased it to \$25,000 and met that goal in just a few days – a clear sign of not just the generosity of our customers but how easy it is to use Givio’s Charitable Banking platform.”

For more information on the BNH Givio program, contact Eric Carter, Senior Vice President - Digital Solutions & Innovation Officer at ericcarter@banknh.com.

Givio Inc., is a giver-centric charitable giving technology company on a mission to make giving and fundraising pain-free, intuitive, and more impactful. Through its Charitable Banking™ solution and the Givio mobile app, Givio simplifies outdated and complex charitable giving solutions, removing the barriers to giving to and fundraising for any of the nation’s 1.6 million nonprofits. Givio features tap & give payment options; the ability bookmark favorite causes, track and download giving history; and fast, in-app fundraising campaign creation and sharing across any communications or social media platform. Financial institutions, individuals, businesses, and nonprofits alike can use Givio to support the causes they care about in their communities and around the world. To learn more about Givio, go to <https://giv.io>

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.

January is the “month for dreaming” at Belmont Public Library

BELMONT — Happy New Year! Belmont Public Library staff hopes you had a marvelous holiday season. Now comes the time for resolutions and finding exciting new hobbies. The library is eager to bring you fun and educational events and programs that you can participate in all month long. You can follow all our upcoming events and offerings on Facebook, Instagram, and our Web site.

Belmont Public Library wants to thank the community and especially Belmont Parks and Recreation and Belmont Fire Department for helping make Deck the Village a successful event! Citizens enjoyed visiting with Santa, creating crafts, and getting to view a holiday film or two. We were ecstatic with how many new faces we saw and how many old friends stopped by to say hello.

Did you know that Belmont Public Library will be celebrating a big birthday in February? Our fantastic library will be celebrating 130 years young! The building the library currently resides in will be celebrating its 95th birthday. Still looking great! BPL’s staff wants to celebrate with our community. Stop by in February for crafts and a treat to celebrate with us. Look for more events over the next several months.

January is a month filled with new beginnings and possibilities. Belmont Public Library will be offering new programs and events to keep our community busy and engaged. The Youth Services weekly program schedule continues to offer Story Tots, a story time for youth, ages birth to preschool, on Tuesdays at 10:30 AM. “Innovation Station,” a S.T.E.A.M. group for elementary students, meets every other week, in the children’s room at 3 p.m. Wednesdays are reserved for our TWO NEW BOOK CLUBS: GSF Book Club, which will meet the second Wednesday of the month, and I.F. Book Club, which will meet on the 4th Wednesday of the month! GSF Book club is open to students in grades 3 - 7, and will focus on reading the nominees and winners of New Hampshire’s own Great Stone Face Book Award. I.F. Book club is open to students in grades 8 - 12 and will read books that have been nominated or won New Hampshire’s Isinglass or Flume awards. Book clubs will meet at 3:30 p.m. in the children’s room. Books can be picked up prior to the meetings at the front desk or at the monthly meeting. Let us not forget about Musical Munchkins at 10:30 a.m. on Thursdays.

BPL Youth Services proudly introduce “Cursive Club.” This afternoon program is for school aged children who want to learn the fine art of cursive writing Thursdays at 3:30 p.m. Finally for those Friday afternoons, Youth Services will continue to offer Crafternoons, a craft group for teens and tweens, and Film Fridays, teen and tween movie afternoons, meeting on Fridays at 3 p.m.

Miss Rebecca is still in the holiday spirit; so she has continued the Literary challenge through to Jan. 31. Pick up your challenge sheet in the children’s room and check out the various displays for opportunities to complete challenges while in the library. On Jan. 21 at 10:30 a.m., join us in the children’s room for a Snowy Story Time. We’ll be reading books about penguins and making a fun craft.

Enjoy a cozy read and a warm drink with Tea and Tales Book Group on Thursday, Jan. 12 at 5:30 p.m. We will be discussing December’s read, “The Christmas Bookshop,” and grabbing January’s mysterious read, “The Woman in the Library” by Sulari Gentill. Even if you can’t make it in person to the January meeting, pick up a copy of the book at the front desk or on our digital services, Hoopla and Libby. The Friday Fiction is reading “Code Name Verity” by Elizabeth Wein. The group will meet to discuss on Jan. 20 at 10:30 a.m. Copies can be found at the main desk. Don’t want to leave the warmth of your home and are able to use zoom to participate in the meetings? Contact Miss Rebecca or Eileen at circulation@belmontpubliclibrary.org.

Is finding a new hobby or activity to participate on your resolution list? Join BPL staff as we set out to try creating watercolor crafts on Monday, Jan. 9 at 2 p.m. This is a self-instructional group, but supplies and advice will be available. Want to try fiber arts? Join staff on Wednesday mornings at 10 a.m. for a laidback hour of fiber arts crafting. Bring a project you are working on or take a look at one of our Take Home Kits for a new idea.

Trying to plan something to do with the kids or loved ones on days off or the weekends? How about utilizing free passes to popular museums? The Belmont Elementary School PTO and other generous donors contributed nearly a dozen museum passes this past summer for Belmont citizens to borrow. For a complete list of where you can go with your library card, visit the library website or stop by the library.

SEE BPL, PAGE A6



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Some trivia to help those New Year’s resolutions

The new year is just around the corner, and with that come new year’s resolutions.

Many people view Jan. 1 as a new slate, a new beginning. While there are several people who view September, the start of the school year as a new beginning, the bulk of individuals like to begin anew in the dead of winter.

We hear the same resolutions every year — less screen time, work out more, eat healthy, kick smoking, kick sugar, reach out to friends and family more, and to write more handwritten notes, to name a few. Most resolutions, however, come back to health. We thought it would be fun to get to know how our bodies work with some interesting facts before the start of the new year, in hopes to give a new and different perspective to things you may want to change or keep the same.

The largest bone in the human body is the femur which can support 30 times the weight of a person’s body. The femur is stronger than steel. Interesting to note a person’s little finger contributes to 50 percent of the hand’s strength.

It would take an individual who types 60 words per minute, eight hours per day for 50 years to type the human genome.

Messages from the brain travel along nerves at a speed of 200 miles per hour. If a person’s DNA was uncoiled it would travel the distance of 10 billion miles, essentially from Earth to Pluto and back again.

It takes roughly 200 muscles to take one step, and a human skeleton renews itself every ten years.

By the time we reach the age of 70, we will have consumed 12,000 gallons of water.

Time to break out the Scope — good or bad, there is more bacteria in the human mouth than there are people in the world.

We can detect taste in .0015 seconds, faster than the time it takes to blink. Our taste buds rejuvenate new taste cells every two weeks.

Our brain consists of 86 billion nerve cells that are joined by 100 trillion connections. That’s a lot of wiring. The brain uses as much energy as a 10-watt light bulb.

The strongest muscle in the human body is the jaw muscle. The liver is the only organ in our bodies that can regenerate. If damaged enough though, the liver will refuse to function.

The lining in our stomachs is replaced every four to five days so as not to digest itself.

When someone sneezes, it could travel up to 100 mph.

Our fingernails grow faster on our dominant hand.

An adult who weighs 150 pounds has a skeleton that weighs roughly 21 pounds.

The average human will walk roughly 100,000 miles in a lifetime, comparable to walking around the earth four times.

On average, we have about five pounds of bacteria in our digestive systems.

Blood circulates in our bodies roughly 12,00 miles per day and a human heart beats over three billion times over the course of our lives.

Humans spend roughly 33 percent of their lives asleep; by comparison, a dog spends about 44 percent asleep.

A person takes about 23,000 breaths per day.

The human eye can distinguish between approximately 10 million different colors.

Fingers do not have muscles that facilitate movement. The tendons in our fingers are moved by the muscles in our forearms.

We hope our fun and interesting facts will instigate a shift to a healthier lifestyle in the new year.



COURTESY — TILTON SCHOOL ARCHIVES

Tobogganing in Tilton

In recent years, the Tilton Historical Society has been gathering a multitude of photos from the town and its residents. Last week, they shared this photo obtained from the Tilton School archives of a group of jubilant teens tobogganing in the 1920’s beneath the Tilton Arch in Northfield.

“The Book of Koli” by M.R. Carey

BY LINDSEY NEILSON
Hall Memorial Library

This book is a new addition to the library and the first in a trilogy, telling of a futuristic society where humanity lives in small, isolated tribes in almost medieval conditions. Through the young narrator, the story of how people became such an isolated few can be picked up bit by bit, as the narrator’s limited worldview also limits what the reader knows. Koli desires to be a village protector and carry one of the powerful, tech-

nologically advanced weapons his village uses to defend themselves, even though they do not fully understand how they work. However, in doing so, he uncovers a secret about his village and is sent away to fend for himself, discovering more about the past as he struggles to survive on his own.

The story told through Koli’s eyes is refreshing and childlike, as he describes things familiar to us with his primitive, simplified language. The

world as Koli knows it is nothing like ours, and the people he meets have secrets of their own. In this first book, Koli learns why there are so few people left and hatches his plan to save the world, with the help of a plucky AI and a traveling doctor. They face off against wandering rogues, walled villages, and a terrifying cult leader.

This is the second book by M.R. Carey that I have read, and it won’t be the last. The author

of “The Girl With All the Gifts” has crafted an interesting, apocalyptic future for us to explore and I cannot wait to pick up the second book in this series.

Visit Hall Memorial Library at 18 Park St., Northfield, to check out a copy of this book ASAP - you won’t be disappointed. No card? No problem - just give us a call at (603) 286-8971 and we will let you know how you can get one! Audiobooks, large print, and e-books available.

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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ERIN PLUMMER
The Rainmaker statue at Foxwoods, one illustration of the resort's Native American heritage.



The glittering sign outside the Tanger Outlets location at Foxwoods. It's a little bit different than the sign outside the Tilton location.



The indoor waterfall by the Atrium Bar and Lounge.

GOING OUT OF TOWN

A low-roller's trip to Foxwoods

BY FRIN PLUMMER

mnews@salmonpress.news

I've seen plenty of casinos in a lot of different forms of media, but I never set foot in one myself. These are places that are usually portrayed as somewhat glamorous with the right hints of vice, though I was always curious to see one in real life and see what it was actually like. There was also another place that I recently realized I have only passed through in a car or a train and never actually set foot in. That mysterious place? Anywhere in the state of Connecticut. Considering that The Nutmeg State has two pretty famous casinos, I recently killed two proverbial birds with one stone and ventured to the closest one: Foxwoods Resort and Casino. It was a road trip taken on a whim that was pretty entertaining and actually put Lady Luck in my favor... kind of.

My only real exposure to casinos is through media whether seeing James Bond suavely introduce himself to a villain, virtually walk through a casino and its well-dressed patrons in the “Yakuza” video game franchise, or watching how Robert DeNiro and Joe Pesci’s characters in “Casino” violently deal with cheaters and rival gangsters. Growing up the only casinos I was really aware of were in Atlantic City or Las Vegas, though in the past few decades more casinos have sprouted up in New England such as Foxwoods and Mohegan Sun in Connecticut and more recently Encore in Boston. Mind you my gambling experience hasn’t gone past the rare scratch ticket or maybe the old slot machines at Funspot (the ones where you bet tokens to get little coins to claim prizes).

With this curiosity in mind, as well as a growing desire to take a day trip more than just a few hours away, I made it a goal to try Foxwoods at some point just to see what it was like. There was plenty of research and I found so many more activities and attractions there beside the casino. It took me a while to finally go, but I finally got the ambition on a random Tuesday af-

ternoon.

About three hours later, I was finally passing over the Connecticut state line when it really hit me: I have never actually set foot in Connecticut. I've been in the state, but I realized it was only riding through whether on one of the road trips my parents took when I was a kid or on my past train trips to Washington, D.C., and New York City. It felt so interesting to actually be driving in the state.

A while later, I followed my map app to Foxwoods and was immediately greeted with a huge complex whose center point was a grand tower lined with LED lights. I parked and for the first time actually walked somewhere in Connecticut.

Even walking through the grand lobby of the Fox Tower underneath chandeliers, I felt a bit of that glamor. A few steps away was the environment I was most curious to see: the casino itself. It felt so surreal to be in a space like this and surrounded by so many machines where people could make a lot of money or (more likely) lose a lot of money. On a Tuesday night it was pretty quiet, though plenty of people were playing the machines. I always had this image of old school casinos with characters sitting around the roulette or the blackjack tables. They certainly had those, but most of the casino consisted of more modern video style games.

I did a loop around to get a better look at everything, moving onto the Tanger Outlets next. While there is a Tanger location in Tilton, this one is actually an enclosed, three-story mall. Walking into the complex, you are immediately greeted with a glittering lighted sign (you think the town of Tilton would be okay with one of those on Laconia Road?).

On the third level, I wandered into a few more casino spaces, this time I did see the card and roulette tables and some old-fashioned slot machines, as well as the newer video machines and an entire section dedicated to sports betting. I found a lot more restaurants as well and

debated if I wanted to go to Guy Fieri's place, the Hard Rock, or just skip to dessert and go to Sugar Factory.

The complex itself is just gorgeous with so many decorations, murals, and plenty of sparkling lights. Foxwoods also proudly displays its Native American heritage. The casino is owned and managed by the Mashantucket Pequot Tribe and is located on its reservation. There are a lot of different murals, dioramas, and displays that show the tribe's culture and heritage. I especially enjoyed the displays in the Rainmaker Casino, including the Rainmaker statue and an indoor waterfall by The Atrium Bar and

Lounge.

At some point I did
get the itch to actually

do some gambling. I figured I'd stick to the slots since they seemed pretty

straightforward. I put a \$5 in one slot machine SEE **FOXWOODS**, PAGE A6

The logo for Ambrose Bros., Inc. is a black shield-shaped emblem with a white border. Inside the shield, the word "AMBROSE" is written in large, bold, white, sans-serif capital letters. Below it, "BROS., INC." is written in a smaller, white, italicized, sans-serif font. At the bottom of the shield, "MEREDITH, N.H." is written in a white, sans-serif font.

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Edward Jones: Financial Focus

Protect financial accounts from “cyberthieves”

Cybercrime is booming. In 2021, the FBI reported that cybercriminals scammed nearly \$7 billion from Americans — a figure slightly higher than the gross domestic product (GDP) of Switzerland for that year, according to research organization World Economics. How can you protect yourself from cyberthieves?

Here are some suggestions that can help:

Watch out for “phishing” attempts. You may receive emails that appear to be from a legitimate firm, requesting information your financial institution would never request online — confirmation of an account number, password, Social Security number, credit card number and so on. These notes can look official, often incorporating a firm’s logo, so pay close attention to what’s being asked of you. Think twice before clicking or downloading. If you are suspicious about a communication, don’t click on a link or download an attachment — instead,

go to your financial firm’s website or use their app to verify they sent the information or request.

Become adept with passwords. Use a different password for each of your accounts and change your passwords regularly. Of course, maintaining multiple passwords can be confusing, so you might want to consider using password management software, which generates passwords, stores them in an encrypted database and locks them behind a master password — which is the only one you’ll need to remember.

Use your own devices. Try to avoid using public computers or devices that aren’t yours to access your financial accounts. If you do use another computer, clear your browsing history after you log out of your account.

Be cautious about using Wi-Fi when traveling. When you’re on the road, you may want to use public hotspots, such as wireless networks in airports and hotels. But many people don’t

realize that these hotspots reduce their security settings to make access easier, which, in turn, makes it easier for cyberthieves to intercept your information. In fact, some hackers even build their own public hotspots to draw in internet-seekers in an effort to commit theft. So, if at all possible, wait until you can access a trusted, encrypted network before engaging in any communications or activity involving your financial accounts.

Don’t give up control of your computer. Under no circumstances should you provide remote access to your computer to a stranger who contacts you, possibly with an offer to help “disinfect” your computer. If you do think your device has an issue with malicious software, contact a legitimate technician for assistance.

Know whom you’re calling for help.

If you need assistance from, say, a customer service area of a financial

institution, make sure you know the phone number is accurate and legitimate — possibly one from a billing or confirmation statement. Some people have been scammed by Googleing “support” numbers that belonged to fraudsters who asked for sensitive information.

Review all correspondence with your financial services provider. Keep a close eye on your account activity and statements. If you see mistakes or unauthorized activity in your account, contact your financial institution immediately.

Advanced technology has brought many benefits, but also many more opportunities for financial crimes. By taking the above steps, and others that may be needed, you can go a long way toward defending yourself against persistent and clever cyberthieves.

Jackie Taylor

Financial Advisor

3 Mill Street

PO Box 176

Meredith NH 03253

603-279-3161

Fax 866-532-8685

jackie.taylor@edwardjones.com

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

Before investing in stocks, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk which 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.

Comfort Keepers

Help seniors with dementia stay engaged with activities

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

In the early stages of dementia, many seniors show less interest in what was once their favorite activities, and that can be hard on the family and loved ones who want to help them. Routine activity, as long as it is carefully planned, can enrich the lives of those affected by dementia and support them in many ways by helping them stay focused and not wander; easing agitation; maintaining proper blood pressure, blood flow, blood sugar, and weight; keeping their minds sharp; potentially slowing down the decline of dementia; warding off depression; and building confidence as they begin to lose some of their abilities. Activities for people with dementia

do not have to be strenuous to be beneficial, and senior care experts offer numerous recommendations when planning activities. Routine activity, as long as it is carefully planned, can enrich the lives of those affected by dementia and support them in many ways by helping them stay focused and not wander; easing agitation; maintaining proper blood pressure, blood flow, blood sugar, and weight; keeping their minds sharp; potentially slowing down the decline of dementia; warding off depression; and building confidence as they begin to lose some of their abilities. Because of these benefits, it is important to provide ongoing opportunities for these seniors to remain engaged. Activities for people with dementia do not

have to be strenuous to be beneficial, and senior care experts offer these recommendations when planning activities: Explain the activities beforehand, even if you are not sure the person with dementia can fully understand your instructions. Do regular reevaluations of the person's abilities as their dementia progresses so you can adjust his or her activities and avoid frustration or agitation. Be aware of limitations, such as eyesight, the need for rest, and times of day that work best for the individual. Focus on enjoyment, not achievement and be careful not to criticize or correct the person. Let individuals with dementia know they are needed by asking for their help during activities of all kinds. Some activities that prove beneficial for seniors and help keep them engaged with those around them include the following: Talk about past loves and relationships. Most people with dementia can more easily recall events from the past compared to the present. Bring old out scrapbooks, photos and cards to help get and keep a discussion going. Talk about their favorite romantic memories, even crushes from their school days and early dating years. Listen to music. Create art. Use construction paper, felt, doilies, paints, markers, and stickers to create a work of art. Have the individual sign his or her name on the artwork and give them to facility staff, family, grandkids, and neighbors. Bake something sweet. If it is safe, make and decorate cookies using simple recipes or ready-made dough. Just like music, the smells of baking treats

might help bring back memories to share. Make craft flow-ers. Offer tissue paper with green pipe cleaners. Have participants cut or fold the paper into flower shapes and then glue them on the pipe cleaners. Offer clay as a craft element. Participants can make paperweights or boxes out of clay that can be baked and then painted. Molding clay offers an exercise that will keep fingers and hands strong. Make jewelry. Use colorful beads, which can be decorated with glitter or paint, and strings to create gifts such as key chains, or door and window hang-ers. In addition to exercising hands, beadwork helps improve and retain the ability to manage details. Create with fresh flowers. Buy planters and plant succulent and carnation arrange-ments. For a simpler activity, buy vases and an assortment of fresh flowers and embellish-ments the senior can assemble. Make gift bags to share. Buy decorative cellophane bags and an assortment of choc-olates and small gift items for the senior to create gift bags. This is a great activity that keeps seniors with dementia active in sort-ing items. Finally, remember to keep it fun. Make sure the activities are in line with the person's inter-ests and adjust them to his or her current abil-ity level to avoid frus-tration. Plan outdoor activities whenever possible, and be sure to vary activities to in-clude mental and physi-cal stimulation, as well as those that stimulate sight, smell, hearing, and touch. It is also im-portant to maintain a sense of structure even though the activities may be varied. Follow-ing these guidelines can offer a stimulating,

enjoyable holiday for the person affected by dementia and his or her loved ones. Comfort Keep-ers® can help Caring for others and ourselves can take a lot of thought and prepa-ration as we age. Our Comfort Keepers® can help encourage seniors to meet activity guide-lines, recommend ways to add more physical ac-tivity to their day, and can help to motivate a senior to stay active. Our trained caregivers can provide transpor-tation to a local park, a trail, or greenways to enjoy the outdoors together. Drive clients to scheduled doctor appointments, provide mobility assistance and meal preparation, and help with activities of daily living. We believe in Ele-vating the Human Spir-it by providing our clients with practical assistance and daily moments of joy. By giving equal parts com-panion, attention, and comfort, our goal is to help seniors feel inde-pendent again while promoting good health to enjoy their days.

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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FOXWOODS

CONTINUED FROM PAGE A5

that was a little different than I expected. In the end I got 28 cents back and almost called it a day until seeing the old-fashioned style machines. One more \$5 went into the machine and I wasn't really expecting to get more than the experience. After playing around with some buttons, I actually saw some bars fall into place and points rack up. Was I winning? According to the machine I now had \$15.75, \$10 more than I put in. I held myself to just play a quarter at a time until I won more or I was down to \$15 even. I ended up with \$16.75, then took the same strategy. When I had \$16 left, I contently cashed out. I was actually proud of that \$16 in new bills I got, they were more like a prize than just their monetary value. This was the most I have ever won doing any kind of gambling, my previous record being the rare \$10 prize from a scratch ticket. I capped off my trip with a visit to Guy Fieri's Foxwoods Kitchen and Bar. I honestly had to go here, being a Food Network enthusiast and all. I enjoyed a delectable pulled pork sandwich and just had to buy a souvenir t-shirt on the way out.

Soon I was back in my car and making the journey through Connecticut, Rhode Island, and Massachusetts, before returning to New Hampshire. Foxwoods was a pretty fun time and I do want to go back, though more to do some more fun stuff like the go karts or a visit to the Mashantucket Pequot Museum. I can't say I won't visit the slot machine again, though I hardly see a future as a high roller. Maybe a low roller? A lucky roller? Or maybe just as a New Hampshire tourist in a cool place.

BPL


CONTINUED FROM PAGE A3

Our staff would be happy to tell you more about the museum passes and reserve one for you to use. Friendly reminder that the library will be closed Monday, Jan. 2 in observance of New Year's Day and Monday, Jan. 16 in observance of Martin Luther King, Jr. Day. Make sure to grab a book, movie or a take home kit to keep you entertained over the holiday weekends. The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming.

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.

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PETS OF THE WEEK




Jenni

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



Gypsy

Gypsy is such a wonderful girl! She would do well in a home without other animals, but that's ok because she has a personality that can fill any home. She does require routine doctor visits and medications to regulate a skin allergy, but she takes her medicine great with her breakfast. Could Gypsy be your next best friend?



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Belknap EDC supports Clarena's Coffee

LACONIA — Clarena's Coffee is a woman-owned, woman-grown specialty coffee business. Owner, Clarena McKinney, started her e-commerce coffee business in April of this year, and has found great success, thanks in part to the support she received from Belknap EDC and NH SBDC (NH Small Business Development Center).

McKinney was born in one of the coffee regions of Colombia, the third largest coffee producer in the world, where her relatives were farmers.

When asked what drove her to start her e-commerce coffee business, McKinney reflected, "I have memories of the landscape of coffee trees and cherries. Pickers gathered in the morning, me walking barefoot in the coffee beds drying in the sun, jeeps carrying coffee on their rooftops, and, of course, the

smell of coffee percolating on a wood stove. I'm proud of that heritage."

In addition, she has memories of socially disadvantaged women around her. She wanted to support them.

"I created a company to help women in agricultural areas where coffee is produced and where most female coffee growers don't

have many opportunities," she says. "It's a for-profit business, but it's also about helping and empowering these women and their communities. I'm proud to bring high-quality coffee from small, women-produced coffee farms worldwide."

McKinney received a grant from Belknap EDC, which allowed her to develop her

e-commerce website and produce her recyclable coffee bags. The Belknap EDC recently partnered with the Community Development Finance Authority (CDFA) to present New Hampshire's Community Navigator Program with a goal to help more small businesses like Clarena's Coffee.

In addition, through

its partnership with NH SBDC, Belknap EDC connected her to NH SBDC Business Advisor, Rita Toth for some business advising at no cost to her.

The Community Navigator Program is designed to reduce barriers to accessing critical resources for small businesses with a focus on microenterprises, cooperatives,

and businesses in the early stages of development, owned by women, veterans, socially and economically disadvantaged, and underserved entrepreneurs. Clarena's Coffee is a great example of the types of small businesses that can be supported and find success through this program. For more, visit nhCommunityNavigator.org.



Notice to Tilton Residents

The Town of Tilton will cease providing curbside collection of recycling materials in 2023. Residents who want to continue to recycle should bring their recycling to the Town of Tilton transfer station located at the Department of Public Works, 581 West Main Street in Tilton. The transfer station is open on Wednesday and Friday from 1:00 p.m. - 3:30 p.m. and on Saturday from 9 a.m. to 1 p.m. Tilton residents accessing the Transfer station must display a current dump sticker which is available from the Town Clerk.

Starting in January, curbside solid waste pickup will be collected in Town over two days, Tuesday and Thursday, and a flyer from Pinard Waste Systems will explain the program and important dates.

Please visit www.tiltonnh.org for more information or call 603-286-4521.

Shaker Regional School District Public Hearing Notice

The Public Hearing for the 2023-2024 Shaker Regional School District proposed budget will be held Wednesday, January 11, 2023 at Canterbury Elementary School at 6:00 pm and Thursday, January 12, 2023 at Belmont Middle School at 6:00 pm.

Live broadcast available on the Shaker Regional School District YouTube Channel
To access the YouTube channel visit <https://www.SAU80.org>

A Public Hearing Book containing information about the proposed budget will be available on the district website, www.sau80.org or by contacting Kim Haley at 603-267-9223.



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ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

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ARTS

CONTINUED FROM PAGE A1
emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who

have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3) nonprofit that was for-

merly known as Spaulding Youth Center since 1958. Its scenic hilltop campus is located on over 500 acres in Northfield, NH and welcomes boys and girls from ages

4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on the Northfield campus, Spaulding Academy & Family Services' com-

munity-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more

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Will be responsible to interact with customers and perform sales for parts.

Must have a valid drivers license and reliable transportation to work.

Be able to learn the computer program for maintaining the small equipment repairs and general computer knowledge.


Must be self motivated, able to achieve goals without supervision and lift up to 50 lbs

Benefits:

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

Ability to commute/relocate:
Plymouth, NH 03264: Reliably commute or planning to relocate before starting work (Preferred)

To apply, please send your completed application to:
3 Lakes Landscaping
ATTN: Hiring Manager
1 Steel Drive Plymouth NH 03264
info@3lakeslandscaping.com
No phone calls, please.

**3 LAKES LANDSCAPE SUPPLY**

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
No phone calls, please.

**3 LAKES LANDSCAPE SUPPLY**

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





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GENERAL SERVICES

**Thursday, Dec. 29
BELMONT**
Boys' Hoops at Farmington Holiday
Tourney; TBD
Girls' Hoops at Farmington Holiday
Tourney; TBD

GILFORD
Boys' Hoops at Gilford Holiday Tourney;
TBD
Girls' Hoops at Gilford Holiday Tourney;
TBD

WINNISQUAM
Boys' Hoops at Gilford Holiday Tourney;
TBD
Girls' Hoops at Gilford Holiday Tourney;
TBD

**Friday, Dec. 30
BELMONT**
Boys' Hoops at Farmington Holiday
Tourney; TBD
Girls' Hoops at Farmington Holiday
Tourney; TBD

GILFORD
Indoor Track at Plymouth State; 10
WINNISQUAM
Indoor Track at Plymouth State; 10

**Tuesday, Jan. 3
BELMONT**
Boys' Hoops at Winnisquam; 7
Girls' Hoops vs. Winnisquam; 6

GILFORD
Boys' Hoops at St. Thomas; 6:30
Girls' Hoops vs. St. Thomas; 6

WINNISQUAM
Boys' Hoops vs. Belmont; 7

Girls' Hoops at Belmont; 6

**Wednesday, Jan. 4
BELMONT-GILFORD**
Hockey at Berlin-Gorham; 6
GILFORD
Nordic Skiing at Gunstock; 2:30
WINNISQUAM
Hockey vs. Sanborn; 5
Unified Hoops vs. Newfound; 4
Wrestling at Raymond; 6

**Thursday, Jan. 5
BELMONT**
Unified Hoops at Kennett; 3

All schedules are subject to change.

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Painters – 3rd Shift – Starting Pay \$20.00

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Process Tech – 2nd and 3rd Shifts– Starting Pay \$23.00

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\$2.00 per hour shift differential on 3rd shift.

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HELP WANTED

Vacancies Berlin Public Schools Berlin, NH

Business Administrator- April 3, 2023
Under the direction of the Superintendent, responsible for administering the business affairs of SAU 3 to provide the most effective use of the financial resources available. Serves as a contributing member of the SAU 3 administrative team and acts as advisor to the Superintendent of Schools. Responsibilities include hiring and training employees, assigning work, appraising performances, rewarding and disciplining employees, addressing complaints and resolving problems.
Qualifications:
Must be a NH Certified Business Administrator or a certifiable candidate with a minimum of a Bachelor's Degree in Business and five years of related experience.
Salary:
Commensurate with experience - Range \$62,802 - \$91,956
Benefits:
Health, Dental, Life/LTD insurances, NH Retirement, sick leave, 6 weeks vacation

Human Resources/Receptionist - April 3, 2023
Assists the Business Administrator and Superintendent with clerical tasks as requested. Responsible for the administration of employee benefits and the orientation of new employees. Daily communication with employees and the public.
Qualifications:
A minimum of a high school diploma and related experience is required. An Associate Degree and related experience is preferred.
Salary:
Commensurate with experience - Hourly range \$19.96 - \$27.39
Benefits:
Health, Dental, Life/LTD insurances, NH Retirement, paid sick leave, paid vacation

Detailed Job Descriptions are available upon request. Open until filled.

Applicants interested in either of these positions should send a letter of interest to Julie King, Superintendent, Berlin Public Schools, 183 Hillside Ave., Berlin, NH 03570 or jking@sau3.org. or apply on SchoolSpring. EOE



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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
EOE



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Madelyn Besagai drives along the baseline in action against Berlin last Monday.

RC GREENWOOD



Alyssa Edgren looks to take a shot in action against Berlin last week.

RC GREENWOOD

Shorthanded Raiders fall in double-overtime

BY JOSHUA SPAULDING
Sports Editor

BELMONT — In a game that needed two overtimes before someone emerged victorious, the Belmont hoop girls dropped a back-and-forth thriller to Berlin by a 56-54 score on Monday, Dec. 19.

“Tough overtime loss, but couldn’t be prouder of this team,” said coach Mike Andriski. “Down to seven healthy players

and going two overtimes tells a lot about this team.”

The Raider coach noted that his team had the chance to win the game in regulation and in the first overtime but couldn’t get the breaks to go their way.

Alyssa Edgren led the way for the Raiders with 18 points and 10 rebounds while Maddie Carrier was huge off the bench with 15 points in

her first varsity game. Lena Rodrigues added 11 points. Andriski praised the work of Madelyn Besagai on defense against Berlin’s top scorer, making her work for every single one of her 14 points. He also noted that Megan Divers and Kim McWhinnie battled on the boards all night against a larger Berlin squad.

“Proud of the team and the effort they put in

tonight,” Andriski said.

Belmont is taking part in the Mike Lee Holiday Basketball Bash in Farmington, which continues today, Dec. 29, and concludes

on Friday, Dec. 30, with the girls’ championship game at 5:30 p.m.

The Raiders return to regular season action on Tuesday, Jan. 3, hosting neighboring Belmont at

6 p.m.

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

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