

Minnisquam Echo

THURSDAY, FEBRUARY 13, 2025

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Raiders bring home two indoor track titles

Lacasse, 4X200 relay girls win Division II championships

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — It was a day earlier than originally planned thanks to Mother Nature, but even a big snowstorm couldn't keep the Belmont indoor track team from picking up a couple of Division II championships.

The Division II State Meet at Plymouth State University was moved from Sunday morning until Saturday afternoon due to the impending snow.

The highlight of the day had to be in the day's final event, the 4X200-meter relay, where the team of Hannah Young, Adeline Takantjas, Talia Watson and Ava Lacasse ran to the win in a time of 1:53.46, with Lacasse just edging out the Kennett runner at the line to bring home the championship.

This came not too long after Lacasse and



The Belmont team of (l to r) Adeline Takantjas, Hannah Young, Talia Watson and Ava Lacasse captured the Division II championship on Saturday evening.

JOSHUA SPAULDING

Takantjas teamed with Hailey Clairmont and Jaelyn Nialetz to place second in the 4X400-meter relay in a time of 4:24, a new school record for the Raiders.

Lacasse also picked up an individual championship on the afternoon. She ran to first place in the preliminaries of the 55 meters in 7.5 seconds and then led a Lakes Region sweep of the podium in the finals, finishing in first place in 7.47 seconds, ahead of Kylie Rapoza of Kingwood and Macy Sawyer of Gilford. Young finished in 15th place in the preliminaries in a time of 7.91 seconds.

Takantjas also picked up a sixth place finish in the 55-meter hurdles, running to sixth in the preliminaries in 9.63 seconds and then placed sixth in the finals in 9.59

SEE RAIDERS, PAGE A6

Tilton-Northfield, Franklin crews respond to building fire

TILTON — On Monday, Feb. 3 at 11:47 p.m., Tilton-Northfield Fire & EMS and Franklin Fire Department were dispatched to a building fire at 29 Chestnut St., Tilton. A first alarm was requested. The first arriving unit was the Chief of Franklin Fire Department. The chief observed heavy fire and smoke from the basement of a duplex style, two-story building. Tilton Northfield crews were delayed due to a cardiac arrest incident with CPR in progress on the outskirts of the district that occurred prior

to the fire and was ongoing.

Upon arrival, the Franklin crew forced a basement door. The crew advanced a hose-line and encountered heavy fire. After knocking the fire down in the basement, fire was seen on the first floor. Tilton Northfield crews arrived on scene and made an offensive fire attack on the 1st and 2nd floors. A second alarm was requested. Laconia, Sanbornton, Belmont, Gilford, Concord, Gilmanton, and Meredith EMS assisted on scene. The fire was brought under control at

1:52 a.m. Tuesday morning. Andover and New Hampton provided cover trucks and handled three additional 911 incidents during the fire.

The building is a balloon frame construction, which leads to rapid fire spread up the walls and into void spaces. Balloon frame construction poses unique firefighting problems due to the lack of horizontal fire stops between the studs of the exterior walls.

The fire cause is unknown at this time. No civilian or firefighter injuries were reported. One pet was lost in the

fire, and another is missing. The Red Cross is assisting four people.

"Our mutual aid partners were outstanding," said Capt. Jon Powell of Tilton-Northfield Fire & EMS. "Chief Foss and Franklin Fire's automatic response made a real difference today, especially with Tilton Northfield crews engaged in the previous incident. All the mutual aid companies worked tirelessly, given the challenges of the Balloon construction. We're fortunate to have such dedicated and skilled departments supporting us."

Tilton Senior Center collecting used eyeglasses

TILTON — During the month of February, the Tilton Senior Center is collecting used prescription eyeglasses and readers (no sunglasses) for the Franklin Lions Club's Recycle for Sight Program.

Through this program, used eyeglasses are cleaned, sorted and packaged for distribution to optical missions around the world.

Your used eyeglasses may be dropped off at the Tilton Senior Center, 11 Grange Rd., Tilton, Monday through Thursday, 9 a.m. to 2 p.m. or at the Hall Memorial Library, 18 Park St., Northfield, during their open hours.

Wrong-way driver arrested for impairment, other charges



NORTHFIELD — A Concord man was arrested after driving the wrong way and damaging multiple other vehicles on Interstate 93.

At 4 p.m. on Feb. 6, State Troopers assigned to the Troop D barracks

received a report of a pickup truck traveling northbound in the southbound lanes of I-93 in Concord, just north of Exit 16. Troopers responded immediately and coordinated with local agencies to slow traffic along the inter-

state while they started looking for the reporting wrong-way driver. A winter storm was moving through the area at the time and the road was partially covered by snow. Additional reports from other drivers were received as the driver

of the pickup continued north in the southbound lanes.

Within minutes, a Trooper slowing traffic in an attempt to prevent a high-speed, head-on crash encountered the blue pickup truck, which was continuing in the wrong direction. The Trooper's emergency lights were fully activated; however, the driver failed to stop and drove around the Trooper and a line of other vehicles. Soon after, Troopers learned the wrong-way driver struck two southbound vehicles near mile marker 47 and did not stop, continuing north in the southbound lanes.

At 4:11 p.m., another Trooper was able to stop traffic ahead of the wrong-way pickup near mile marker 52 and used their cruiser to block the

right lane and the breakdown lane, while deploying a tire deflation device in the left lane. Three of the truck's tires were deflated as a result, and the pickup was eventually stopped in the high-speed lane where Troopers took the driver into custody. The driver was then identified as Matthew Burt, 33, of Concord.

Troopers have determined that Burt traveled at least 12 miles in the wrong direction on I-93 and caused damage to three vehicles throughout the incident. Burt has been charged with aggravated driving under the influence (DUI), two counts of felony reckless conduct with a deadly weapon, two counts of conduct after an accident, disobeying an officer, reckless operation, and driving an

unregistered vehicle. He was held at the Merrimack County Jail pending arraignment.

The drivers of the other vehicles struck by the wrong-way pickup were evaluated on the scene by emergency medical services as a precaution.

The New Hampshire State Police would like to thank the many witnesses who contributed to the safe resolution of this incident, in addition to assistance from members of the Canterbury, Northfield, and Tilton police departments.

Anyone with additional information that may assist the investigation is encouraged to contact Trooper Ben Olmstead at Benjamin.M.Olmstead@dos.nh.gov.

Comfort Keepers

Cataracts: Helping seniors detect cataracts and get the help they need

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Cataracts occur when the lens of the eye becomes cloudy and affects the retina's ability to properly interpret and transmit signals of light to the part of the brain that governs sight. When the brain receives a cloudy signal, vision then becomes cloudy or blurred. Although rare cases exist in which babies are born with congenital cataracts, cataracts most commonly affects older adults, especially those over the age of 80.

Who is at risk?

Causes of cataracts can vary. As mentioned above, some can be present at birth. In adults some cataracts are caused by ultraviolet light exposure, while others are the result of previous eye injury. Cataracts can also form after eye surgery or as a result of diabetes. Some reports link smoking, alcohol consumption, sustained exposure to sunlight and/or steroid usage to cataracts.

When cataracts develop due to aging, as most do, they are most commonly a result of the proteins contained in the eye's lens bunching together and in turn, distorting vision. Cataracts can affect one or

both eyes. Sometimes small cataracts only affect partial vision. However, generally cataracts continue to grow larger over time, causing multiple vision problems.

Signs of cataracts developing

- Blurred vision
- Difficulty reading
- Poor vision at night
- Halos around lights and/or sensitivity to bright lights
- Discoloration of the eye's lens - usually yellow/brown
- Brown tinge to things you can see and/or colors seem dull
- Inability to tell the difference between blue, purple and black colors (in advanced stages)

Diagnosis and treatment and prevention

Those in the medical field recommend comprehensive eye exams every two years for adults 60 years and older. These types of exams can de-

tect early signs of cataracts, as well as other diseases that affect the eyes (e.g., glaucoma, macular degeneration). For cataracts in early stages, prescription glasses may help alleviate some of the early symptoms. In other cases, surgery is needed to replace the old lens with an artificial lens.

While many cataracts are caused by the simple wear and tear on the eye's lens as people age, there are preventative measures one can take that may deter cataracts from developing. These include:

- Refrain from smoking, drinking and steroid use (unless steroids are deemed necessary by your doctor to treat a medical condition)
- Wear sunglasses that protect your eyes from harmful ultraviolet light when outdoors
- Make sure your diet contains green, leafy vegetables and other foods that have high lev-

els of antioxidants
Talk with seniors to ensure they understand the warning signs and symptoms of cataracts. Encourage a visit to a vision specialist if there is concern. The earlier a diagnosis is made, the better the chances of treating conditions that affect their eyes as people age.

Comfort Keepers® can help

Comfort Keepers® provides uplifting in-home care that helps seniors thrive. Our specially trained caregivers focus on developing genuine relationships with clients, keeping them physically and mentally engaged while ensuring they experience joy in their daily activities. 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. If you know a patient or family that could benefit from Comfort Keepers' services, they can reach out for a free consultation. Please call 603-536-6060 or visit our website, NHComfortKeepers.com. Let's work together to help individuals age comfortably and confidently at home.

References
The National Eye Institute, National Institutes of Health. Cataracts: signs, symptoms and diagnosis. Retrieved on July 5, 2012 from agingcare.com/Articles/What-is-a-Cataract-age-related-eye-diseases-108282.htm

Fairfield University congratulates Dean's List

FAIRFIELD, Conn. — Caitlin Connelly and Haley Stanley of Tilton received Dean's List Honors for the Fall 2024 semester.

In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester; have no outstanding or incomplete grades for that semester; and have attained a semester grade point average of 3.50 or better.

Milee Perrino named to University of Hartford Dean's List

WEST HARTFORD, Conn. — The University of Hartford is pleased to announce that Milee Perrino of Sanbornton has been named to the Dean's List for the spring 2024 semester. The entire UHart community is proud to celebrate Perrino's hard work and academic success.

Spread across seven dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades. On our 350-acre campus alongside Connecticut's capital city, approximately 4,100 undergraduate and 1,800 graduate students representing 48 states and 51 countries come together for a common purpose: to collaborate across different disciplines, diversify perspectives, and broaden worldviews. We're a four-year private university focused on advancing the public good through meaningful connections within our communities. Our unique approach to comprehensive education gives us the critical perspectives that lead to impact change, regionally and beyond. With degree programs spanning the arts, humanities, business, engineering and technology, education, and health professions, we focus on doing the work that matters.

Tilton Senior Center hosting ham & bean supper

TILTON — The Tilton Senior Center is hosting a ham and bean supper on Saturday, Feb. 15 from 4 to 6:30 p.m. The menu will include choices of ham, mac & cheese, baked beans, Cole slaw, and garlic bread served with coffee and dessert. Tickets are \$10 for adults and \$5 for children aged ten and under.

The proceeds will benefit the operational expenses of the center, which is located at 11 Grange Rd. in Tilton. Tickets will be sold at the door. For more information, please call 603-527-8291.

HIGH SCHOOL SLATE

Friday, Feb. 14

- BELMONT Boys' Hoops at Conant; 7
- Girls' Hoops vs. Conant; 6
- GILFORD Boys' Hoops vs. Kearsarge; 6
- Girls' Hoops at Kearsarge; 6:30
- WINNISQUAM Boys' Hoops vs. Fall Mountain; 7
- Girls' Hoops at Fall Mountain; 6:30

Saturday, Feb. 15

- BELMONT Swimming at UNH; TBD

BELMONT-GILFORD

- Boys' Hockey vs. Monadnock; 6:45
- WINNISQUAM Wrestling at Hollis-Brookline; 9:30

Wednesday, Feb. 19

BELMONT-GILFORD

- Boys' Hockey vs. Kingswood; TBD
- GILFORD Nordic Skiing at Fall Mountain; 2:30
- WINNISQUAM Boys' Hockey at Pembroke-Campbell; 7:30

All schedules are subject to change.



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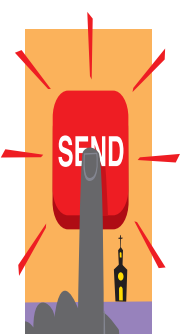


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Laconia Historical & Museum Society hosting Annual Meeting Feb. 18



COURTESY

Lily Lescarbeau, a member of the Laconia High School Class of 2024, received the first LHMS Warren D. Huse Honorary Student Membership during the LHMS Annual Meeting in 2024. At the next Annual Meeting, scheduled for February 18, 2025, another LHS student will be awarded this honor, and an eagerly anticipated announcement will be made. This event is free and open to our community. From left to right: Warren Huse (LHMS), Lily Lescarbeau (Honorary Membership Recipient), Carri Lescarbeau, Pam Clark (LHMS), Lisa Hinds (LHS Principal).

Audubon announces program on wildlife photography



MOULTONBOROUGH — On Thursday, Feb. 20 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program on “Wildlife Photography Close to Home,” presented by Matt Cohen.

Cohen, a talented wildlife and nature photographer from New Hampshire, brings the beauty of the natural world to life through his stunning imagery. A proud New Hampshire native living in Moultonborough, he draws inspiration from the breathtaking landscapes and diverse wildlife that surround us. Join Matt as he shares captivating stories and photography tips from his local wildlife adventures, featuring encounters with owls, eagles, loons, wood ducks, and even moose in their natural local habitats.

Cohen is a member of the NH Audubon Society and the Loon Preserva-

tion Committee, helping to track and monitor eagle nests in New Hampshire and protect our beloved eagles and loons. Much of his extraordinary work is captured from the unique vantage point of his kayak, as he navigates the serene waterways of the region. Experience the wonder of nature through Matt’s lens and discover how his passion

for photography fosters deeper connections with the world around us.

The Loon Center is located on Lee’s Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee’s Mill Road.

LACONIA — The Laconia Historical & Museum Society is hosting its annual meeting on Tuesday, Feb. 18, at 8 a.m. The event will be held at the LHMS building at 65 Water St. Light refreshments will be served during the meeting.

The meeting agenda includes recognition and celebration of 2024 accomplishments, society business, the Warren D. Huse Honorary Membership presentation, and a long-awaited announcement. The event is open to current LHMS

members, and anyone interested in protecting, preserving, and sharing Laconia’s story.

Please RSVP to info@laconiahistory.org with the “Annual Meeting”

subject line by Saturday, Feb. 15. For more information about this or other LHMS events, please visit laconiahistory.com or follow LHMS on Facebook and Instagram.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Jan. 27 to Feb. 3.

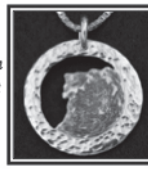
Jordan T. Talbot, age 27, of Portland, Maine was arrested on Feb. 1 for driving after revocation or suspension of license.



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Opinion

Letter submission policy

Letters to the Editor must include the author's name, address, and a day-time 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.

Reserve your judgment

We see it on Facebook, and other social media accounts — seemingly happy people carrying on about their lives without a care in the world. As we scroll, we tend to pass judgements on what is in reality, a blip in the lives of those who's photos we are currently looking at. A mere moment that perhaps lasted less than a second is captured, and in that moment, we feel that we are free to make a distinction on what that individual is going through in the moments and days prior, or what they may be feeling like in the moments just after. Don't do that.

The best way to find out how a friend, co-worker or family member is, is to simply ask them. With the past year being what it was, mental health issues and rates of suicide are sky rocketing. Is this really a time to pass judgement? Or is this an opportunity to lift those up around us and to make sure that we're all hanging in there?

As humans, some of us can handle any given situation with more grit than others. Some can carry on for just so long until it just becomes too much. Those that have that grit, are those who have the ability to extend their hand, tell someone that they will be ok and that they are not alone. Support for a person overwhelmed, depressed or anxious is paramount to their well-being. Sure, it feels good to act tough, and announce that X, Y, or Z doesn't bother you, but the world is not all about you and it never will be. Be kind, it just feels better.

When a person breaks their leg and can no longer work for a time, they are sent flowers, offered encouraging words of support, given sick time and sent home with casseroles. If a person with a mental health condition takes time off to regroup and to seek the help and therapy that they need to, you know... live...it becomes an issue. Because you can't see the injury. What you might see is a smile that lasted a split second, and you pass judgement — "Oh they aren't really sick." Guess what — you are wrong. Make no mistake, we all go through challenging times, but that doesn't mean that we all handle them in the same way.

Discrimination against a person with any health issue, whether it be physical or mental, is illegal. Furthermore, it is morally wrong. Do we really want to be a society that has stopped supporting one another? We vote no. When we see a neighbor plow the driveway of the house down the street, or three neighbors pulling a stranger's car out of a ditch, we are reminded of how at our cores, we are all kind.

Take note — mental illness is not a character defect. There are many reasons a person may develop an issue, whether it's temporary, brought on by stress, illness or whether it's genetic. Some anxiety may resurface as an adult, due to childhood trauma. Either way, we don't know, unless we know.

When people do not understand mental illness, they tend to exhibit prejudice against those who admit they have an issue. Those people are often treated as though they don't have a real health issue and are then discriminated against. This leads to shame in the person who openly admits that they need help, and so the stigma surrounding mental health is born.

Many workplaces have excellent support systems in place for employees who need help, these to include police and fire departments. These places are to be commended for looking out for one another.

Here are ways to decrease the stigma, be in the know and help your neighbors. Educate yourself, be aware of your attitude towards those who confide in you, pay attention to your judgements and choose your words carefully. When you do educate yourself, spread the word. Treat those around you with respect and offer encouragement, or a slice of pizza; anything goes. We say it often — take care of each other; now more than ever. You will find that it's easy to be kind.



Gather some friends and join at the Belknap Mill Museum on Wednesday, Feb. 26 from 1-3 p.m.! Stephanie McQuade will guide you step-by-step through painting this watercolor on canvas Highland Cow from start to finish. Visit www.belknapmill.org/classes for more information and to register.

COURTESY

Input = output

Life isn't just a straight path—it's a series of bizarre, sometimes embarrassing, and unpredictable phases. And when you think about it, every phase reflects whatever we're obsessing over.

When you're a kid, you go through the "Dinosaur Phase" because all your books, toys, and conversations revolve around velociraptors and stegosaurus. You have so much dinosaur knowledge that, if necessary, you could confidently give a TED Talk on the Jurassic period. Then comes the "Only Eats Chicken Nuggets Phase," where every meal had to be beige or else it was unacceptable. Don't forget about the "Think You Can Dig to China Phase" because you saw a cartoon where that seemed entirely possible, so obviously, it must be true.

When you thought you outgrew phases, adulthood sneaks up with a new set of weird obsessions. First, there's the "Mom, Drop Me Off a Block Away Phase" (because nothing is more humiliating than parental affection). Then comes the "Too Cool to Smile in Photos Phase," which, for some people, tragically, never ends.

They probably saw a brooding Johnny Depp picture, noticed he never smiles, and thought, Yes. This is how I shall present myself to the world now.

Life keeps shifting, and so do our perspectives.

I remember a time when everything felt terrific—I was happy, positive, and convinced life was just one big, exciting adventure. And then, I got my heart broken for the first time.

Suddenly, my world went from a Disney movie soundtrack to an entire playlist of songs where it's always raining, and someone is whispering about lost love. That's when I entered my "Brooding Philosopher Phase," where I was sure no one had ever suffered heartbreak as profoundly as I had. I wrote deep, angst journal entries. I stared pensively out of the windows. I considered getting into poetry.

And here's the thing: I stayed in that dark phase for a while. Until I realized something—I'd stay stuck there forever if I didn't consciously shift my focus. I wasn't just feeling negative; I was feeding myself negativity. Sad songs, dramatic

journal entries, endless overanalyzing—it was no wonder my world felt bleak.

That's when I noticed something: humans are like computers—what you feed in determines what comes out. The thoughts, media, and conversations we consume shape how we feel and respond to the world.

If you constantly feed your brain negativity, stress, and worst-case scenarios, don't be surprised when your mood and outlook reflect that. But if you intentionally focus on positive, hopeful, or even just humorous things, your mind starts processing the world differently.

Simply put, we have far more control over our mindset, emotions, and the phases we go through than we often realize. The inputs we choose—what we watch, listen to, and focus on—directly shape our thoughts, attitudes, and even our outlook on life.


I often listened to Zig Ziglar; he was all about positive input. He once said, "You are what you are and where you are because of what has gone into your mind. You can change what you are and where you are by changing what goes into your mind."

Basically, if you binge-watch bad news, scroll through negativity, and surround yourself with toxic conversations, don't be surprised when your thoughts follow the same pattern. But your perspective will shift if you flood your brain with encouragement, uplifting ideas, and solutions instead of problems.

Ziglar often compared the mind to a garden. "Whatever you plant is what you'll grow. If you plant negativity, doubt, and fear, that's exactly what will flourish. But if you plant positivity, hope, and gratitude, that's what will take root." In other words, your brain is like a stubborn houseplant—water it with good stuff, and it thrives. Feed it junk, and it shrivels.

So, the next time you catch yourself stuck in a negative loop, remember: you get to choose the phase you're in. All you need is better input.

Your mindset isn't about what happens to you. It's what you feed it. Fill it with negativity, and your world shrinks. Feed it hope, humor, and possibility; suddenly, life feels bigger, lighter, and full of potential.



Winnisquam Echo

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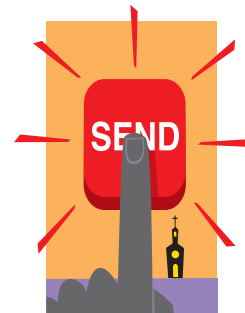
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Nurturing Cognitive Health in Later Life: 9 Practical Tips

As we progress through life, cognitive health becomes increasingly important for maintaining our overall well-being. Supporting our brain health is essential for preserving memory, focus, mood, and independence. In this article, we will discuss a range of strategies to enhance mental sharpness and promote a vibrant mind during the later stages of life.

Mental Stimulation
Engaging in cognitively challenging activities can help stave off age-related cognitive decline and improve overall brain health by keep-

ing the brain engaged, strengthening existing brain connections, and building new ones.

How to Start: Stay curious, read books, solve puzzles, or play a game. Continue with activities you love, rediscover old hobbies and skills, learn something new, and get creative.

Physical Activity
Exercise is one of the best ways to support brain health. It improves blood flow, reduces inflammation, and stimulates the growth of new brain cells.

How to Start: Enjoy a walk with a friend or try low-impact exercis-

es, such as tai chi, gentle yoga, dance, water aerobics, or join a class. Even light gardening or household chores can help.

Always speak with your healthcare provider to determine exercises that are safe for you.

Social Engagement
Maintaining strong social connections and meaningful relationships has been linked to reducing cognitive decline, improving mental sharpness, warding off feelings of loneliness, supporting a sense of belonging, and helping to prevent and treat depression.

How to Stay Engaged: Attend social gatherings (there are many transportation services that can help), join clubs or groups, volunteer, attend church services, consider a pet, and try to stay connected with family and friends.

Prioritize Quality Sleep
Sleep is crucial for sorting and storing memories, clearing waste products from the brain, and helping our bodies and brains heal and repair.

Tips for Better Sleep: Avoid caffeine late in the day, maintain a consistent sleep schedule, allow yourself to wind down before sleep, avoid naps (if unavoidable, keep them under 20-30 minutes), establish a relaxing sleep routine, and aim for at least 7-9 hours of sleep.

Eat a Brain-Healthy Diet

What we eat plays a powerful role in supporting our memory and cognitive health as well as maintaining a healthy mood, reducing inflammation, and preventing illness.

What to Eat: Consume a variety of foods such as vegetables, fruits, nuts, berries, whole grains, fatty fish (like salmon), olive or avocado oils, fermented foods, whole grains, and foods high in omega-3 (like walnuts and flaxseed). Do not forget to hydrate.

What to Avoid: Reduce added sugars, processed foods, unhealthy fats (such as saturated and trans fats), foods high in sodium, refined carbohydrates, and tobacco and alcohol use.

Make Small Changes: Consider negotiating with yourself to establish slower, more sustainable nutritional changes.

Manage Your Stress
Stress can impair our thinking, memory, decision making, and overall cognitive function.

Tips to Manage Stress: Laugh, engage in calming practices like hobbies, mindfulness meditation, and deep breathing exercises. Confide in those close to you, get out in nature, focus on things that make you feel grateful (either mentally or written in a journal), review or share old memories (such as photos, videos, or sto-

ries), engage in religious and spiritual practices, and seek mental health support for chronic stress management.

Protect Your Brain Against Falls

Falls are a leading cause of head injuries, which can harm cognitive function.

Prevention Tips: Remove tripping hazards, install grab bars, wear comfortable non-slip shoes, ensure good lighting, practice balance exercises to improve stability, and seek additional support from occupational or physical therapy if you struggle with weakness, numbness, or tingling sensations in your body.

Monitor and Treat Medical Conditions

Illnesses harm cognitive function from inflammation or direct injury.

Health Management: Schedule regular check-ups-do not forget dental exams, eye exams, and hearing tests (impaired hearing is a risk factor for cognitive decline). Use tools like medication lists and pill organizers to keep track of your medications, let all your healthcare providers

know all the medicines you are on, and assure you know the reasoning and necessity behind each of your treatments.

Listen to Music

Listening to music helps to promote new brain connections and has been proven repeatedly in research to prevent and delay the progression of dementia.

Consider: Listening to music you have always loved (nostalgia helps too) and trying new music, playing it in the background of your home, learning a new instrument, or attending a concert or play.

About the author:
Jennifer Keller is a dedicated Psychiatric Nurse Practitioner with extensive experience in geriatric mental health and cognitive well-being at her private practice, Mountainside Mental Health located in Ossipee, NH.

With decades of experience, Jennifer Keller is committed to empowering individuals in later life by providing strategies and support for maintaining emotional resilience and cognitive health.


Read more to improve overall health

Aging is often associated with minor forgetfulness and loss of cognitive function, but it does not cause the types of issues that arise with dementia. According to Medical News Today, millions of people around the world have dementia, which is a term given to various chronic neurodegenerative conditions that affect cognitive abilities and memory, including Alzheimer's disease. Research is ongoing in an effort to understand more about what can be done to reduce dementia risk and cognitive impairment. Reading may be something to explore. A study published in 2021 in Neurology found that high levels of cognitive activity, such as reading, playing games like checkers and puzzles, and writing letters, can delay the onset of Alzheimer's disease by 5 years among those aged 80 years and over. So how can people read more? Consider these five ideas.

1. Carry a book or e-reader. Turn to a book rather than a cell phone for entertainment while waiting at appointments, school pick-up, commutes, and other times when waiting is necessary.
2. Get newspapers delivered. Getting the news online can be convenient, but once you're on the internet it's easy to go down various rabbit holes that take you away from news information sites. Rather, pick up a newspaper and read it each day. You'll be strengthening cognitive health and supporting your local community in the process.
3. Join a book club. Book clubs are popular ways to meet new people and read regularly. Socialization opportunities and reading are great for seniors who may worry about cognitive health.
4. Get a library card. Visiting the library is still a fashionable thing to do. It's often a community hub for activities, and provides the most affordable place to get reading material.
5. Stop into a bookshop while shopping. Make a point of popping into a book retailer while out and about. You never know what might pique your interest, particularly when visiting smaller, independent booksellers.



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RAIDERS

CONTINUED FROM PAGE A1
seconds.

Ava Tonkin also qualified for the Division II State Meet and finished in 10th place in the shot put with a toss of 26 feet, 1.75 inches.

For the Raider boys,

Ethan Rivera had the top finish, throwing 43 feet, 2.5 inches to place seventh overall with Brady Filteau finishing in 11th place with a time of 38 feet, 3.25 inches.

Cullen Decato finished in seventh place in the 55-meter hurdles preliminaries in a time

of 9.03 seconds and then placed eighth in the finals in 9.13 seconds. David Tripp finished in 13th overall with a time of 9.47 seconds.

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



Adeline Takantjas clears a hurdle during action in the Division II State Meet on Saturday.



Ava Lacasse ran to the Division II championship in the 55 meters on Saturday at Plymouth State University.



Cullen Decato races over the hurdles during action at Plymouth State University on Saturday evening.

Registration open for Mount Washington Road Race

PINKHAM NOTCH — As the snow falls in the Northeast, runners can look forward to the opening of the random selection registration for the 64th Delta Dental Mt. Washington Road Race. Random selection registration opened Feb. 10 and will be open until Feb. 24 at 11:59 p.m. Random selection registrants can register individually or as a part of a registration group. Runners registering as a group (up to 15 runners) will either all be selected together or all be turned down by the lottery. Notification of acceptance or rejection by the random selection will be sent via e-mail to each applicant on Feb. 27, and the entry fee, charged only to those selected by the lottery, is \$130 not including administrative fees.

The charity registration, which offers 200

slots on a first come first serve basis, sold out in minutes on Jan. 15. The continued support for this option shows the generous spirit of the Mt. Washington running community, as well as the deep desire to take part in such an incredible event. The charity registration, now in its fourth year, provides financial assistance to the Coös County Family Health Services. The Coös County Family Health Services provides vitally needed health care, social services, and dental care to the rural residents of Northern New Hampshire, care that would otherwise require travels of great distances to large regional facilities. The ability to provide high quality care and services locally, services that people in cities and larger towns take for granted, is the

mission of Coös County Family Health Services.

Sponsored by Delta Dental, the race ascends the Mt. Washington Auto Road from Pinkham Notch to the 6,288-foot summit of Mt. Washington. Runners can expect to be challenged by the unrelenting grade (averaging 12 percent), Mt. Washington's famously high winds, precipitation, and unpredictable temperatures which makes this race truly one of a kind. Prizes include \$1,000 apiece for the first male and female finishers, smaller cash prizes for the next five men and women and the top three male and female masters (over 40), prizes for the first male and female finishers from New Hampshire, and a \$5,000 bonus for setting a new course record.

Stevens wins Gunstock slalom to wrap up regular season

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Belmont alpine ski team got in its final tuneup for the Division III State Meets, as the Raiders competed in giant slalom and slalom at Gunstock on Friday, Feb. 7.

In the morning giant slalom, Ella Stevens led the Raider girls with third place in 1:23.17, with Riley Degange in 18th place in 1:34.39 and Meg Soucier in 24th in a time of 1:37.89. Anna McDonald finished out the scoring in a time of 1:51.44 for 33rd place while Sarah Cribbie finished in 38th place with a time of 2:00.4.

Stevens came through with the win in the afternoon slalom in a time of 1:24.85. Soucie was next for the Bears, placing 15th in 1:56.27 and Degange was 17th overall in a time of 1:59.64. McDonald finished in 26th in a time of 2:18.37 to finish the scoring and Cribbie was 29th overall in a time of 2:25.17.

The Raider boys were led by Mathias Krauchunas in the morning giant slalom in a time of 1:27.27 for 11th place. Ryan Cribbie was 12th in a time of 1:27.6 and Landon Bormes was 20th in 1:33.28. Henry Ashworth finished out the scoring in a time of

1:36.54 for 28th place.

Krauchunas led the Raiders in the slalom as well, finishing in 12th place in a time of 1:40.35. Bormes was 15th in a time of 1:45.61, Cribbie put up a time of 1:55.73 for 22nd place and Ashworth finished in 2:12.28 for 26th place overall.

The Raiders competed in the Division III State Meets, which took place after deadline Monday and Tuesday at Gunstock.

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

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Red Raider girls push past Lakers

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — For the second time in two weeks, the Inter-Lakes and Belmont girls' basketball teams took to the court, this time in Meredith on Tuesday, Feb. 4. The Lakers kept things close most of the way, but the Raiders pulled away with the 52-34 win.

Madelyn Besegai drained her first ever three-pointer to start the game for the Raiders before Riley Anderson answered with a bucket for the Lakers. After Besegai hit another hoop, Anderson answered and Gracie Stephens drilled a three-pointer for the Lakers, giving the hosts the 7-5 lead.

Anderson hit another hoop to extend the Inter-Lakes lead but Maddie Carrier hit a three for the Raiders and Bailey Perkins hit consecutive hoops to close out the quarter and Belmont took the 12-9 lead to the end of the first quarter.

Perkins hit a free throw, Besegai hit a bucket and Madison Smith drained a three to start the second quarter for the Raiders, opening the lead to 18-9. Anderson connected on a free throw to get the Lakers on the board and after a Raider basket from Sami O'Connor, Tessa Mutney connected for the Lakers to make it 20-12 in favor of Belmont.

Another Carrier three-pointer upped Belmont's lead to 11 but a bucket from Stephens and a free throw from Soriya Richards cut that lead down to eight. Carrier drilled another three-pointer for Bel-



Madelyn Besegai dribbles along the baseline in action last week against Inter-Lakes.



Molly Reposa looks toward the basket during her team's win against Inter-Lakes last week.

mont and Emily Doda hit a free throw for Inter-Lakes to close out the first half, putting the score at 26-16 at the break with Belmont in front.

Doda hit a hoop and then putback a rebound to start the second half for the Lakers, cutting the lead to 26-20 before Carrier hit a free throw and a bucket to push the Belmont lead back to nine. Brooke Taylor connected on a basket for the Lakers but Belmont got a trio of hoops, two from

Lyla McSheffrey and one from Jenna Laramie to push the lead to 35-22.

Anderson converted a three-point play for the Lakers and then hit another free throw to cut the lead to nine. However, Smith drilled another three-pointer and the Raiders took the 38-26 lead to the final eight minutes.

Bella Kimball got the Lakers on the board to start the fourth quarter before Perkins hit a free throw at the other end. Kimball connected on

another basket but Belmont got a hoop from Mia Ellis and three free throws from Laramie to push the lead out to 45-30.

Emily MacLean hit a hoop for the Lakers before Ellis drained a three-pointer for the Raiders. Doda drained a free throw before Perkins and Megan Divers hit consecutive baskets for the Raiders. Anderson finished off the scoring for the Lakers with a free throw for the 52-34 final score.

Carrier and Perkins led the Raiders with 12 points apiece and Anderson led the Lakers with 12 points.

Belmont wraps up the regular season on Friday, Feb. 14, at home against Conant at 6 p.m.

Inter-Lakes wraps up the regular season today, Feb. 13, at Newfound at 6 p.m.

BHS 12-14-12-14-52
ILHS 9-6-10-8-34

Belmont 52
McSheffrey 2-0-4, El-

lis 2-0-6, Carrier 4-1-12, Laramie 1-3-5, Besegai 2-0-5, Perkins 5-2-12, Smith 2-0-6, Divers 1-0-2, Totals 19-6-52

Inter-Lakes 34
Taylor 1-0-2, Kimball 2-0-4, MacLean 1-0-2, Doda 2-2-6, Stephens 2-0-5, Anderson 4-4-12, Richards 0-1-1, Mutney 1-0-2, Totals 13-7-34

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

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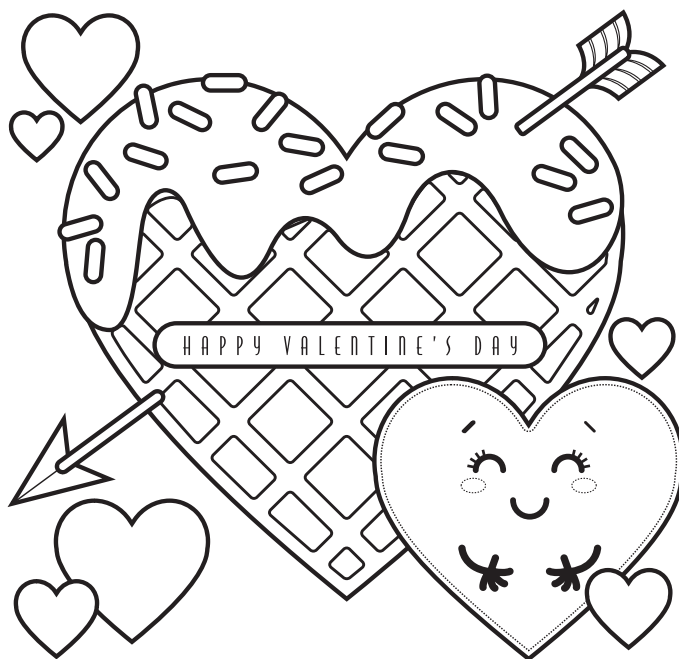
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THIS DAY IN HISTORY



1778: The United States flag is formally recognized by a foreign naval vessel for the first time.

1849: James Knox Polk becomes the first serving President of the U.S. to be photographed.

2005: YouTube is launched.

Fun FACT:

Around 250 million of these are grown for Valentine's Day each year. They are a popular offering as a gift of love.

Answer: Red roses

Double Word Puzzle

Unscramble the words to reveal the sentence.

SORSE

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DNCYA

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GTIF

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RBAE

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M	
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V	L						
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Answer: Be my Valentine

NEW WORD

INFATUATE

to be inspired with short-lived passion

How they say that in...

- English: Love
- Spanish: Amor
- Italian: Amore
- French: Amour
- German: Liebe

Did You Know?

Conversation hearts started out as a throat lozenge invented by Boston pharmacist Oliver Chase.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Rose bouquet

⊙ * ✎ ☺ ☼ ~ ⓪ Ⓜ Ⓝ ✧ * ⚙ ✕ ✖ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡ ✢ ✣ ✤ ✥ ✦ ✧ ✨ ✩ ✪ ✫ ✬ ✭ ✮ ✯ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿ ♂ ♀ ♁ ♂ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♂ ♀ ♁ ♂ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

Solve the code to discover words related to Valentine's Day. Each number corresponds to a letter. (Hint: 3 = R)

A. 23 14 3 18 16

Clue: Greetings

B. 3 9 16 20 16

Clue: Popular flowers

C. 3 9 19 14 24 23 20

Clue: Strong feeling of attraction

D. 17 20 10 3 4 14 3 5

Clue: Second month

Answers: A. cards B. roses C. romance D. February

SUDOKU

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

Level: Advanced

Here's How It Works:

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

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

ANSWER:

Bears wrap up season at Plymouth State University



JOSHUA SPAULDING

Brendan Goodwin rounds a corner on his way to a fifth place finish in the Division II State Meet on Saturday.



Nolan Abbott runs in the 600 meters during action at Plymouth State University on Saturday evening.



Denessa Williams runs for Winnisquam during Saturday's Division II State Meet.

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The indoor track season wrapped up for the Winnisquam indoor track team on Saturday at the Division II State Meet. The meet was originally scheduled to take place on Sunday morning but was moved to Saturday afternoon due to the impending snowstorm.

At Plymouth State University, the top performance for the Bears came in the 600 meters, where Brendan Goodwin finished in fifth place in a time of 1:27.48 and teammate Nolan Abbott finished one spot behind in 1:29.07.

Denessa Williams ran to 12th overall in the 300 meters in a time of 46.13 seconds and then teamed with Emily Tripple, Zariah Moore and Kaiden Robb to finish in 13th place in the 4X200-meter relay at the end of the night, finishing in a time of 1:59.79.

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



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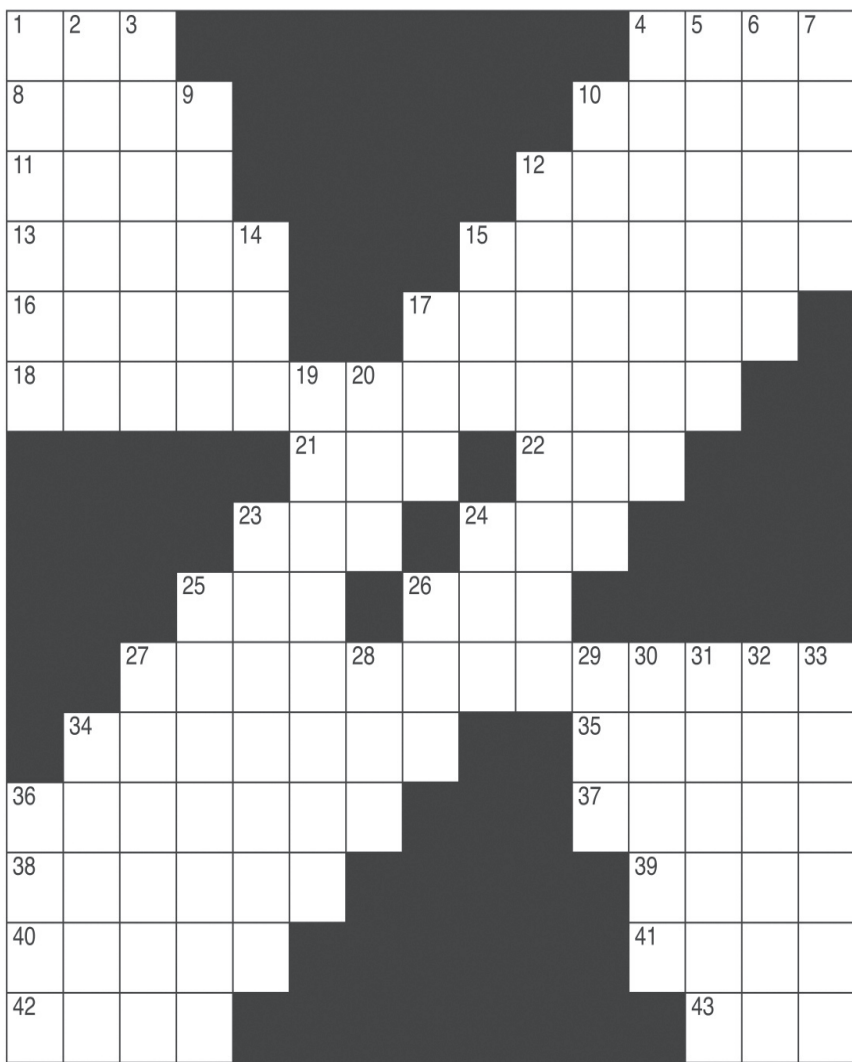
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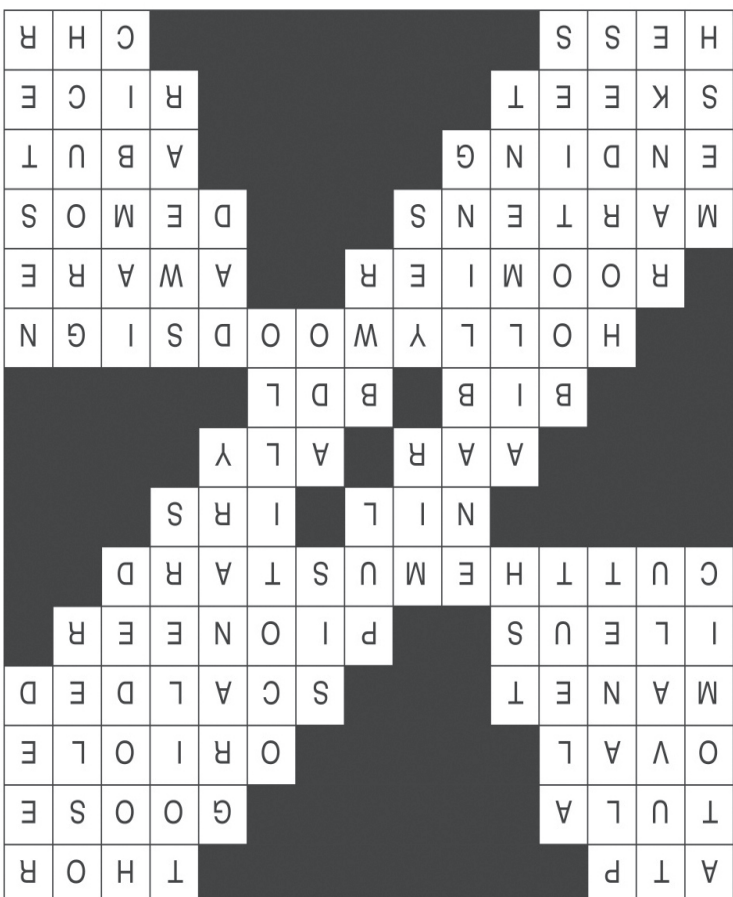
CLUES ACROSS

- 1. Racquet sport group (abbr.)
- 4. Norse god of thunder
- 8. Russian industrial city
- 10. What's good for the ___
- 11. Round-ish shape
- 12. Baltimore MLBer
- 13. French modernist painter
- 15. Burned with water
- 16. Intestinal issue
- 17. Take the lead
- 18. Prove oneself worthy
- 21. None
- 22. Tax collector
- 23. Swiss river
- 24. Gymnast Raisman
- 25. Baby's dining accessory
- 26. Canadian beer distributor
- 27. Iconic American tourist destination
- 34. More expansive
- 35. Alert
- 36. Popular boots Doc ___
- 37. Showings
- 38. Conclusion
- 39. Share a common boundary
- 40. Shooting sport
- 41. Popular side dish
- 42. Global energy firm
- 43. Chronicles (abbr.)

CLUES DOWN

- 1. Type of bomb
- 2. Polynesian island country
- 3. Heavenly body
- 4. Hard workers
- 5. Covered
- 6. Johns Hopkins Hospital founder
- 7. Plant of the grass family
- 9. Island person of the Bering Sea
- 10. Storehouse
- 12. Scarlet-flowered desert shrub
- 14. A pituitary hormone
- 15. Female sibling
- 17. Monetary unit of Afghanistan
- 19. Empowering
- 20. Space station
- 23. Disorder
- 24. State of fuss
- 25. Footwear for babies
- 26. Nuclear reactor (abbr.)
- 27. Drove
- 28. Affirmative
- 29. Male parent
- 30. Utter obscenities
- 31. Type of verse
- 32. Unpleasant person
- 33. One who settles down
- 34. Founder of source-based history
- 36. A way to snarl

PUZZLE SOLUTION



HELP WANTED



Inns of Waterville Valley

Has the following to immediate openings:
Owners and guests love make vacation memories with us. We are looking for team players!

Front Office Coordinator

Are you a self-starter and pay attention to the little details? Do you know the hospitality industry? Do you want to learn? Perform all duties using a customer-oriented approach. Coordinate operations of a 19-unit owned vacation property. Perform all duties consistent with front desk and office. Answer phones, return call, process payment, book rooms, filing. Be creative-use social media and create an owner newsletter. Engage with housekeeping and maintenance department heads. Interact at check-in with our owners and guests. Assist Manager with task to facilitate business. Address owners and guests questions regarding housekeeping and light maintenance issues. Work with a small team and autonomously. Fridays are mandatory. Enjoy your nights and weekends and most holidays not being scheduled to work. Will train the right person. Start pay is \$17.00-\$20.00 per hour depending on experience.

Handyperson

Are you handy? Do you take pride in your skills and work? Do you take initiative to identify facility /building needs and follow through with rectifying the issue? We are looking for a handyperson who is an energetic self-starter to help keep our high standards. Please have knowledge of "how to" do minor carpentry repairs, plumbing, dry-wall, landscaping, and electrical, just to name a few. Attention to detail and customer service skills is a must. A valid New Hampshire driver license required with reliable transportation; a utility vehicle is a plus. Pay commensurate with practical experience. To start this is a part time position: Friday is mandatory. Enjoy your nights, weekends and most holidays not being scheduled to work. Rate to be determined.

Email resume to manager@innsofwatervillevalley.com

Located in the picturesque Waterville Valley, NH.
We are a smoke free, drug and alcohol-free workplace.



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Email resume to manager@innsofwatervillevalley.com

Located in the picturesque Waterville Valley, NH.
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ATS Precision specializes in the manufacture/CNC machining of aerospace products, valve components, biotech products, military hydraulics, microwave connectors, and welding. We are currently hiring:

MECHANICAL INSPECTOR - This position entails visual and mechanical inspection of machined components to verify customer requirements using various types of inspection equipment and methods. Responsibilities include, but are not limited to, first piece, in-process, and final inspection of products; maintain a record of all inspection data; calibration of inspection tools; interaction with team members on technical measurement requirements; reading and interpreting blueprints/drawings; use of various measuring devices including calipers, micrometers, thread gauges, pin gauges, and comparators. Experience is preferred, but we are willing to train the right person. The hours are M-F 8:00 a.m. to 4:30 p.m.

EXPERIENCED CNC MACHINIST - Candidates must be proficient in set-up and operation of machines, as well as able to read drawings and use measuring instruments. Knowledge on CNC controls for milling and turning equipment is required. We are looking for someone who can hit the ground running! The hours are M-Th 7:00 a.m. to 4:30 p.m. and F 7:00 a.m. to 11:00 a.m.

Good work ethic and attention to detail is a must! Wage depends on experience. High school diploma or equivalent is required for all positions. ATS Precision offers competitive wages, personal/sick time, vacation time, health insurance, education reimbursement and 401k. All applicants must complete ATS' Employment Application. Download an application from our website www.atsprecision.com. Email applications and resumes to luree@atsprecision.com or stop by to fill out an application. ATS Precision, 87 Route 132N, New Hampton, NH.

Bear girls edged by Raymond

BY JOSHUA SPAULDING
Sports Editor

TILTON — In a game that either team could've won, the Winnisquam hoop girls were edged by Raymond on Tuesday, Feb. 4, 42-39.

"This was a game that could have gone either way," said Bear coach Mark Dawalga. "This was a team we lost to earlier in the season by 39 points.

"I was so proud of our kids tonight, they have grown as a team and it's starting to show on the court," the Bear coach continued.

The Bears were down 39-29 with four minutes to go in the game and

battled all the way back to get it to 39-37 with just less than a minute to play. However, the Rams hit a big three to push the lead to 42-37 and the Bears answered with a hoop to cut the gap to three.

Winnisquam called timeout and got a steal to give themselves a chance to tie the game with 16 seconds left in the game. However, the shot missed the mark and the Rams held on for the win.

Caidyn Carter led the way for Winnisquam with 22 points, Averill Labranche had six points and 12 rebounds, Bella Soucy had nine points and six rebounds

and Jaelynn Treamer came away with three steals.

The Bears are slated to wrap up the regular season on Friday, Feb. 14, at Fall Mountain at 6:30

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

HELP WANTED

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The month of February has been home to many historical events over the years. Here's a look at some that helped to shape the world in February 1925.

- After a severe depletion of his country's potato crop due to heavy rainfall the previous summer and fall, Irish President W.T. Cosgrave appeals to the United States for food aid on February 1.
- The small town of Nome, Alaska, is saved from a developing diphtheria epidemic on February 2 upon conclusion of The Serum Run. The run was a transport of diphtheria antitoxin via dog sled that involved 20 mushers and roughly 150 sled dogs. The final leg of the run is led by Gunnar Kaasen and his lead sled dog, Balto, who becomes a canine celebrity as a result of the undertaking.
- Sears, Roebuck, & Co. opens its first department store at its headquarters in Chicago on February 2. The retailer had previously been a catalog-only operation.
- William Burke Miller interviews trapped cave explorer Floyd Collins on February 3. Collins was trapped in a cave in Kentucky on January 30, and Miller was small enough to climb into an opening in the cave and conduct an interview while hanging upside down. Miller ultimately won a Pulitzer Prize for his coverage of the incident, which unfortunately ended with Collins' death on February 13.
- Ten people are arrested in Russia on February 5 as part of a plot to assassinate revolutionary and Soviet politician Grigory Zinoviev.
- World heavyweight boxing champion Jack Dempsey marries actress Estelle Taylor on February 7 in San Diego. The two starred alongside one another on screen and on stage, but ultimately divorced in 1931.
- The film "The Lost World" premieres at the Astor Theatre in New York City on February 8. The film is the first production to include special effects.
- Turkish politician Halit Karsialan is shot by fellow politico Ali Çetinkaya during a fight at the Grand National Assembly of Turkey on February 9. Karsialan dies from injuries sustained during the skirmish on February 14.
- Ellen Wilkinson, an MP from the Labour Party, defies protocol when she addresses the British House of Commons without wearing a hat on February 11. Conservative MP Reginald Applin asks the Speaker of the House to determine if Wilkinson's non-compliance with the dress code was in order, but the speaker ultimately rules in Wilkinson's favor.
- Nikolai Golitsyn, the last Prime Minister of Imperial Russia, is arrested by the Russian secret police on February 12. Golitsyn, who was arrested on suspicion of association with counterrevolutionaries, is convicted and executed five months after his arrest.
- Paavo Nurmi runs a record-breaking two-mile race in Madison Square Garden on February 14. The Finnish runner, nicknamed the "Flying Finn," completes the race in eight minutes and 58.2 seconds.
- On February 15, the London Zoo announces it will install lights to lift the spirits of the animals during the city's famed spells of fog.
- Bavaria lifts the ban on the Nazi Party on February 16. The ban was initially implemented after the Beer Hall Putsch, a failed coup d'état orchestrated by Adolf Hitler and others in 1923.
- The Mayflower Hotel opens its doors on February 18. The hotel, located at 1127 Connecticut Avenue NW in Washington, D.C., earns the nickname the "Hotel of Presidents" and remains open today.
- Fifty-one miners are killed in a coal mine explosion in Sullivan, Indiana, on February 20. An additional 70 employees escape or are rescued from the blast.
- American actor Gary Cooper appears in his first film on February 22. Cooper would go on to stardom, even though his appearance in "The Trail Rider" was as an uncredited stunt rider.
- The last emperor of China, Puyi, accepts an offer of protection from the Japanese Empire on February 23. Puyi had been stripped of all of his imperial titles and privileges months earlier.
- The first electrical recording of a phonographic record is made by Art Gillham on February 25. Gillham and his orchestra use microphones to perform "You May Be Lonesome" and "Hesitation Blues."
- Norwegian carpenter and inventor Thor Bjørklund receives a patent for the cheese slicer on February 27.
- A 6.2 magnitude earthquake strikes in the Canadian province of Quebec on February 28. The epicenter of the earthquake is in the St. Lawrence River near La Malbaie, and no major casualties are reported.

Shaker Regional School District FULL-TIME YEAR-ROUND CUSTODIAN

Shaker Regional School District has an immediate opening for a full-time, year-round, custodian at Belmont Middle to perform cleaning according to an established schedule. Hours are 3:00 pm – 11:30 pm, with a half-hour lunch during the school year and 6:30 am – 3:00 pm, with a half-hour lunch during school vacations. Starting pay is \$16.50/hour. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 603-267-9223 ext. 5309 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion, with satisfactory results, of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an equal opportunity employer.

SHAKER REGIONAL SCHOOL DISTRICT BOYS LACROSSE COACH

Shaker Regional School District is seeking a coach for the 2024-2025 season for Boys Lacrosse.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.



Full-Time Installers Apprentice

Energysavers Inc, a 50 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening.

Stop in to fill out an application:

ENERGYSAVERS INC.

163 Daniel Webster Hwy., Meredith NH

SHAKER REGIONAL SCHOOL DISTRICT GIRLS VARSITY VOLLEYBALL COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Girls Varsity Volleyball.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

SHAKER REGIONAL SCHOOL DISTRICT BOYS MIDDLE SCHOOL BASEBALL COACH

Shaker Regional School District is seeking a coach for the 2024-2025 season for Boys Middle School Baseball.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

LEGAL NOTICE

PUBLIC HEARING NOTICE Inter-Lakes SCHOOL DISTRICT

A Public Hearing will be held for public input regarding the acceptance of donations, in accordance with School Board Policy KCD - Public Gifts and Donations.

The Public Hearing will be held:

February 11, 2025 @ 6:00 p.m.
Humiston Building –
Conference Room
103 Main St.
Meredith, NH

Skijor Galore is Sunday in Waterville Valley

WATERVILLE VALLEY – COURTESY PHOTOS
 Skijoring comes to Waterville Valley this coming Sunday.



World Spay Day

Casinova and his Ladies

Rozzie May Animal Alliance is offering one free microchip at each cat and dog clinic during February in honor of World Spay Day. Too many homeleu animals... let's fix it! Facebook or rozziemay.org

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WATERVILLE VALLEY — Saddle up for the annual Skijor Galore on Sunday, Feb. 16, at the Waterville Valley Golf Course. This unique and exciting event is a fundraiser for the Curious Cottage Preschool in Waterville Valley.

What is skijoring? Traditional skijoring, meaning ski driving in Norwegian, used animals like dogs and horses to pull a person on skis and originated as a mode of winter travel. Equine skijoring came to New Hampshire in the early 1900s and was a frequent activity at Dartmouth College's Winter Carnivals.

At the 2025 Skijor Galore, experienced 'cowboys' on horseback will pull skiers and snowboarders along a snow-covered golf course fairway packed with jumps and obstacles.

ed for the best costume, most money raised and fastest time through the course.

The event kicks off on Feb. 16 with athlete registration from 11:30 a.m. to 12:30 p.m. at the Curious Cottage Preschool on Boulder Path Road in Waterville Valley. Enjoy food, music, pony rides, raffles and fun from 12 to 1 p.m. Skijoring starts at 1 p.m. Spectators are encouraged and there's no charge to watch.

Get started today by building your fundraising page at bit.ly/skijor-2025. Raise at least \$100 to secure your spot. Then pack up your gear and bring your A-game to the Skijor Galore course on Boulder Path Road in Waterville Valley on Sunday, Feb. 16.

The Curious Cottage Preschool is an art, nature and movement based early education program for children ages 3-5 years. Offered Monday through Friday, from 8 a.m. to 3 p.m., Curious Cottage Preschool follows the SAU 48 school calendar. Learn more at the curiouscottagepreschool.org or email leah@thereycenter.org.

NON-CDL BOX TRUCK DELIVERY DRIVER

We have an immediate opening in our Ashland location for a box truck delivery driver. CDL license not required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Join a team of delivery drivers that enjoy coming into work every day! Heavy lifting involved, loading and unloading of millwork items, doors, window, cabinets and other misc. building materials. No prior experience needed. Willing to train the right candidate.

Belletetes is a 5th generation, family-owned building materials supply company that has been in business for over 125 years. With 10 locations throughout NH and MA, we believe our employees are our biggest asset!

When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within. We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager
 20 West Street, Ashland, NH 03217
 or you may email to duhlm@belletetes.com

E.O.E.

NON-CDL FLAT BED DELIVERY DRIVER

We have an immediate opening in our Ashland location for a flat bed delivery driver. CDL license not required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Join a team of delivery drivers that enjoy coming into work every day! Heavy lifting involved, loading and unloading of misc. building materials. No prior experience needed. Willing to train the right candidate.

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 20 West Street, Ashland, NH 03217
 or you may email to duhlm@belletetes.com

E.O.E.

Take a turn on the skijor course by raising a minimum of \$100. The Rey Cultural Center will supply the horses and 'cowboys.' Participants bring their own skis or snowboard, helmet, and wear their most creative costume. Trophy belt buckles will be awarded.

SEND US YOUR NEWS!!!

news@salmonpress.news