



Kayakers at the new Mill City Park in Franklin enjoyed the ups and even the “downs” of paddling their way through the rapids and the park’s white water feature during this year’s First Day celebrations.

DONNA RHODES

Paddlers take to the water for New Year’s tradition

BY DONNA RHODES
Contributing Writer

FRANKLIN — While some people rested up on New Year’s Day, watching sports, enjoying family meals or heading out for a walk in the nice weather, some die-hard outdoor enthusiasts headed to the Winnepesaukee River where they unloaded their kayaks and paddled through the raging rapids for a thrilling start to the Year 2023. For many, it is a tradition.

Marking its 41st year, First Day Franklin organizers once again found whitewater paddlers from all across New England and beyond, gathering in the community for some thrills and spills in the river that is the foundation of the city.

This year was a bit different, though. Those who took part in the annual kayak challenge also

got to experience Franklin’s new Mill City Park, where the first of three planned water features is now situated just below the trestle bridge at the end of the river’s run.

After experiencing an hour or more of white-water thrills between Cross Mill Road in Northfield and Central St. in Franklin, many kayakers paused to have fun paddling through the man-made rapids just above the downtown take-out zone before loading up to head back up the river and do it all again.

“It’s such nice clean water. That was really neat,” said Matt from southern Maine as he came up from the river. “This new feature is fantastic and I love the new park. I can’t wait to see what they do here next!”

He added that one of the best things about liv-

SEE PADDLERS PAGE A12

VEX Robotics competition coming to Belmont High School

BELMONT — On Saturday, Jan. 14, dozens of robots and hundreds of students, coaches, and parents from the Twin State region will fill the Belmont High School gymnasium and cafeteria for the Sixth Annual Belmont Bot Bash. Middle and high school teams will battle it out in qualification matches and elimination tournaments to qualify for the New Hampshire/Vermont state championships in February. The Bot Bash will be one of the larger events this season.

VEX Robotics Competition (VRC), one of the many STEM-related competitions presented by the Robotics Education Competition (REC) Foundation, tasks students to use the engineering design process to brainstorm, create, build, refine, program, and compete with a robot based on the current season’s game challenge. Classroom STEM concepts are put to the test on the playing field as students learn life-long skills such as teamwork, leadership, communication, and more.

SEE VEX PAGE A11

HealthFirst Family Care Center welcomes Dr. Michael Watto as Medical Director



FRANKLIN — HealthFirst Family Care Center is pleased to announce that Michael Watto, DO, MPH, is joining its health care team and will be serving as the new Medical Director. Dr. Watto will be providing primary and osteopathic care to patients in both the Laco-

nia and Franklin Health-First locations.

Dr. Watto has an extensive medical and military background. Certified by the American Board of Family Medicine, he completed his residency training at Martin Army Community Hospital, Fort Benning, Ga. Dr. Watto completed his medical education at Kansas City University of Medicine and Biosciences, where he received his

DO degree in Osteopathic Medicine. He has also earned a Master’s degree in public health from the University of Texas Medical Branch, Galveston, Texas, and a Bachelor of Science degree from Penn State University. Dr. Watto spent more than 20 years in the US Army serving in a variety of roles as a physician leader. Highlights include his service as a flight surgeon, a deployment to Iraq, and providing medical care and ringside coverage to the All-Army Boxing team.

Watto and his family have lived in central New Hampshire for nearly a decade where he has worked at Speare Primary Care in Plymouth since 2015 specializing in family medicine. He has held the position of Medical Staff President at Speare Memorial Hospital as well as Director of Health Services at Plymouth State University. Dr. Watto was recently honored as a “Top Doctor 2022” by New Hampshire Magazine. Other notable achievements include his selection as

SEE WATTO PAGE A11

Belmont boys capture holiday tournament title

BY JOSHUA SPAULDING
Sports Editor

FARMINGTON — The Profile and Belmont boys’ hoops teams battled their way through the field at the Mike Lee Holiday Basketball Bash and met up in the finals on Friday, Dec. 30, at Farm-

ington High School. The Division IV Patriots never let the Division III Raiders get too far ahead, but Belmont managed to stay ahead just enough to pull out the 56-46 win to claim the tournament title.

“Four games, four

nights, four wins,” said Belmont coach Tony Martinez. “Better than practice was getting in here and having game experience.

“We have to continue to learn how to win,” he added.

“We have very compet-

itive kids, this isn’t going to sit well with them,” said Profile coach Mitchell Roy. “But they’ll get better for it.”

One positive for the Patriots was junior Josh Robie scoring 17 points, which allowed him to reach the 1,000-point plateau for his career.

“He’s the hardest working player I’ve ever met,” Roy said, noting that his star probably wouldn’t be celebrating too much because the team lost.

The Raiders got out to a 5-0 lead behind a three-pointer from Jamison Gaudette and a hoop from Keegan Martinez before Robie got the Patriots on the board. Anakin Underhill, Martinez and Treshawn Ray had hoops for the Raiders, with an Alex Leslie hoop mixed in at the other end for the 11-4 lead for Belmont.

Cayden Wakeham came back with a basket for the Patriots before Underhill hit a hoop and Ray added two free

SEE TITLE PAGE A12



The Belmont hoop boys captured the Mike Lee Holiday Basketball Bash championship on Dec. 30 in Farmington.

JOSHUA SPAULDING

Streetcar presents “Passage Into Fear” this weekend



The cast of Streetcar Company's coming production of "Passage Into Fear" rehearses in Laconia. From left to right: Patte Sarausky, David Nelson, Erin Holloran, and Ellie Feola.

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — All aboard the train filled with mysterious people involved in one big plot during World War I in Streetcar Company's coming production of "Passage Into Fear."

Streetcar will present "Passage Into Fear" at the Winnepesaukee Playhouse in Meredith this weekend. Tickets are on sale for the show this Friday and Saturday at 7 p.m., with an additional matinee at 2 p.m. on Saturday.

"Passage Into Fear" is a mystery that takes place in 1917 aboard a train traveling from Venice to Zurich where several passengers are involved in a nefarious plot.

Director Jody Fredette said the show was initially supposed to be a dinner theater production scheduled for No-

vember of 2022 during the weekend of Veterans Day. The play was delayed due to some scheduling conflicts with members of the company. Instead Streetcar performed "Birds" and the company finally got the chance to do "Passage Into Fear" in January.

Due to the rescheduling the show didn't have a venue, but the Winnepesaukee Playhouse in let Streetcar do the production at its theater in Meredith.

This production mark's Fredette's second time directing a show

"I'm still learning. Luckily, there's a great group of people here," Fredette said.

The production is a family project for Fredette. His wife Becky is also part of the show and his son Jesse, who recently graduated from Plymouth State University, will be working on

tech.

Erin Holloran of Ashland plays Kate Hedley, an American woman pulled into the plot aboard the train.

"She's pretty confident, kind of sassy, could care only about herself and no one else," Holloran said.

Holloran took part in Streetcar when she was a student playing in their production of "Dysfunctional Family Christmas." She said Fredette recommended that she audition for this production.

This is her first leading role in a production, and it has taken a bit of extra work and getting used to.

"I've been a dancer for quite some time, so it's definitely harder remembering words than dance moves," she said.

She said working with this company has been a fun experience

and everyone on the cast can joke around with each other.

Patte Sarausky of Laconia plays Miss Lillian Merriweather, an elderly British woman investigating the mystery. Sarausky said she has been one of her favorite characters to play.

"I enjoy big character parts that have comedic conversations," she said.

Sarausky has been with Streetcar since 1987.

"It's a small cast that works really well together," she said. "I think there's something special about small casts because you get to know each other and help each other."

She said some new people have joined the production who she said, "fit in seamlessly."

David Nelson of Gilford plays Dr. Kurt Hilfe, a Swiss German doctor traveling with an ill pas-



Erin Holloran and Ellie Feola strike a pose during rehearsals for "Passage Into Fear."

senger. Nelson said he is a mysterious figure.

"You're not quite sure where his loyalty lies," Nelson said.

Nelson started working with Streetcar around the age of seven, and returned to the company around seven years ago.

"It's just a fun bunch, especially when you get a show like this with lots and lots of very unique characters," he said, saying this lets people develop their characters in the process. "We've got a lot of good character actors in this show."

Emilia Halstead of Concord plays the train's conductor, Gefahr.

"He's a British Cockney conductor, and he's just trying to do his best," Halstead said. "A bit of a buffoon, but trying to do his best."

Halstead has been with Streetcar since July of 2021.

"It's been really exciting working with a

cast that's doing lots of accents and immersing ourselves in the history of World War I," she said.

She said it was also great working with a lot of new people.

Ellie Feola of Laconia plays Ida, a young war orphan aboard the train. Feola, a 10-year-old who attends Elm Street School, described her character as "energetic" and "sweet."

She has been working with Streetcar for a while. She said her favorite part of performing is hearing people clap during the show.

"Passage Into Fear" will be performed this Friday and Saturday at the Winnepesaukee Playhouse at 33 Footlight Circle in Meredith. Tickets are available online at <https://app.arts-people.com/index.php?show=160146> and at the door.

Franklin Savings Bank welcomes Mary Jane Ricker as SVP, Commercial Loan Officer

FRANKLIN — Franklin Savings Bank is pleased to welcome Mary Jane Ricker to the role of SVP, Commercial Loan Officer within its commercial lending group.

A veteran banker, Ricker brings more than 41 years of banking experience, most recently as EVP, Chief Lending Officer at Millyard Bank located in Nashua. In her role, she will focus

on developing relationships with businesses in the greater Concord area to assist them with their financing needs.

"Mary Jane brings a tremendous amount of expertise and experience to her role, particularly in the greater Concord market where she has spent many years cultivating relationships," said Jim Dubois, EVP, Senior Loan Officer. "She is highly regarded

by many businesses with whom she has worked with throughout her career. We are thrilled to have her on board with us."

Ricker holds an Associate's degree in business administration from Southern New Hampshire University. In addition, she is a graduate of the ABA Graduate School of Banking, ABA Commercial Lending School, as



well as Leadership New Hampshire.

An active member of the community, Ricker has volunteered her time to serve on several civic boards over the years. Currently, she is a board member and chair of the scholarship committee for the Concord Kiwanis Club. She is former chair of the board for United Way, and a former board member for Capital Region Food Program, Family Strength and the Northern New England School of Banking. She was also involved with the Small Business Administration's Boots for

Business - a program for veterans.

When asked what attracted Ricker to the bank, she commented, "I like the fact that Franklin Savings Bank is a mutual bank with a long history of supporting the local community, in addition to assisting individuals and businesses with their banking needs. In fact, the bank was recognized in 2021 by the NH Business Finance Authority for their support of the revitalization of downtown Franklin. I am really impressed by their strong support of the local community."

Ricker enjoys spending time with her family and traveling. She resides in Chichester with her husband.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned com-

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

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



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Temple B’nai Israel of Laconia announces Adult Education Series, “Awareness and Acceptance in 2023”

LACONIA — The community is invited to attend a series of Adult Education seminars that address our ethical responsibility to value all persons, regardless of skin color, ability, or sexual orientation and to take care of our environment. For more information and to register please visit the temple Web site, Temple B’nai Israel (tbinh.org).

Saturday evening, Jan. 14 on Zoom at 7 p.m.: “Lessons from a Civil Rights Journey.” In con-

junction with the observance of Martin Luther King, Jr. Day, Rabbi Alan Katz, rabbi emeritus of Temple Sinai, Rochester, N.Y., will share his personal experience and memories from two powerful journeys through the South. In 2015, when the Union for Reform Judaism partnered with the NAACP in “America’s Journey for Justice” march from Selma, Alabama to Washington, D.C., Rabbi Katz was one of many rabbis who took turns carrying a sacred Torah as they walked the

800 plus mile journey. Then, in January 2019, Rabbi Katz was joined by his wife, Rabbi Jan Katz, on a nine-day, 3,000-mile car trip to all the civil rights museums and memorials in Georgia, Alabama, and Tennessee. Rabbi Katz will enhance the presentation with his photos from these experiences.

Saturday, Feb. 4 at TBI and on Zoom, the Jewish holiday to honor the environment, Tu B’Shevat, will be the topic at an adult education

“Lunch & Learn.” Rabbi Jan Katz will host a tasting of the foods that are traditional of Tu B’Shevat and indigenous to Israel. TBI member and volunteer from the Speaking for Wildlife Program, Judy Crosley, will present “The Nature of New Hampshire: Natural Communities of the Granite State.” The presentation will include a visual tour of New Hampshire’s natural beauty through the lens of Natural Heritage Bureau ecologists and photographers Ben Kim-

ball and Dan Sperduto. BYO-Lunch.

On Saturday, Feb. 18 at 7 p.m. on Zoom, TBI will present a program to highlight the month of February as Jewish Disability Advocacy Month, “a month of education, solidarity-building, and empowerment in support of people with disabilities” as defined by the Jewish Federations of North America. Guest presenter Lauren Lieberman, PhD will inspire all with her achievements on behalf of those who rely on her voice and actions in advocating for disability awareness. Dr. Lieberman will share the mission, successes, and challenges of Camp Abilities, a one-week educational sports camp

for children and teens who are blind, visually impaired, and deafblind. Lauren Lieberman is a Distinguished Service Professor of Physical Education & Sport Studies at the State University New York Brockport.

On Saturday, March 4, the community is invited to attend a “Lunch & Learn” session featuring the music and mission of folk-pop artist Kimayo (Kimayo Music). Enjoy a special presentation, concert and open discussion through storytelling and live music to inspire hope, restoration, and unity between LGBTQIA+ folks and faith communities. Lunch will be provided by Annie’s Catering of Laconia. Suggested donation \$18 per person.

Belknap Mill’s Winter Concert Series returns with Green Heron!



LACONIA — The Belknap Mill’s Bell & Brick Winter Concert Series returns, Thursday, Jan. 12 from 7-8 p.m., featuring a Belknap Mill favorite, Green Heron. Doors open at 6:30 p.m. on the Mill’s third floor. Tickets are just \$10, and can be purchased by cash or check at the door.

The music of Green Heron stretches across the entire folk landscape. Old-time, folk, bluegrass, country, Irish and blues music are all represented as the band brings the back porch to the stage. Featuring Betsy Heron on fiddle, banjo and vocals, and Scott Heron on guitar, banjo and vocals, the duo has been sharing stages together since 2016. With two albums to their name, the two songwriters weave the contemporary with the traditional and deliver high energy live performances. Visit greenheronmusic.com to learn more!

Thank you to event media sponsors Lakes FM 101.5 and 104.9 The Hawk.

For the full calendar of performers or other Belknap Mill programming, visit our web site www.belknapmill.org or call (603)524-8813.

Franklin Opera House presents Dueling Pianos

FRANKLIN — The Franklin Opera House welcomes Dueling Pianos — two pianos, two players, one great time — Saturday, Jan. 14 at 7:30 p.m. Reserved seating tickets are available, priced at \$18 for adults and \$16 for students and seniors.

Put two sharp-witted, incredibly talented musicians with pianos on a stage, then add in a roomful of people; the result is an evening of fast, funny, and unforgettable entertainment. Their musical repertoire ranges from Classic Rock to Country, Hard Rock to R&B, and Show Tunes to Top 40. Our entertainers engage the audience making them the star of the show. If you haven’t experienced a dueling pianos show yet, you need to. And if you have, we know you want too again.

Raider boys and girls both fourth at Gunstock

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Belmont alpine ski team hit the slopes of Gunstock for the first meet of the season on Friday, Jan. 6, with the boys and girls both finishing in fourth place behind Gilford, St. Thomas and Newfound.

The racers each ran two runs of giant slalom in the morning and returned to the slope for two runs of slalom.

In the morning giant slalom for the girls, Landon Bormes led the way with a time of 1:01.16 for eighth place overall.

Ryan Cribbie was 12th overall in a time of 1:03.62 and Alejandro Jimenez finished in 19th overall in a time of 1:07.13.

Mathias Krauchunas rounded out the scoring for the Raider boys with a time of 1:08.58 for 21st

place overall.

Bormes led the way in the slalom as well, finishing in a time of 1:15.82 for 10th place overall.

Krauchunas was 11th overall in a time of 1:16.19 and Cribbie finished in 1:20.51 for 14th place overall.

Tanner McKim was the final scorer for the Raiders, finishing in a time of 1:39.48 for 27th place.

The Belmont girls were led by Riley Degange in the morning giant slalom, as she finished in 17th place in a time of 1:10.17.

Meg Soucie finished in a time of 1:11.26 for 18th place and Trinity Yale finished in 19th place in a time of 1:14.86.

Anna McDonald fin-

ished out the scoring for the Raiders with a time of 1:42.65 for 27th place overall.

Yale led the way for the Belmont girls in the slalom, finishing with a time of 1:19.32 for ninth place.

Degange finished in 15th place with a time of 1:27.68 and Soucie finished in a time of 1:27.88 for 16th place.

McDonald placed 27th overall with a time of 1:59.72 to finish out the scoring for the Belmont girls.

The team is slated to be back at Gunstock on Friday, Jan. 13.

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

Trout Unlimited to hear about Zealand River restoration Jan. 24

PLYMOUTH — The January Chapter Meeting of the Pemigewasset Chapter of Trout Unlimited will take place on Tuesday, Jan. 24, at 7 p.m. at the Common Man Inn in Plymouth.

This month, Mark Prout from the White Mountain National Forest will present a talk entitled “Ditching the Ditch Mentality by Reconnecting the Floodplain: Zealand River Restoration.”

A summary of the talk’s focus: The Zealand River Valley could be considered ground zero for the land use decisions that led to the establishment of the White Mountain National Forest. The watershed was the home to the first logging railroad into the interior of the White Mountains, which was abandoned after fires and floods caused significant damage. The railroad was rebuilt as a road by the US Forest Service after the federal government purchased the valley to maintain access to the Bethlehem town water supply, hiking trailheads, and a source of forest products. After the 1959 flood did considerable damage to the valley, the Forest Service took on an aggressive flood protection project in the Zealand River composed of thousands of feet of rock gabions, berms, and channel straightening. Floods of the last two decades have undermined these efforts as the project had prevented the river from using its historic floodplain. An effort to reconnect the river to its floodplain is under way using historic photos and LiDAR to guide a solution best for the road and the river.

Prout, a Michigan State University graduate has been a Forest Service fisheries habitat biologist for 33 years. He began his career near the birthplace of Trout Unlimited where he worked on the Hiawatha National Forest in the Upper Peninsula of Michigan. Since then, he served 23 years in the White Mountains. His tenure on the White Mountain NF gives him perspective regarding stream dynamics relative to floods and an aging riparian forest, as well as to the status of wild Eastern Brook Trout.

Pemi-TU Chapter meetings are free and open to the public, all are welcome. Email PemiTU@gmail.com with any questions or suggestions.

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A day to honor equality

Public offices throughout the state will be closed in observance of Martin Luther King, Jr. Day. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement from 1954 until his assassination in 1968. The federal holiday falls around the birthday of King on Jan. 15. Republican President Ronald Reagan made the holiday official in 1983. In 1986, the first observation of Martin Luther King, Jr. Day took place. In the year 2000 the holiday was observed by all 50 states for the first time since 1986. Labor unions, in contract negotiations, brought the idea of celebrating King via national holiday. Republican Sen. Edward Brooke of Massachusetts and Democrat John Conyers of Michigan brought forth the legislation in 1979, where it was five votes shy of passing in the house. Those in opposition to the day cited that the cost of paying federal employees would be too expensive. Others stated that honoring a private citizen would go against tradition, in that King never held a public office. In 1980, Stevie Wonder released the single “Happy Birthday” to shed light on the campaign. The largest petition in favor of an issue in the history of the United States gathered six million signatures. Two Republican senators from North Carolina, Jesse Helms and John Porter, opposed the bill because of King’s opposition to the Vietnam War and also accused King of being a communist. An FBI investigation dating back to 1963 turned up no evidence that King had been influenced by communists. The bill passed the House of Representatives 338-90. Within the bill was language establishing the Martin Luther King, Jr. Federal Holiday Commission. King’s wife, Coretta Scott King, was made a lifelong member of this commission by President George H.W. Bush in May of 1989. Martin Luther King Day is seen as a day to promote equal rights for all Americans. While there are few traditions surrounding the holiday, many educators use the day to teach their students about the struggle against racial segregation and racism. In New Hampshire and Arizona, the day is combined with Civil Rights Day. In Idaho, the day is referred to as Human Rights Day, and in Wyoming, Equality Day. King, who was born in 1929 was an American Baptist minister from Atlanta, Georgia. In 1963 during the March on Washington, he delivered his famous “I have a Dream” speech. In 1964, King was awarded the Nobel Peace Prize for his work in promoting non-violent resistance and for advocating for Civil Rights. King was assassinated at the age of 39 in Memphis, Tenn. by James Earl Ray. Ray, 41, was sentenced to 99 years in prison. The assassin died in prison in 1998 from hepatitis. An excerpt from King’s famous speech: “So let freedom ring from the prodigious hilltops of New Hampshire; let freedom ring from the mighty mountains of New York; let freedom ring from the heightening Alleghenies of Pennsylvania; let freedom ring from the snow-capped Rockies of Colorado; let freedom ring from the curvaceous slopes of California. But not only that. Let freedom ring from Stone Mountain of Georgia; let freedom ring from Lookout Mountain of Tennessee; let freedom ring from every hill and mole hill of Mississippi. “From every mountainside, let freedom ring. “And when this happens, and when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God’s children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: ‘Free at last. Free at last. Thank God Almighty, we are free at last.’”



RC GREENWOOD

Bears vs. Bears

Anthony Boomer fires a shot during Winnisquam’s game with Newfound on Friday, Jan. 6. Winnisquam picked up the 62-34 win in Bristol. The Bears will be in action Friday, Jan. 13, at Belmont at 6 p.m. and will hosting at Somersworth for a 7 p.m. game on Tuesday, Jan. 17.

Comfort Keepers
What is respite care?

BY MARTHA SWATS
Owner/Administrator
COMFORT KEEPERS

Respite care is defined as the transfer of primary caregiving responsibilities to another person, typically a professional caregiver, relative or friend, in order for primary caregivers to receive temporary relief from caregiving responsibilities. Respite care takes many forms – some family caregivers choose to have someone take on caregiver duties for a few hours a week or a few hours a day. Or, some schedule respite care for longer periods of time to accommodate an extended break or vacation.

What you need to know when caring for a senior loved one

In its Caregiving in the U.S. report, AARP estimates that 39.8 million family members provided unpaid care to an adult in 2014 and 2015. And, the Centers for Disease Control reports that

over half (53%) of caregivers indicated that a decline in their health compromises their ability to provide care.

Caring for a senior loved one is both rewarding and challenging. Family caregivers need to remember that it’s important to take necessary breaks and practice self-care so they can ensure that they continue to find joy in their role.

This can be particularly important for those caring for a senior that has a severe illness. A study led by the Stanford Center on Longevity and Stanford University Psychology Department, which was conducted with assistance from Comfort Keepers and Clear Care, found that for older family caregivers:

Caring for a loved one with a mild illness generally leaves them in the same emotional state as their peers – with emotional well-being generally greater than that of younger adults.

When responsible for

a loved one with a severe illness, reported emotional well-being tended to be lower than those of their peers.

The cause of a decrease in emotional well-being is attributed to caregiver’s inability to pursue their social goals and friendships.

The purpose of this study was to help identify the unique challenges and stressors that family caregivers face. As a partner in this research study, we reached out to the family members and decision-makers of approximately 2,000 Comfort Keepers clients.

These results suggest that older people have higher emotional well-being than younger people but not when they have a relative with a severe illness. Not all older people with ailing relatives have low well-being; rather, it depends on the severity of the relative’s ailment.

Caring for a senior loved one can be fulfilling and can strengthen bonds within a family. But it’s important to recognize that being a family caregiver can come with feelings of loss, stress and physical strain. Caregivers risk their own health and wellbeing when they don’t account for their own needs or take a break when necessary, and respite care provides a convenient solution for many families.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care

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

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

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

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

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

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

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Bears start strong, finish strong to knock off Raiders



Winnisquam's Mackenzie Philippy and Belmont's Megan Divers both leap for a rebound in action last week in Belmont.



Victoria Kelly puts up a shot in the lane in action last Tuesday.



Darci Stone charges up the court with the ball in action last against Winnisquam.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — There's nothing like a local rivalry game to get the regular season back under way, as the Winnisquam hoop girls traveled to neighboring Belmont for the first game of the new year on Tuesday, Jan. 3.

The Bears got out to a fast lead, but Belmont hung around and never went away before the Bears finished their foul shots at the end and pulled away for the 54-33 win.

"We still have stuff to learn, but I'm happy with where we're at," said Winnisquam coach Mark Dawalga. "Belmont works hard, they're scrappy."

"We just didn't shoot the ball well, that's the thing that really killed

us," said Belmont coach Mike Andriski. "We're struggling to put the ball in the basket."

Caidyn Carter got the first six points of the game for Winnisquam, sinking two free throws to start the game and then adding two more baskets for the 6-0 lead. Victoria Kelly then put back a pair of rebounds and Winnisquam had the 10-0 lead.

Abby Vaughn got Belmont's first points of the game with a three-pointer before Kelly hit another hoop and the Bears took the 12-3 lead to the end of the first quarter.

Triniti Carter came out with a three to start the second quarter for the Bears and Mackenzie Philippy added a hoop to stretch the lead to 17-3. Darci Stone and

Kim McWhinnie hit back-to-back buckets for the Raiders to get them on the board before Kelly drained another hoop for Winnisquam.

Stone hit a hoop and added a free throw while Vaughn sunk another hoop, cutting the lead to 19-12. However, Winnisquam got a putback of a rebound from Kelly and Caidyn Carter drained a three-pointer and took the 24-12 lead at the half-time break.

Kelly and MacDonald started out the second half with hoops for Winnisquam before Madelyn Besegai had a pair of hoops sandwiched around a Stone free throw to cut the lead to 28-17. MacDonald answered with a three-point play at the other end of the court.

Stone connected on a three-pointer, but a putback of another offensive rebound from Kelly got the Bears two more

points. Besegai drained another hoop for Belmont, only to see Philippy drain a free throw at the other end.

After a Lena Rodrigues hoop for Belmont, Kelly netted another bucket and Caidyn Carter had a three-pointer, sandwiched around a hoop from Besegai and Winnisquam's lead was 39-26 heading to the fourth quarter.

Alyssa Edgren (one) and Stone (two) had free throws early in the fourth for Belmont and Rodrigues had a hoop while MacDonald had a bucket for the Bears. The Raiders got the lead to just 10 before the Bears started hitting from the stripe.

Triniti Carter hit three from the line to start the run, then MacDonald hit two and Caidyn Carter hit a pair. MacDonald finished off her own steal and Philippy added two free throws, sandwiched around a Stone hoop for Belmont's final points. MacDonald had the final bucket of the game and Winnisquam had the 54-33 win.

"Mike and his team did a good job with the box and one on Lauren in the first half," said Dawalga. "We made a few adjustments at half-time and that was a little help."

"Victoria was a beast on the boards tonight," the Bear coach continued. "She does a lot of good things for us."

"We held Lauren scoreless in the first half, but we just don't have the depth yet to be able to run three or four kids at her," Andriski said. "We got it to 10 with the ball a couple of times, but the shots just didn't fall."

"The kids worked hard, we just can't get over that hump to get a good shooting night," the Raider coach added.

Kelly led all scorers with 16 points, while Caidyn Carter added 14 and MacDonald finished with 13. Stone scored 13 to lead the Raiders on the night.

The Bears went on to beat Newfound 53-37 on Friday, Jan. 6.

Dawalga noted that Isabella Sargent, Triniti Carter and Vanessa Power all gave the team a big lift playing in positions they don't normally play

and holding their own.

"They really helped on the boards with our center out tonight and that was key," the Bear coach said. "I was happy with our team effort all game having a lot of kids out of their position and having everyone stepping up was exciting to see."

MacDonald finished with 18 points, 10 rebounds and four steals, Philippy had 12 points and five rebounds, Caidyn Carter had seven points, seven rebounds and four steals, Sargent had 14 points and 10 rebounds, Power had seven rebounds and Triniti Carter had eight rebounds.

The two teams will meet again on Friday, Jan. 13, in Tilton at 7 p.m. Winnisquam will be at Somersworth on Tuesday, Jan. 17, at 6:30 p.m. and Belmont will be at Newfound the same date and time.

Winnisquam 54
Philippy 1-3-5, T. Carter 1-3-6, Kelly 8-0-16, C. Carter 4-4-14, MacDonald 5-3-13, Totals 19-13-54

Belmont 33
Stone 4-4-13, Edgren 0-1-1, Rodrigues 2-0-4, Vaughn 2-0-5, McWhinnie 1-0-2, Besegai 4-0-8, Totals 13-5-33

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

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Edward Jones: Financial Focus

Are you ready to 'unretire'?

Have you recently retired but are now thinking of going back to work? If so, you aren't alone, as many people are choosing to "unretire." But if you do reenter the workforce in some capacity, what opportunities might be available to you? And how will your renewed employment affect your financial outlook?

For starters, though, what reasons might motivate you to go back to work? For many people, the primary cause has been inflation, which has presented a huge challenge to retirees living on a fixed income. In addition, the volatile financial market of 2022 caused many people's investment portfolios to decline in value — a real problem for retirees who needed to start selling investments to supplement their income.

But non-financial factors could also be driving you to unretire. Like other retirees, you may miss the chance to

use your work experience to engage with the world, and you may miss the social interactions as well.

In any case, if you do decide to rejoin the working world in some fashion, you may have several options. For example, if you enjoyed the work you did for your former employer, you might want to see if you could go back on a part-time basis. Or you could use your skills to join the "gig" economy by doing some consulting or freelance work in your former industry. You might also consider going to work for a non-profit organization, as many of these groups lost employees during the height of the COVID-19 pandemic and are now facing labor shortages.

Going back to work, even part time, can improve your cash flow, which helps cover the cost of regular expenses. Furthermore, the added income can possibly help you

delay or reduce withdrawals from your investment accounts. And it's important to increase the longevity of these accounts considering you may spend two, or even three, decades in retirement. (Once you turn 72, however, you will have to start withdrawing certain amounts from your 401(k) and traditional IRA.) But your earnings can affect another source of your retirement income — your Social Security benefits.

If you return to work before your "full" retirement age, which is likely between 66 and 67, the Social Security earnings limit in 2023 is \$21,240. For each \$2 earned over that amount, Social Security will deduct \$1 from benefits. If you reach your full retirement age in 2023, the earnings limit is \$56,520; Social Security will deduct \$1 from your

benefits for each \$3 earned over this amount until the month you turn your full retirement age. But in all future years after you've reached your full retirement age, you can earn as much as you want without losing any benefits. Social Security will then recalculate your payments to give you credit for the months your benefits were reduced or withheld due to your excess earnings. Be aware, though, that your earned income can potentially result in higher taxes on your Social Security benefits at any age.

Returning to work can be rewarding, both financially and emotionally. And you may get more out of the experience when you're aware of the issues involved.

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Belmont-Gilford wins Brady Sullivan Christmas Tournament final

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Kearsarge-Plymouth hockey team cut into a 3-0 Belmont-Gilford lead in the final game of the Brady Sullivan Christmas Tournament at the Merrill Fay Arena on Dec. 29, cutting the lead to 3-2 early in the third period.

However, the Bulldogs came through with two late goals to seal the 5-2 win to win their home tournament.

Belmont-Gilford coach Jason Parent offered his thanks to everyone who helped to make the tournament a reality for the second year in a row.

“Thank you to all the volunteers from the BG Boosters, who made this great event happen again this year,” the Bulldog coach said. “And a special thank you to Brady Sullivan Properties for the donation to keep the kids on the ice where they belong.”

“Thank you to Merrill Fay Arena for hosing this awesome event and to all the NHIAA officials who make the event possible,” he added.

The Bulldogs dominated the earlier game between the two teams in the tournament and it appeared they would do the same in the final game, only to see the Cats rally.

Owen Guerin and Evan Guerin had early chances for the Bulldogs, though Kearsarge-Plymouth’s Charlie Cushing made a solid defensive stop for the Cats. Aidan McKenzie, Jaxson Embree and Owen Guerin continued the attack for the Bulldogs, but Cat keeper Owen Garzia was strong in the net.

Gunnar Benedict had a chance for the Cats, with Nolan LaFrance making the save in the B-G net. Jackson Collins, Owen Guerin and Brayden Mercier came through with solid chances for the Bulldogs, while K-P came back with chances from Cushing and Chris Rubbe.



JOSHUA SPAULDING

The Kearsarge-Plymouth and Belmont-Gilford hockey teams pose for a photo following the final game of the Brady Sullivan Christmas Tournament.

Evan Guerin sent a shot wide and Owen Guerin went over the top of the net, while Nathan Gerbig also had a chance denied by Garzia. The K-P goalie made a great save in close on a bid from Embree and Aiden Stafford.

The Bulldogs got a power play chance with 4:15 to go and needed just 13 seconds to make it count, as Evan Guerin fired a shot from the point on an assist to Owen Guerin and the hosts had the 1-0 lead with 4:02 to go.

Cushing and Rubbe came back with chances for the Cats, but they went wide of the net and Rory Doris had a bid denied by Garzia. The Bulldogs got another power play chance with 1:23 to go, with Cushing making a good clear early. Owen Guerin and Gerbig had late chances in the period, but Garzia held up under the pressure and the B-G lead was 1-0 after one.

The second period was divided in half, with ice made at halftime and Belmont-Gilford dominated the early minute of the second period on the power play, with

Evan Guerin having a bid denied by Garzia and Owen Guerin sending a shot off the post as the power play ended.

Kearsarge-Plymouth came back with a bid from Aiden Chicoine broken up by the defense, a chance from Landon Custance and another from Magnus Nordhausen were stopped by LaFrance in the Bulldog net.

After Owen Guerin and Sean Ellis had bids for the Bulldogs denied by Garzia, Cushing made a nice clear in front of the net and at the other end, Lincoln Manson had a bid go wide of the net.

With 25 seconds to go, the Bulldogs were able to double the lead, as McKenzie had a shot stopped, but the puck slipped through on assists from the Guerin brothers for the 2-0 lead at the half-time break.

Evan Guerin had a chance stopped by Garzia in the opening minutes of the second half of the second period, while Brennan Johnson had a chance for the Cats go high. Evan Guerin had a chance stopped by Garzia and Cushing and Manson came back with bids at the other end of the ice.

Evan Guerin, McKenzie and Collins continued the pressure for the Bulldogs, but Garzia continued his fine play in the Cat net. However, the pressure finally paid off with 2:33 to go in the second period, with McKenzie netting his second on assists from Andrew Gately and Embree for the 3-0 lead.

Kearsarge-Plymouth had some great chances as the second period ran out, with Manson, Cushing and Benedict all pressuring the net, but the period ended with the Bulldogs up by a 3-0



Landon Fogg of Kearsarge-Plymouth and Nathan Gerbig of Belmont-Gilford go after the puck in action in the holiday tournament on Dec. 29.



Jaxson Embree (left) and Jackson Collins head into the zone in action against Kearsarge-Plymouth over the holiday break.

score.

Chicoine had an early shot for the Cats in the third, with LaFrance making the save, but just 38 seconds into the period, Manson got K-P’s first goal on assists from Chicoine and Rubbe, cutting the lead to 3-1.

The Bulldogs went on the power play just nine seconds after the Kearsarge-Plymouth goal and McKenzie had a couple of bids turned away by Garzia.

It was the Cats that scored, however, as Manson got a shorthanded breakaway and found the back of the net, cutting the lead to 3-2 with 13:22

to go in the game. Benedict had a good clear for the Cats and Owen Guerin had a chance denied as the penalty was killed off.

Embree got in close on a chance that Garzia stopped and Custance made a good clear in front of the net. Johnson also made a good defensive stop and McKenzie had a bid denied.

Kearsarge-Plymouth went on the power play with 5:30 to go and Owen Guerin did a nice job killing off the penalty with a shorthanded bid that Garzia stopped. K-P took a penalty with 3:41 to go for 12 seconds of four-on-four play before the first penalty was killed off.

The Bulldogs were

able to capitalize on the ensuing power play, with Owen Guerin scoring on a rip from the slot to make it 4-2 and just 11 seconds later, Evan Guerin scored his second of the game on an assist from Collins for the 5-2 final score.

Belmont-Gilford is slated to be in action on Saturday, Jan. 14, as they host Lebanon-Stevens at 4 p.m. and will have a rematch with the Cats at Plymouth State University on Wednesday, Jan. 18, at 4 p.m.

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

TOWN OF TILTON FILING NOTICE

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

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Unified Raiders get huge game from Marrone in loss to Kennett



Christian Marrone poured in 33 points against Kennett last week.

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — The Kennett and Belmont unified basketball teams played an enter-

taining back and forth game on Thursday, Jan. 5, with the host Eagles coming out with a 46-43 win.

Christian Marrone



Christian Sanborn fires a shot during action last week in North Conway.

got things started for the Raiders with a hoop before Kennett's Danielle Stewart connected on a pair of hoops to give the Eagles the lead. Marrone then drained a pair of buckets to give the Raiders the lead by a 6-4 score.

Emma Robblee hit a hoop for Kennett to tie the game and then David Lacey for the Raiders and Caiden Farmer for the Eagles drained baskets to keep things tied at eight. Marrone put in back-to-back baskets, the second off his own rebound, but two hoops from Isabella Sidoti pulled Kennett even at 12.

Christian Sanborn got the final basket of the first quarter and Belmont took a 14-12 lead after eight minutes.

Marrone got the scoring started for Belmont

in the second quarter, but Stewart answered for Kennett. After another Marrone hoop, Robblee connected for the Eagles to keep Kennett within two.

Marrone then drilled a three-pointer to stretch the lead to five before Robblee hit a hoop for the Eagles. Marrone finished off his own steal for another two points, but Brianna Junkins and Sidoti hit back-to-back buckets for Kennett to cut the lead to one at 23-22. Marrone and Sidoti exchanged hoops in the final minute and Belmont took the 25-24 lead to halftime.

A Robblee hoop got Kennett to a one-point lead to start the third quarter before Lacey connected for the Raiders. Robblee hit another hoop, but Marrone had the answer, hitting two



David Lacey puts up a shot during his team's game against Kennett last week.

baskets in a row to give Belmont the 31-28 lead.

Kennett came back with hoops from Sidoti and Robblee to take the lead back, but Sanborn answered with a bucket for the Raiders. Olivia Gallant connected for the Eagles, but two hoops from Marrone gave Belmont the 37-34 lead heading to the fourth quarter.

Junkins had the hot hand to start the fourth quarter, as she drained four hoops in a row and Kennett took the 42-37 lead. Marrone finished off his own steal for the Raiders, but Robblee answered with a bucket.

After a Sanborn hoop cut the lead to three, Robblee pushed it back to five with a hoop, while Marrone finished out the scoring with a hoop for the 46-43 final score.

Marrone led all scorers with 33 points, while

Robblee led Kennett with 16 and both Junkins and Sidoti finished with 10 points.

Kennett is scheduled to be at Laconia on Tuesday, Jan. 17, at 3 p.m. while Belmont is slated to be at White Mountains Regional on Tuesday, Jan. 17, at 3 p.m.

KHS 12-120-10-12-46
BHS 14-11-12-6-43

Kennett 46
Junkins 5-0-10, Stewart 3-0-6, Robblee 8-0-16, Sidoti 5-0-10, Gallant 1-0-2, Farmer 1-0-2, Totals 23-0-46

Belmont 43
Sanborn 3-0-6, Marrone 16-0-33, Lacey 2-0-4, Totals 21-0-43

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Winslow wins pair of events at Plymouth State meet

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — Members of the Belmont indoor track team traveled to Plymouth State University on Friday, Dec. 30, for a meet at the George Davis Track.

Senior Emma Winslow won the 55 meters with a time of 7.62 seconds, with Adeline Takantjas in 17th place in 8.8 seconds. In the 300

meters, Jaelyn Nialetz finished in eighth place in a time of 49.74 seconds, Helena Papadopolous was 19th in 53.73 seconds and Hailey Clairmont was 26th in a time of 1:02.87.

Winslow also won the long jump with a distance of 16 feet, four inches

Takantjas finished in third place in the 55-meter hurdles with a time

of 10.45 seconds and Emilie Defrancesco finished in fifth place in the 1,000 meters in a time of 4:00.75.

The Raider team of Nialetz, Papadopolous, Takantjas and Winslow finished in fifth place in the 4X200-meter relay with a time of 2:07.28.

For the Belmont boys, Damien Sanborn finished second in the 55 meters in a time of 6.86

seconds, Demetri Kafkoulis was 11th in 7.39 seconds, Brenden Schofield placed 27th in 7.92 seconds, David Tripp was 32nd in 8.14 seconds and Ethan Rivera was 38th in 8.48 seconds.

Sanborn also finished in fourth place in the 300 meters in a time of 40.57 seconds, while in the 600 meters, Nicholas Daigneault was 15th with a time of 2:06.38.

Evan Christensen finished in 15th in the 1,500 meters with a time of 5:43.54.

The Raider team of Kafkoulis, Schofield, Sanborn and Andrew Cryans finished in fourth place in the 4X200-meter relay with a time of 1:48.59. Tripp added a 19th place finish in the long jump at 13 feet, 6.75 inches, while in the shot put, Brady Fil-

teau was 12th at 27 feet, six inches and Rivera was 13th at 27 feet, four inches.

Belmont will be back at Plymouth State on Saturday, Jan. 14, at 10 a.m.

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

HIGH SCHOOL SLATE

Thursday, Jan. 12

BELMONT
Boys' Hoops at Derryfield; 6:30

Friday, Jan. 13

BELMONT
Boys' Hoops vs. Winnisquam; 6
Girls' Hoops at Winnisquam; 7

GILFORD
Alpine Skiing at Gunstock; 10

WINNISQUAM
Boys' Hoops at Belmont; 6
Girls' Hoops vs. Belmont; 7

Saturday, Jan. 14

BELMONT-GILFORD
Hockey vs. Lebanon; 4

GILFORD
Indoor Track at Plymouth State; 10

WINNISQUAM
Hockey vs. Kennett; 1:45

Indoor Track at Plymouth State; 10

Wrestling Home Tournament; 9

Tuesday, Jan. 17

BELMONT
Boys' Hoops vs. Newfound; 6
Girls' Hoops at Newfound; 6:30

Unified Hoops at White Mountains; 3

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

WINNISQUAM
Boys' Hoops vs. Somersworth; 7
Girls' Hoops at Somersworth; 6:30

Wednesday, Jan. 18

BELMONT-GILFORD
Hockey at Kearsarge-Plymouth (PSU); 4

GILFORD
Nordic Skiing at Gunstock; 2:30

WINNISQUAM
Hockey at Sanborn; 8:15

Unified Hoops vs. Hanover; 4

Wrestling at Souhegan; 6

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

ANSWER:

**Shaker Regional School District
Custodian
Canterbury Elementary School**

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

VEX

CONTINUED FROM PAGE A1

This year, the game is called SPIN UP. Robots must shoot foam discs into baskets and goals, switch colors on field rollers, and expand in the last 10 seconds of the match to score as many points as possible. Each qualifying match consists of four robots – two on the red alliance, two on the blue alliance. Ro-

bots are randomly paired with a partner and two opponents. Sometimes, a team’s alliance partner in one match can be their opponent in another match. Each robot competes in six to 10 matches to determine a ranking. That ranking is then used to determine the seeds for the elimination tournament.

Robotics programs across the world hold year-round tournaments

at the regional, state, and national levels. Regional champions move forward to compete against the best robots from around the globe at the VEX World Championships each April in Dallas, Texas. VRC welcomes students from the seventh grade to seniors, giving students opportunities to earn awards, bragging rights, and any of the \$40 million in scholarships available

through the REC Foundation!

The Shaker Regional Robo Raiders Robotics program is comprised of VEX VRC teams from both Belmont Middle School and Belmont High School. The Robo Raiders have been competing in VRC for the last decade, and have had teams qualify for the World Championships for the last three consecutive years. Students

pour hundreds of hours into their designs and builds with the Robotics program, putting thousands of hours in each session.

A solidly dedicated group of students, parents, and coaches are working hard to bring this event to life, and we would love to ask you to be a part of our success. We would appreciate it if you would consider a contribution (of time,

money, groceries, volunteer hours, etc.) to help our team provide a welcoming experience for all who come to attend.

For more information, contact Adrien Deshaies at adrien@adesphoto.com or Amira Provost at amira.provost@gmail.com.

WATTO

CONTINUED FROM PAGE A1

Franklin Pierce University Clinical Preceptor of the Year, earning the US Army Combat Medical Badge and being named a Distinguished Military

Graduate.

An osteopathic medicine (DO) doctor differs from a medical doctor in that they use the same conventional medical techniques as MDs but with a few other methods. They bring

a unique, patient-centered approach to every specialty across the full spectrum of medicine. They are trained to listen and partner with their patients to help them get healthy and stay well.

Russ Keene, Chief Executive Officer, stated, “We are incredibly fortunate to have Dr. Wat-

to join our HealthFirst team of providers. The addition of having him as part of our primary care team and bringing

him on as our new Medical Director will provide an increase in access to primary and osteopathic care for patients, but his medical directorship will help to strengthen and support our entire health care team. Dr.

Watto is going to be an incredible asset to our practice.”

Dr. Watto will begin seeing patients in February 2023 and will have hours at both HealthFirst’s Franklin and Laconia offices.

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- Able to lift a variety of building materials
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3 LAKES LANDSCAPE SUPPLY

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

Responsibilities:

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

Qualifications:

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

To apply, please send your completed application to:

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



We are looking for motivated and dependable individuals to join our Dining Services Team



Full-Time Positions available

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Notice to Citizens of the Winnisquam Regional School District

Filing for School District Office

Stephanie Johnston, Clerk of the Winnisquam Regional School District, announces the time limits for filing declaration of candidacy for school district officers. In order for the name of the candidates to appear on the ballot, written declaration of candidacy must be filed with Ms. Johnston from 8:00 am -4:00 pm January 25th through February 2nd, 2023 and 8:00 am -5:00 pm February 3rd, 2023 at the Winnisquam Regional School District SAU Office, 433 West Main Street, Tilton.

The Winnisquam Regional School District Officers to be elected this year are as follows: Moderator, one moderator, one-year term, ending 2024 (resident of any three towns). School Board Members: Tilton, one member, three-year term ending 2026, Northfield, one member, three-year term ending 2026 Sanbornton, one member, three-year term ending 2026 Budget Committee Members: Northfield, one member, three-year term ending 2026, Sanbornton, one member, three-year term ending 2026, and Tilton, one member, three-year term ending 2026.

All members shall be elected at-large, and all members representing each of the three towns must be residents of that town. Any qualified voter in the school district is eligible to file. The elections will take place on Tuesday, March 14, 2023. Residents of each town will vote at the same time and place as the election for town offices. Although the voting will take place at the regular town elections, voting for school district offices will be by separate ballots.

NCH

Upper Connecticut Valley Hospital

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Upper Connecticut Valley Hospital 181 Corliss Lane, Colebrook, NH 03576

Phone: (603) 388-4236 Ucvh-hr@ucvh.org

EOE

PADDLERS

CONTINUED FROM PAGE A1

ing in northern New England is that white water kayaking opportunities are just an hour or two drive from almost anywhere but Franklin is really special with the new water park that is being built. Luckily for him, Mill City Park is only a short trip from his hometown, and this year marked his fourth year of participating in the First Day event; with many more to come, he promised.

Weather this year was another key factor in the success of First Day 2023. Temperatures were in the low 40's, water release from upriver dams was high and snow cover at the park was almost non-existent.

Besides the hardy kayakers, for more than four decades hundreds of spectators have also flocked to Central Street in Franklin to cheer them on each New Year's Day as they challenged the last rapids under the famed trestle bridge. This year, they also gathered across the street at the new Franklin Savings Bank Amphitheater, looking out over the new water feature for Mill City Park.

Ron and Vivian Dunlop of Northfield said they come every year to First Day Franklin and enjoy watching the kayakers but this year was especially nice. Vivian said that besides the unseasonable temperatures, she liked seeing the progress made along the river to attract even more to the city.

"This is beautiful," she said before her husband added, "This is progressive. Good for Franklin!"

Besides watching the skilled adventurers make their way through the frigid waters, there was even more to enjoy, courtesy of local vendors and organizations. A warming hut in Trestle Park featured a cozy stove to help take the chill off as well as food to warm everyone from the inside out. Franklin VNA had plenty of coffee, hot cocoa and donuts to offer while Franklin Outing Club, long time organizers of First Day Franklin, had crockpots filled with Carrot/Lentil soup, homemade chili and Hoppin' John. Hoppin' John is a traditional southern New Years Day dish said to bring good fortune to all who partake in it. The core of the dish is rice, black-eyed



As dozens of kayakers made their way from Northfield to Franklin on New Year's Day, residents and visitors alike lined the bridge on Central Street in downtown Franklin to watch them battle the rapids as they headed to the new Mill City Park.

peas, smoked pork and onions, but there is also symbolism woven into the inclusion of some of those ingredients. Black-eyed peas are said to bring good luck while representing coins, while collard greens included in the stew are hoped to bring cash (greenbacks) to those who partake in the dish. Adding corn

bread as a side is also a traditional symbol for gold in the diner's future. Merrimack Valley Paddlers, one of the larger kayaking organizations in central New Hampshire also had a sign-up table inside the tent for anyone wishing to join their group for news, information and updates on water condi-

tions in the region.

And throughout the day, Franklin Youth Group had make-it-yourself snack bags of popcorn and candy available to children attending the event, along with a Pin the Nose on the Snowman game outside on the grounds of the park.

As kayakers dragged their boats up the take-

out ramp below the new water feature, smiles were big and stories about their journey along the river were swapped before heading back to Cross Mill Rd. where they could experience it all again.

"It's a heck of a way to start the New Year, isn't it?" Matt said with a grin.

TITLE

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throws to give Belmont a 15-6 lead after one quarter of play.

Underhill started the second with a bucket and Martinez added consecutive hoops to stretch the lead out to 21-6 before Leslie came back with back-to-back buckets at the other end of the court. Martinez put back a rebound for Belmont and Underhill added a hoop before Robie hit two free throws for Profile.

Sam Reposa for Bel-

mont and Karsen Robie for Profile exchanged three-pointers and Profile's Everett Locke hit two free throws. Underhill hit a free throw for the Raiders, but a Karsen Robie three-pointer gave Profile the final points of the first half and cut the lead to 29-20 for the Raiders at the break.

Profile came out strong to start the third, with Leslie hitting a hoop, Karsen Robie drilling a three-pointer and Josh Robie hitting a bucket to cut the lead to

29-27. Belmont responded with a hoop from Underhill, but Leslie answered at the other end. Martinez put in another hoop, but Josh Robie again sank a bucket to cut the lead to 33-31.

Martinez hit two free throws and Underhill had a hoop to stretch the lead out to six before Karsen Robie drained a three-pointer. Reposa answered with a three at the other end of the court, with Josh Robie hitting a hoop for the final points of the quarter and Bel-

mont's lead was 40-36.

Underhill put back a rebound for the first points of the fourth quarter, but Josh Robie answered at the other end. Martinez added a bucket and Leslie put in two free throws to keep the game close. A Gaudette three-pointer and two free throws from Underhill pushed the lead to 49-40.

Josh Robie drained a three-pointer with three minutes to go and then hit a hoop to cut the lead to five, which also put him at the 1,000-point mark for his career. A Leslie free throw cut the lead to three, but two free throws each from Underhill and Martinez and one from Ray and a hoop from Gaudette gave the Raiders the 56-46 final score.

"These last three games were not easy wins and Profile's one of the top scoring teams in the state," Martinez said. "To hold them to 20 at half, that was huge for us.

"The boys really played well, Anakin had a great tournament and I thought Keegan was dominant in the games as well," Martinez added. "We can't have just one guy doing it every night. I thought our bench was phenomenal, they stayed right in the game."

"There's a lot I have to improve on to get them ready for quality teams like this," Roy said. Underhill finished



Keegan Martinez puts up a shot during action in the holiday tournament in Farmington.

with 19 points and Martinez had 18 points to lead the Raiders, while Josh Robie had 17 points, Leslie had 13 points and Karsen Robie added 12 points.

Leslie, Robie, Reposa and Underhill all earned All-Tournament honors, with Underhill named tournament MVP.

Profile will be hosting Portsmouth Christian on Friday, Jan. 13, at 6:30 p.m. and will be at Moultonborough on Tuesday, Jan. 17, at 6:30 p.m.

Belmont will be at Derbyfield, Thursday, Dec. 12, at 6:30 p.m., will host Winnisquam on Friday, Jan. 13, at 6 p.m. and will

be hosting Newfound on Tuesday, Jan. 17, at 6 p.m.

BHS 15-14-11-16-56
PS 6-14-16-10-46

Belmont 56
Reposa 2-0-6, Gaudette 3-0-8, Ray 1-3-5, Underhill 7-5-19, Martinez 7-4-18, Totals 20-12-56

Profile 46
Locke 0-2-2, J. Robie 7-2-17, K. Robie 4-0-12, Leslie 5-3-13, Wakeham 1-0-2, Totals 17-7-46

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

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