



THURSDAY, JANUARY 13, 2022

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FREE

Parry leads Bears at Winnisquam Winter Classic

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam wrestling team welcomed teams from around the state along with Middlebury, Vt. for the annual Winnisquam Winter Classic on Saturday.

The Bears were led by a second place finish from Brandan Parry at 220 pounds, with Emon Gauthier at 113 pounds and Carter LaLiberte at 120 pounds both finishing in fourth place, Luke Cote finished fifth at 145 pounds and Henry Osmer at 132 pounds and Keion Miller at 182 pounds both finished in sixth place.

Parry started his day with a pair of wins over wrestlers from Spaulding to advance to the fi-



JOSHUA SPAULDING

Brandan Parry wrestled his way to second place at the Winnisquam Winter Classic on Saturday.

nals, where he dropped a decision to a wrestler from Mascoma, finishing in second place overall.

Gauthier opened with a win over a Kearsarge wrestler before falling to an opponent from Middlebury to move into the consolation round. There he got a win over a wrestler from Spaulding before falling to a Kearsarge opponent to finish in fourth place overall.

LaLiberte started his day with a win over a Lebanon opponent and got a win over a Middlebury wrestler before falling to a Kearsarge opponent to move into the consolation round, where he got a win over a Raymond opponent before falling to a Kearsarge opponent to finish in sixth place overall.

Franklin Savings Bank announces election of five new corporators at annual meeting

FRANKLIN — Franklin Savings Bank is pleased to announce the election of Mary Heath, Christopher Kelly, Brian Lacerte, Mark MacLean and Robert Wilson III as new Corporators of Franklin Bancorp, MHC – a mutual holding company and parent corporation of the bank. The elections were confirmed at the bank's 153 Annual Meeting of Corporators. Also at the meeting, Directors Rebecca Bryant and Craig Jacobson were nominated to three-year terms, expiring in December 2024.

Heath retired from Merrimack County Nursing Home (MCNH) where she served as Director of Administrative Services for 20 years over a career spanning 45 years. She volunteers her time at MCNH, is Deputy Treasurer for Merrimack County, and is Assistant to the Trustees of the Edna McKenna Fund and Judith Gagnon Scholarship Fund. Heath also owns Kearsarge Concrete LLC located in Salisbury, NH, specializing in the installation of concrete walls, floors, sidewalks, patios, breezeways and driveways.

Kelly is an owner/broker for Re/MAX Bayside with locations in Laconia and Meredith, NH. He is an active participant at St. Charles Borromeo Church in Meredith, is a member of the Knights of Columbus Council 14171, is a Director on the Board of Directors with the Greater Meredith Program, and is past President of Belknap EDC where he assisted in the oversight of the redevelopment of the Colonial Theater.

Lacerte owns Lacerte General Contracting, established in 1992, and Queen City Cabinetry, founded in 2019 and based in Manchester. He also owns several commercial and residential rental properties in various areas of the state. Lacerte resides in Hooksett, NH with his wife and two sons.

MacLean is Superintendent of the Merrimack Valley School District, SAU #46. With nearly three decades of experience in public education, MacLean has served in several roles to include classroom teacher, department chair, building-level administrator and Assistant Superintendent. His distinguished career involves a few accolades, including New Hampshire's Technology Using Educator of the Year (2003) and New Hampshire Superintendent of the Year (2020). MacLean is a doctoral candidate at Plymouth State University, is a member of the Executive Board of the NH School Administrators Association, and is a representative on the Governing Board of the American Association of School Administrators.

SEE FRANKLIN, PAGE A7

HealthFirst Family Care Center welcomes pediatrician Lara Niemela, MD



Lara Niemela

FRANKLIN — HealthFirst Family Care Center is pleased to announce that Dr. Lara Niemela is joining its health care team and is accepting new patients starting January 2022.

Dr. Niemela was born and raised in New England. She went to college and then medical school at Eastern Virginia Medical School in

Virginia but returned to New England to complete her residency in pediatrics at Connecticut Children's Medical Center in Hartford. She then moved to southern New Hampshire where she has worked in general pediatrics in the monadnock region for the past 22 years. She is Board Certified by the American Board of Pediatrics

and is excited to practice at HealthFirst Family Care Center alongside Catherine Holub-Smith, APRN, to help grow an even stronger pediatrics practice.

Dr. Niemela is a general pediatrician, primary care provider, taking care of newborns through late adolescence. At HealthFirst, SEE NIEMELA, PAGE A7

Shorthanded Raider boys fall to Laconia

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont hoop boys were a bit shorthanded when they welcomed Laconia to town on Thursday, Jan. 6.

After practicing the day before with just six players, the Raiders had only eight players available against the Sachems and Laconia was able to leave town with a 54-23 win over the Raiders.

"We told them, we can't feel sorry for ourselves because of who is here and who isn't here," said Belmont coach Jim Cilley. "We just can't have moments where we don't play hard. We have to

sprint all the time."

Belmont got the first basket of the game from Matt Krasnecki but the Sachems got the next two hoops. After a Sam Reposa free throw cut the lead SEE RAIDERS, PAGE A7



JOSHUA SPAULDING

Keegan Martinez tries to battle through the Laconia defense during action last week.



Matt Krasnecki elevates to get off a shot in action last week against Laconia.

Three regional partners recognize and support Belknap House

LACONIA — During the hustle and bustle of the magical days just before Christmas, Belknap House received news of three generous grant awards. The awards were granted by the Dobles Foundation, the Meredith Village Savings Bank Fund and Housing Ministries of New England. These generous grants will help further Belknap House's mission of providing families in Belknap County, safe shelter when children are especially at-risk during homelessness, and to empower families to become self-sufficient through opportunities of education and individualized resources.

The Dobles Foundation Trustees are committed to providing charitable assistance to pressing causes and purposes that need support in New Hampshire.

The Housing Ministries of New England, Inc. is a not-for-profit corporation founded to promote the housing and social needs of low-income individuals and families through advocacy and support for quality affordable housing. The Meredith Village Savings Bank Fund is one of the New Hampshire Charitable Foundation's donor-advised funds. The Meredith Village Savings Bank Fund makes grants every year to local non-profits that make a significant impact upon the lives of people in the communities they serve.

"We are grateful to each of these institutions for their investment in homeless families. This funding helps to strengthen the critical impact work that our shelter offers, stabilizing families and empowering them to become

self-sufficient. Two of the grants will help support direct resident services provided through case management. Facilitating the collaboration between families and the 50 agencies and support services utilized by Belknap House, is essential to assisting families in achieving their goals and maximizing effective outcomes for them," shares Executive Director, Paula Ferenc. "Housing Ministries of New England will fund shelter capital improvements needed to maintain the integrity of Belknap House, which is vital to our organization."

The children and parents at Belknap House say thank you!

For more information about any of the organizations check their websites.



Turnovers haunt Raiders in return to regular season

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont girls' basketball team couldn't keep up with a strong Stevens squad in the return to action following the holiday break, falling by a 73-35 decision.

"The team continues to play hard for 32 minutes, but we need to stop making the same mistakes over and over," said Belmont coach Mike Andriski. "And it seems we can't catch a break as we continue to lose one kid to COVID just as we get one back.

"We haven't had a full team yet this year," the Raider coach said. "Back in the gym today and will work on getting better."

Stevens led 22-7 after one and led 44-14 at the halftime break. The lead was 65-29 at the end of the third quarter. Bel-

mont had 22 turnovers in the first half, which led to 20 points for the Cardinals.

Courtney Burke paced the Raiders with 11 points and 10 rebounds while Savannah Perkins chipped in with eight points and seven assists.

The Raiders bounced back with a come from behind win over Berlin two days later, 37-35.

Things didn't start well for the visiting Belmont girls, as they scored four points in the first quarter and didn't score at all in the second quarter, trailing 14-4 at the halftime break.

"Tough defense kept us in the game and only down 10 at the half," said Andriski. "A total team effort got us the comeback win on the road."

Burke had a big game, putting in 16 points, grabbing eight rebounds

and adding 10 steals while Darci Stone had 10 points and five rebounds.

The Raiders were down a pair of starters, getting freshman Madelyn Besegai her

first start and Andriski noted she settled in and controlled the offense in the second half. He also praised the strong games from Kaitlyn Bryant and Lena Rodrigues.

The Raiders are slated to host White Mountains tonight, Jan. 13, at 6 p.m. and then visit Gilford on Tuesday, Jan. 18, at 6 p.m. and at Laconia on Thursday, Jan. 20, at 6 p.m.

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

Belmont boys ski to second in season opener

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Belmont alpine boys had a strong day on the slopes as the new season opened, finishing second behind Plymouth in a meet at Gunstock on Jan. 7.

The day featured two runs of giant slalom in the morning and one run in the afternoon and the Raiders and Bobcats were joined by Newfound, Prospect Mountain, Laconia, Inter-Lakes, Lebanon and Gilford.

In the morning runs, Mitchell Berry led the Raiders with a time of 59.35 seconds for fourth place overall.

Tanner McKim was eighth overall with a time of 1:06.94 and Tyler Flanagan skied to 13th place in a time of 1:13.01.

Mathias Krauchuna rounded out the field of scorers for Belmont with a time of 1:21.71 for 18th

place.

Landon Bormes finished in a time of 1:21.82 for 19th place.

Berry again paced Belmont to second place in the afternoon, finishing the run in 28.24 seconds for third place overall.

McKim finished in a time of 32.51 seconds for sixth place and Flanagan was 11th overall in 35.46 seconds.

Krauchuna finished in 17th place with a time of 42.28 to finish out the scoring while Bormes crossed in 18th place in 43.61 seconds.

The Belmont girls just had a pair of racers. In the morning runs, Cate McDonald finished in a time of 1:27.58 for 19th place and Trinity Yale was 24th overall in 1:39.09.

McDonald finished the afternoon run in a time of 44.33 seconds for 20th place and Yale was

22nd in 44.92 seconds.

Belmont will be back at Gunstock on Friday, Jan. 14.

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

BELMONT POLICE LOG

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

Peter E. Anastos, age 24, of Meredith was arrested on Dec. 27 for Possession of a Controlled Drug (subsequent).

Robert Ramalho, age 29, of Tilton was arrested on Dec. 27 for Possession of a Controlled Drug.

Jonathan Charles Joy-Pagliarulo, age 40, of Belmont was arrested on Dec. 30 for Possession and/or Dealing in Prescription Drugs and in connection with multiple bench warrants.

Michael W. Hoffman, age 42, of Belmont was arrested on Dec. 30 in connection with a warrant.

Mattheew R. Greenwood, age 37, of Belmont was arrested on Dec. 31 for Driving After Revocation or Suspension, Suspension of Vehicle Registration, and in connection with a warrant.

Kendra L. Peters, age 43, of Belmont was arrested on Dec. 31 for Possession of a Controlled Drug (subsequent) and in connection with a warrant.

Robert E. Leroux, age 49, of Belmont was arrested on Dec. 31 for Driving After Revocation or Suspension (subsequent) and an Open Container violation.

Michael E. Nowell, age 37, of Belmont was arrested on Jan. 1 for Domestic Violence-Simple Assault-Physical Contact, Domestic Violence-False Imprisonment, Criminal Mischief, and Domestic Violence-Obstructing Report of a Crime or Injury.

Kathleen Victoria Stone, age 61, of Franklin was arrested on Jan. 1 for Driving After Revocation or Suspension (subsequent).

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Kim Lesnewski promoted to Mortgage Loan Originator for Meredith Village Savings Bank

MEREDITH — Meredith Village Savings Bank (MVSB) is excited to announce the promotion of Kim Lesnewski to Mortgage Loan Originator (NMLS #2281255). Based out of the Laconia branch office, she will assist customers throughout the Lakes Region with the application process for mortgages, construction loans, and equity loans.



Kim Lesnewski

ground in banking make her a great addition. She is truly passionate about helping our community members find the right home financing solutions to meet their needs and goals.”

“We are excited to welcome Kim to the Mortgage Lending team,” said Charlie Dowd, Vice President, Residential Mortgage Sales at MVSB. “The exceptional service she has provided MVSB customers for many years coupled with her extensive back-

ground in banking make her a great addition. She is truly passionate about helping our community members find the right home financing solutions to meet their needs and goals.” Lesnewski joined MVSB in 2008 and has worked in the Alton, Wolfeboro, Gilford and Laconia branches as she

has grown her career with the Bank. Prior to transitioning to mortgages, she most recently served as Branch Services Manager in the Laconia branch office.

A 2009 graduate of the Connecticut School of Finance and Management, Lesnewski has completed several programs from the Center of Financial Training (CFT) – including Operations, General Banking, Banking and Finance, and Advanced Financial Services. She is a 2018 graduate of the Leadership Lakes Region program.

Lesnewski is a current board President of the Lakes Region Search

& Rescue and she also serves on the organization’s training committee. When not in the office or volunteering her time, you’re likely to find her spending time with her family and hiking – two joys which led her to tackle all of the state’s 4,000 footers with her young granddaughter.

Unlike a stock bank, MVSB is a mutual savings bank that operates

for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of New Hampshire. MVSB and

its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Local students named to President’s List at Plymouth State University

PLYMOUTH — A total of 870 students have been named to the Plymouth State University President’s List for the Fall 2021 semester.

To be named to the President’s List, a student must achieve a grade point average of 3.7 or better for the Fall 2021 semester and must have attempted at least 12 credit hours during the semester.

- Isaiah Knowlton of Belmont
- Hannah McCain of Tilton
- Jia Chiu of Belmont
- Maggie DeVoy of Sanbornton
- Marissa LoGrasso of Belmont
- Amanda O’Leary of Northfield
- Adam Cibarich of Sanbornton
- Bailee Gallant of Tilton

- Shannon Goodwin of Sanbornton
- Jessica Holt of Sanbornton
- Ian Manning of Tilton
- Morgan Agran of Northfield
- Lindsay Blier of Tilton
- Carly Catty of Tilton
- Rhiannon Gauthier of Tilton
- John Beaulieu of Northfield
- Corbin Gentile of Belmont
- Nishit Jani of Tilton
- Sarah McGlynn of Belmont
- Katy Porter of Tilton
- Lilli Keegan of Northfield
- Grace Ojikutu of Sanbornton
- Carley Latorre of Sanbornton
- About Plymouth State University
- Established in 1871,

Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Local students named to Dean’s List at Plymouth State University

PLYMOUTH — A total of 376 students have been named to the Plymouth State University Dean’s List for the Fall 2021 semester. To be named to the Dean’s List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2021

- semester and must have attempted at least 12 credit hours during the semester.
- Emily Elliott-Lucas of Belmont
- Dharmik Patel of Northfield
- Casey Lang of Tilton
- Andrew Des Marais of Northfield

Mason Howe of Sanbornton
Eric Young of Tilton
About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Caleb Duggan named to UVM Dean’s List

BURLINGTON, Vt. — Caleb Duggan, Mechanical Engineering major, has been named to the dean’s list for the fall 2021 semester at the University of Vermont. Duggan from Belmont, NH is in the College of Engineering and Mathematical Sciences.

To be named to the dean’s list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school.

About UVM
Since 1791, the University of Vermont has worked to move humankind forward. Committed to both research and teaching, UVM professors -- world-class researchers, scholars, and artists -- bring their discoveries into the classroom and their students into the field. Located in Burlington, Vermont, one of the nation’s most vibrant small cities and top college towns, UVM is a Public Ivy and top 100 national research university educating 10,700 undergraduate students, 1,627 graduate students, 776 certificate and non-degree students, and 478 M.D. students in the Larner College of Medicine.

Candela Figueroa named to Troy University Chancellor’s List

TROY, Ala. — Candela Figueroa of Villa Clara, has been named to the Chancellor’s List at Troy University for the Fall Semester/Term 2 of the 2021-2022 academic year.

The Chancellor’s List honors full-time undergraduate students who are registered for at least 12 semester hours and who earn a grade point average of 4.0.

About Troy University
Troy University is a public, historic, international university with 22,500 students and 154,000 alumni. Students choose TROY for its quality academic programs, reasonable costs and availability of financial aid, outstanding faculty, and flexible in-class and online class offerings. Students on the Troy, Ala. campus enjoy a traditional college experience, while adult students are the centers of attention at campuses in Dothan, Montgomery and Phenix City, Ala., as well as at locations around the world and online.



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Laconia Adult Education Winter 2022 Enrichment Catalog

Course Title	Day(s)	Start date	Times	# weeks	Cost	Location	Instructor Name
Health & Wellness							
Freedom Through Forgiveness	Thurs	5/5/2022	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Introduction to Spiritual Energies	Thurs	3/17/2022	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Beginner East Coast Swing	Mon	1/31/2022	5:45-6:45	6 weeks	\$120.00	LHS-Café	Juli Pruden
Beginner Ballroom Dancing Part II	Mon	1/31/2022	6:45-7:45	6 weeks	\$120.00	LHS-Café	Juli Pruden
Beginner Night Club Two Step	Mon	1/31/2022	7:45-8:45	6 Weeks	\$120.00	LHS-Café	Juli Pruden
Beginner Cha Cha	Tues	2/1/2022	5:45-6:45	6 Weeks	\$120.00	LHS-Café	Juli Pruden
Beginner Ballroom Dancing - Couple	Tues	2/1/2022	6:45-7:45	6 Weeks	\$120.00	LHS-Café	Juli Pruden
Beginner West Coast Swing	Tues	2/1/2022	7:45-8:45	6 weeks	\$120.00	LHS-Café	Juli Pruden
Meditation 101	Thurs	4/14/2022	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
What are Angels & How to Communicate with them	Thurs	3/31/2022	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Yoga for Everyone: Beginning	Tues	2/1/2022	5:00-6:15	8 weeks	\$65.00	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning	Thurs	2/3/2022	5:00-6:15	8 weeks	\$65.00	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning	Tues&Thurs	2/1/2022	5:00-6:15	8 weeks	\$95.00	ctc-H225	Bonnie Morin
Informational Classes/Seminars							
Genealogy: Tracing Your Roots	Wed	2/2/2022	7:00-9:00	5 Weeks	\$25	LHS-613	Charles North
Language							
Spanish for Beginners	Mon	1/31/2022	6:00-7:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Spanish Intermediate Level I	Mon	1/31/2022	7:00-8:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Spanish Intermediate Level II	Mon	1/31/2022	8:00-9:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Learning a skill							
Dog Obedience: Advanced	Wed	3/16/2022	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: Beginning	Wed	3/16/2022	6:00-7:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Basic Woodworking	Thurs	1/27/2022	6:00-8:30	8 weeks	*\$110.00*	LHS-517	Wes Anderson
Open Shop Woodworking	Tues	1/25/2022	6:00-8:30	10 Weeks	*\$110.00*	LHS-517	Ed Philpot
Intro to Intermediate Woodworking	Wed	1/26/2022	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Philpot
Welding Basics: ARC,GAS,MIG&TIG- Tuesdays	Tues	2/1/2022	5:30-8:30	10 Weeks	*\$350.00*	LHS-Welding Lab	Bruce Beckford
Welding: Advanced MIG,TIG,Stick, Fabrication	Thurs	2/3/2022	5:30-8:30	10 Weeks	*\$350.00*	LHS-Welding Lab	Bruce Beckford

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- E.S.L.- Free for those learning English Tuesday & Thursday nights 6:00-8:30-starting 1/11/2022
- Academy-High School Credited Math, English, Biology, Chemistry and Social Studies Classes

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)
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Still have questions? Call Laconia Adult Education at 524-5712

Opinion

A4 Thursday, January 13, 2022

WINNISQUAM ECHO

Baby, it's cold outside

Newsflash: it's cold. Our little neck of the woods here has finally hit frigid sub-zero temperatures. Folks may be running low on fuel, or even running empty, causing frozen pipes to burst. Fuel companies are scheduled two weeks out in some cases, and several customers are feeling stressed due to the financial burden this cold weather brings. Our only advice is to hold on tight and think about how toasty things will be when temperatures soar into the teens and low 20s again.

The winter solstice on Dec. 21 has passed, and the days are getting longer...and, we hope, sunnier. One perk to this post-New Year's time is that, well, the holidays are over. The hustle and bustle starts in late November and doesn't calm down until the week following New Year's. Is it overrated? Maybe. We hope you are all able to relax in the days ahead.

When weather hits sub-zero, it's hard to remember why we live here. We live in New England because winter, for the most part, is fun and manageable. We love our snow sports, the smell of wood stoves cranking and the beauty of the snow-capped mountains.

Some of you may think of our ancestors who had to cut chords of wood by hand all year long just to prepare for the harsh New England winters. Houses way back when had no insulation or the walls were stuffed with straw and mud. Common houses were much smaller, therefore easier to keep heated with one wood stove. The fireplace was the focal point of a colonial home and was the place where family members would talk and work on small projects during the evening. The average size of a house according to today's standards is about 2,600 square feet. A home of that size hundreds of years ago was often occupied by the wealthy, who were able to afford to put a wood stove in each room of the house. Children often slept in lofts where the heat would rise and often shared a bed with siblings, using body heat to keep warm.

In days of old, people used thick curtains and down comforters to keep the heat in. Before bedtime, many would use a bed warmer, which was a brass pan with a long handle that was filled with hot rocks. Foot warmers were popular as well. These fancy contraptions were made of a wood framed tin box also with heated rocks that would be placed by the feet under the comforter. This heating method was used for trips in the horse and buggy as well. Churchgoers would bring their own boxes of heat and blankets to keep warm during a Sunday service.

Important to note is the fact that over the years humans have increasingly adapted to warmer weather as a result of modern technology. Our ancestors were able to withstand much colder temperatures and remain more comfortable in colder temperatures than we do today. All of that aside, we are pretty lucky to have the conveniences we do during these cold blasts.

Since winter is not nearly over, here are a few tips with regard to winter survival. Avoid frost bite and frost nip at all costs. When the water molecules in your skin cells freeze, they die. Once this happens, they can cause damage to your muscular and nervous systems. Exposed skin can develop frostbite within 30 minutes with winds of 10 mph and a temperature of -5 degrees. If you are outside and find your hands freezing, the warmest place for them to go is under your armpits, the warmest part of your body.

Another culprit is hypothermia. When your body hits 95 degrees you're entering the danger zone. When your organs start to drop in temperature they begin to shut down. If you notice yourself shivering or lacking coordination, it's time to get warm fast. Other more severe symptoms include low energy, difficulty speaking, a weak pulse and the cessation of the shivers. It's important to stay well nourished during any time spent outside, as your body needs that energy to stay warm. Always have a Snickers bar or something similar handy just in case. Staying hydrated is a must as you need water to keep your nervous system running properly. One rule of thumb is to never eat snow while trying to survive in frigid temperatures. Your body will be forced to warm it from the inside which wastes energy and can cause hypoglycemia. Try to keep your heart rate up as cold temperatures cause your heart rate to decrease. A higher heart rate will generate heat within your body however be sure not to do so much that you start to sweat, cold and sweat are never a good combination.

We hope none of you ever find yourselves in a situation where you need to implement any of the information above, however knowledge is power. Stay warm, summertime is just about six months away, where we will of course crank the air conditioning and complain about the heat and humidity.

Nordic opener

Will Riley of Belmont skis in the opening meet of the season at Gunstock on Wednesday, Jan. 6. The meet was a relay race, with skiers teaming up to each race two loops. Riley and his skiing partner, Gilford's Joseph Schelb finished sixth in their opening heat.

JOSHUA SPAULDING



STRATEGIES FOR LIVING

To the God who makes a difference

BY LARRY SCOTT

Millions of American evangelicals who claim to be Christians but are no longer associated with the church have raised questions about the status of their faith ... and of their belief in God. They claim to trust in God, and accordingly, they are blameless, and perhaps, even religious. But they live as if God has no practical meaning or influence over their lives. He has been abandoned in favor of a lifestyle that leaves them free to do as they please; God does not factor into their plans.

And they are not alone. We all predisposed to look for a God Who will cater to our whims, serve our special interests and, we would hope, intervene when disaster strikes. We are glad for His help when

trouble comes ... otherwise we're pleased if He will just leave us alone to live as we wish.

Tragically, respect for God and the principles of righteous living are no longer in vogue in America. Progressives have captured national attention and dominate both America's social and political agenda. For same-sex marriage, abortion on demand, gender reassignment, and the Islamic faith, tolerance is in; for the Christian message, however, acceptance definitely out.

Which makes my task in this column an almost impossible challenge. It is abominably difficult to portray the dynamic of my faith in a way that makes sense to the twentieth-century mind. God would seem to be beyond our understanding and

uninvolved in the daily affairs of our lives.

But He has not left us without a sense of direction. His Name is Jesus.

The writer of the New Testament book of Hebrews, addressing an audience as skeptical as our own, opens his treatise by noting that, "In the past God spoke to our forefathers through the prophets ... but in these last days he has spoken to us by his Son, whom he appointed heir of all things ... the radiance of God's glory and the exact representation of his being."

And that is the key here. The Christian message, the dynamic of our faith, is not to be understood by what we see in the institutional church nor, truthfully, in the lives of many who claim to be Christians. The Christian faith can be

understood in, and only in, Jesus Christ. He was, indeed, the "radiance of God's glory."

Belief in God begins with our faith in Jesus Christ. Take Him away from the discussion and you have nothing but empty dogma, creed without substance, a meaningless faith.

But God knows of our dilemma and is eager to meet us where we are, as we are.

I cannot explain how it works, but when we take God at His word, something dramatic happens. Indeed, the greatest miracle I have ever seen is the transformation that takes place in an individual's life when Jesus Christ is welcomed as their Lord. But He comes only by invitation, and that is a decision He leaves up to you and me.

Comfort Keepers

Elderly home care and depression

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

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

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

Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation (Forbes). The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).

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

Signs of depression in seniors can include

change in attitude, self-isolation, weight loss, fatigue or lack of interest in once enjoyable activities.

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

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

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

ogy that fosters connection and other outside sources of help.

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

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

Comfort Keepers® can help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients that 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.

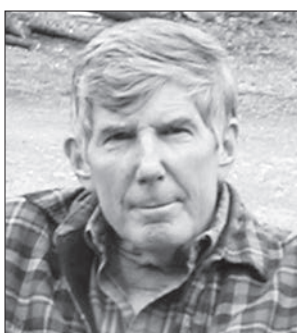
To learn more about our in-home care services, contact your local Comfort Keepers location today.

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.

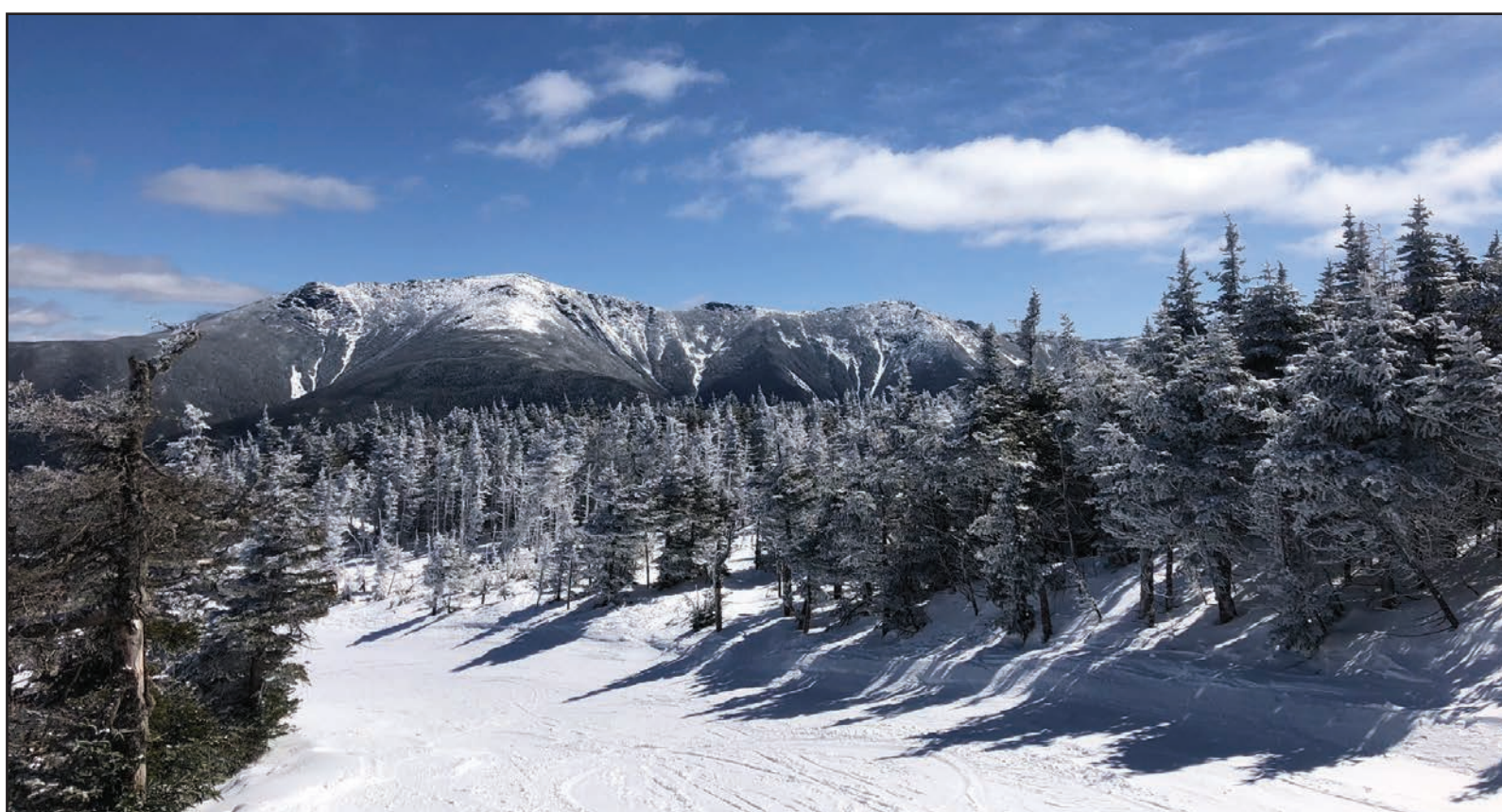
Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

North Country Notebook



By JOHN HARRIGAN
COLUMNIST

Was it raining fish, or did falling fish reign? And what about those drunken pachyderms?



COURTESY

Weldon Bosworth of Gilford took this springtime photo of the Franconia Range while schussing the upper slopes of Cannon Mountain. With one of the more highly visible and popular hikes in the Whites, the periodic knife-edge ridge can lure unprepared hikers into the kind of trouble that can kill. (Courtesy — Weldon Bosworth)

Because of the Fish and Game Commission's obstructionist behavior on several recent issues (this means Commission members, not Department staff), I'm moved to try some public nudging. John Litvaitis sent this recent letter to the editor of the Concord Monitor. He is a UNH wildlife grad and researcher whose insight on all sorts of outdoor issues is often sought.

"Stop unethical use of wildlife"

"I am writing in support of HB 1308, an act to prohibit capture, possession, and propagation of hares and rabbits for hunting dog training and field trials. I have worked as a wildlife biologist for several natural resource agencies and was a professor of wildlife ecology at UNH for 31 years and fully support managed hunting of hares. I have fond memories of participating in such hunts.

"Decades ago, beagle clubs imported scores of live hares from Atlantic Canada to stock private club lands. That practice no longer occurs. Instead, beagle clubs rely on the trap-and-transfer of wild hares to club lands to train their hounds. Such actions are clearly an unethical treatment of wild hares. Putting aside nonsensical "slippery slope" arguments (e.g., This is the first step in ending hare hunting), the notion that use of captive wild hares to train hounds is a long-standing tradition is a weak defense. Bear hunters and game bird hunters train their dogs in the wild, hare hunters obviously could do the same.

"Permits to capture specific animals are granted to university researchers and others to address questions that may improve survival of individual species. Permits to beagle clubs only address recreational interests of a small group of NH residents. There is no public benefit. So, why should beagle clubs be given special access? NH Fish and Game Department correctly opposes bringing wild animals into captivity for personal engagement. It should oppose the use of captive hares to train hounds. --John Litvaitis, Madbury"

To which I'll add "Come on, Commission friends--how out of step with the times can you be?"

(Full disclosure Dept.: I'm a co-founder of the NH Wildlife Coalition, which supports HB 1308. —JDH)

+++++

JoAnne Murphy of Effingham (east of the Conways) completed a

20-plus-year goal on New Year's Day by completing her 100th hike to the fire tower on 1907-foot Green Mountain. JoAnne, who lives nearby, is an avid hiker and has summited all 48 of the state's 4,000-footers. She said she was looking for a training hike in the summer of 2001 and fell in love with the hike to the fire tower.

Joining her for her 100th trip were hiking columnist Allen Crabtree, Gail Tibbets, and N.H. Forest Ranger Tom Trask, who was able to help top off her trip with a visit to the watchman's cab atop the tower. As for what's next, JoAnne says she's looking forward to hiking to the fire tower on Magalloway Mountain in Pittsburg, but says that after 100 trips up Green Mountain, she's all done counting hikes.

+++++

Quit the Whining Dept.:

For all those bemoaning the long winter (so what if "winter" is seven months), it's worth noting that the Winter Solstice was only last month, and here we are already gaining sunlight, like oh, a little over two minutes per day.

We'll see a dramatic difference between here and the end of February, when the climbing sun will begin turning south-facing snowbanks to slush (great for snowballs), and snow fleas will begin appearing by the tens of thousands in people's snowshoe tracks.

Snow fleas are harmless, and are members of the springtail family, which explains all that hopping about, although I've never been able to figure out what eats them. Spiders, perhaps. But something does, for sure, because as with events in our lives, nothing happens in Mother Nature without a reason.

+++++

Finally, I saved a newspaper clipping of one of those stories that editors snaffle onto with

glee, the same kind of people who like writing headlines containing the word "pachyderms." By the way, there is additional information on the pachyderm story, if anyone wants to ask me--please.

This story, however, involves it raining fish. This is not really a new story, as it can rain a lot of strange stuff besides water, which in a fairly dry cosmos seems strange enough.

On Wednesday, Dec. 29, in Texarkana, eastern Texas, it rained fish. The Texarkana Gazette quoted a tire dealer as saying that fish four or five inches long "were bouncing off the concrete." Nobody bothered to note the duration of fish reigning, or whether they were getting scale wages. For live samples, museums were offering a fin.

Leave it to National Geographic to put a dry, scientific face on all this. Small creatures are caught in waterspouts or severe updrafts, it said. "Reported rains of bats, fish, snakes, birds, frogs, and jellies stretch back for centuries." Since a "jellie" might be a pair of cheapo-depot shoes or a gumdrop, we tried to look it up, but Data Search kept going to Hoof and Mouth Disease.

There were a lot of fish-fall exchanges on Facebook and the like, many using "like" in place of "I said" and

"she said," as in "I was like, Holy Cow!" Nobody really said "Holy Cow," by the way. Likewise, there were no quotes containing the words "ye gods" (and little fishes). The story in the Charlotte Observer did not note whether the fry fell in (no, wait, that's the Chicken Little story) during the morning or afternoon, nor did the paper say whether anyone tried to catch fish on their way by (the fish, not the people). This left the observer wondering whether a gaff might have worked (not the mistake kind).

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)



Taking a break on her 100th trip up to the fire tower atop Effingham's Green Mountain was JoAnne Murphy (right), who was joined by Gail Tibbets (left) and hiking columnist Allen Crabtree. (Courtesy state Forest Ranger Tom Trask)

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Edward Jones: Financial Focus

Watch out for tax scammers

Sadly, identity theft happens throughout the year – but some identity thieves are particularly active during tax-filing season. How can you protect yourself? One of the most important moves you can make is to be suspicious of requests by people or entities claiming to be from the Internal Revenue Service. You may receive phone calls, texts and emails, but these types of communication are often just "phishing" scams with one goal in mind: to capture your personal information. These phishers can be quite clever, sending emails that appear to contain the IRS logo or making calls that may even seem to be coming from the IRS. Don't open any links or attachments to the emails and don't answer the calls – and don't be alarmed if the caller leaves a vaguely threatening voice-mail, either asking for personal information, such as your Social Security number, or informing

you of some debts you supposedly owe to the IRS that must be taken care of "immediately." In reality, the IRS will not initiate contact with you by phone, email, text message or social media to request personal or financial information, or to inquire about issues pertaining to your tax returns. Instead, the agency will first send you a letter. And if you're unsure of the legitimacy of such a letter, contact the IRS directly at 800-829-1040. Of course, not all scam artists are fake IRS representatives – some will pass themselves off as tax preparers. Fortunately, most tax preparers are honest, but it's not too hard to find the dishonest ones who might ask you to sign a blank return, promise you a big refund before looking at your records or try to charge a fee based on the percentage of your return. Legitimate tax preparers will make no grand promises and will explain

their fees upfront. Before hiring someone to do your taxes, find out their qualifications. The IRS provides some valuable tips for choosing a reputable tax preparer, but you can also ask your friends and relatives for referrals. Another tax scam to watch out for is the fraudulent tax return – that is, someone filing a return in your name. To do so, a scammer would need your name, birthdate and Social Security number. If you're already providing two of these pieces of information – your name and birthdate on social media, and you also include your birthplace – you could be making it easier for scam artists to somehow get the third. It's a good idea to check your privacy settings and limit what you're sharing publicly.

You might also want to use a nickname and omit your last name, birthday and birthplace. Here's one more defensive measure: File your taxes as soon as you can. Identity thieves often strike early in the tax season, so they can file their bogus returns before their victims.

To learn more about tax scams, visit the IRS website (irs.gov) and search for the "Taxpayer Guide to Identity Theft." This document describes some signs of identity theft and provides tips for what to do if you are victimized.

It's unfortunate that identity theft exists, but by taking the proper precautions, you can help insulate yourself from this threat, even when tax season is over.

Jacqueline Taylor
Financial Advisor
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PO Box 176
Meridith NH 03253
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jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Bank of New Hampshire promotes Jared Price to Vice President - Controller



Jared Price

LACONIA — Bank of New Hampshire is proud to announce the promotion of Jared Price to Vice President -

Controller.

Price first joined Bank of New Hampshire in February of 2012 as a Loan Servicing Specialist. He has held several positions over the years including, Loan Operations Officer, Assistant Vice President - Loan Operations Manager, Vice President - Loan Operations Manager and Vice President - Business Analytics and Audit Manager. In his new role as Controller, Jared will be responsible for effectively administering, directing and

managing the accounting and finance functions of the Bank.

Price holds a Bachelor of Science degree in Economics and an MBA from the University of New Hampshire. He is also a graduate of the Northern New England School of Banking, Leadership Lakes Region, the New England School of Financial Studies and the ABA Stonier Graduate School of Banking. He is active in the community having served as the Treasurer and President of the Board of

Trustees for the Central NH VNA and Hospice, and as Adjunct Professor of Macroeconomics at Manchester Community College.

"We are extremely pleased to have Jared join the Finance team, serving in the critical role of Controller," said Daniel Brown, Executive Vice President, Chief Financial Officer for Bank of New Hampshire. "His proven leadership, knowledge and experience will undoubtedly help us to accomplish great things in the years

to come."

Bank of New Hampshire is excited to have Price in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and

businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

MVSB Fund announces grants to local nonprofits

MEREDITH — The MVSB (Meredith Village Savings Bank) Fund at the New Hampshire Charitable Foundation has awarded \$121,000 in grant funding to 30 local nonprofit organizations. This includes \$99,000 awarded to 19 local agencies and \$22,000 donated to 11 area food pantries. The grants are in addition to MVSB's contributions throughout the year in the form of donations, sponsorships, scholarships and volunteer efforts by employees.

"Each year, grants from the MVSB Fund help our local nonprofit organizations make meaningful improvements, add programming and simply keep up with demand," said Rick Wyman, President of MVSB. "It is our pleasure to help them continue to provide such meaningful services and support to local individuals and families, especially during a time that has been so challenging for so many."

This year's MVSB Fund grant recipients include:

Belknap House, Laconia

Awarded \$5,000 to support direct resident services provided through case management by the house manager. Belknap House's mission is to provide families in Belknap County a safe shelter, when children are particularly at-risk during homelessness, and to empower families to become self-sufficient and independent by providing opportunities of education and resources available to them.

Circle Program, Plymouth

Awarded \$5,000 to send new program participants to summer camp. Circle Program is a nonprofit that empowers and provides opportunity to low-income NH girls through camp and mentorship.

Got Lunch, Ashland and Holderness

Awarded \$2,000 to provide healthy lunches to children from low- to moderate-income families during the summer months. Got Lunch is a community-based program serving Ashland and Holderness that provides healthy lunches to children during their summer break.

GOT LUNCH! Laconia, Laconia

Awarded \$7,500 to provide healthy groceries to children from low- to moderate-income families during the summer months. GOT LUNCH! Laconia is a collaboration of community partners coming together to feed the children of Laconia.

Kingswood Youth Center, Wolfeboro Falls

Awarded \$2,000 to fund life skills programs. The Kingswood Youth Center provides a safe and positive environment in which youth may grow, learn and develop life skills critical to their success in the adult world.

Lakes Region Community Developers, Laconia

Awarded \$8,000 to provide summer camp scholarships for children who live in their affordable housing devel-

opments. Their mission includes aiding homeless families in securing stable employment and permanent housing. They also operate a four-unit transitional housing program where families stay for about 18 months.

Lakes Region Food Pantry, Moultonborough

Awarded \$5,000 that will go toward their healthy food voucher program. The Lakes Region Food Pantry helps meet the needs of local individuals and families facing food insecurity and services are provided to individuals with dignity and respect. They offer food, food vouchers, personal care products, cooking classes, among many other programs.

Peabody Place, Franklin

Awarded \$5,000 to be used toward the purchase of a new mode of transport. Peabody Place (formerly Peabody Home) in Franklin is a home for seniors, where they welcome diversity, believe in aging with dignity and strive to meet the needs of our community members in a professional and loving home-like atmosphere.

Pemi Youth Center, Plymouth

Awarded \$5,000 to support their after school program. The center's mission is to provide a safe and welcoming environment where local youth may gather outside of school and gain a sense of community, belonging and self-esteem.

Raven Gael Blaisdell Foundation at Hall Memorial Library, Northfield

Awarded \$2,500 to support community reading programs for local youth. The foundation's mission is to

encourage youth in the area to embrace reading and explore all of literature's wonderment and joy. This includes a diverse group of volunteers who advance the Hall Memorial Library through promotion, advocacy and fundraising.

Sandwich Children's Center, Center Sandwich

Awarded \$5,000 to be used for toddler and preschool enrichment and vacation weeks programming. The center is an exemplary nonprofit early childcare and education center that strengthens families and communities by nurturing the development of the whole child and fostering their curiosity for learning about themselves, the natural world and the communities around them.

Speare Memorial Hospital, Plymouth

Awarded \$5,000 to match funds toward replacing the Cardiac Stress testing system for their Cardiac Rehabilitation program. Speare Memorial Hospital is a Critical Access Hospital in Plymouth that works to serve the needs of their patients and community.

White Horse Recovery Center, Center Ossipee

Awarded \$5,000 to support jobs creation program for those going through substance abuse recovery. The mission of White Horse Recovery is to provide behavioral health services that meet the individual needs of those they serve, offering a path to a better tomorrow.

Winnepesaukee Wellness Center, Moultonborough

Awarded \$5,000 to establish and maintain a supervised exercise program for elderly in

the Lakes Region area. The center's fitness programs are tailored to the individual needs and capabilities of people with chronic disabilities, or whose doctors feel could benefit from a supervised exercise program.

Food Pantries

Eleven local food pantries that serve the same communities as MVSB will also share a donation of \$22,000.

The Meredith Village Savings Bank Fund was established in 1997 under the leadership of John Starrett, then President and CEO of the Bank. Since then, 447 grants totaling \$1,804,248 have been awarded to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth and NH Seacoast areas. Over the years, the Fund has supported literacy programs, after-school programs, environmental monitoring and education, restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and

equipment that helps save lives. The deadline for consideration in the next grant cycle is October 15, 2022. Applications are available at mvsb.com.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.



COURTESY

Concord Hospital-Laconia launches new pet therapy program

Concord Hospital introduced its Pets Uplift People (PUP) program to Concord Hospital - Laconia patients and staff on Tuesday, Jan. 4. Atticus, a 10-year-old English Labrador Retriever with years of pet therapy experience, spent more than an hour with approximately 30 ICU and North 2 Telemetry staff and patients. Concord Hospital's PUP program offers staff and patients a chance to watch or interact first-hand with certified therapy dogs, sharing and enjoying comfort together. All PUP dogs have met high standards for health, behavior and temperament to become certified therapy dogs. To learn more about Concord Hospital's Pets Uplift People program, contact (603) 227-7000 ext. 3895.

Supervisors of the Checklist

Session Notice

Town of Tilton

January 18th, 2022

7-7:30pm.

Location: Tilton Town Hall, First Floor Meeting Room, 257 Main Street, Tilton, NH

The Supervisors will accept applications for new voter registration, requests for the correction of the checklist, (RSA654:3) and/or change of political party affiliation (RSA669:15) at this time. Voters may check party affiliation on-line:

<https://app.sos.nh.gov/Public/PollingPlaceSearch.aspx>

Applicants for registration should bring proof of identity, age, citizenship, and domicile.

Registration may also be done with the Town Clerk during regular office hours at Town Hall.

Supervisors:

Bernie Chapman

Kathy Mitchell

Judy Tilton

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CLASSIC

CONTINUED FROM PAGE A1
fore falling to a wrestler from Plymouth in the third place match.

Cote got wins over Plymouth and Spaulding before falling into the consolation round with a loss to Concord. He then lost to another Plymouth wrestler before getting a win in the fifth place match.

Osmer got an opening win over a Concord opponent to start the day before falling to a Middlebury wrestler to

move into the consolation round. He then got a pair of wins before moving into the fifth place match, where he lost his final match to finish in sixth.

Miller got a win over Raymond in his opening match before falling to a Kearsarge opponent to move into the consolation round. He lost that match before moving into the fifth place match to finish out his day.

Winnisquam will be traveling to Merrimack on Saturday, Jan. 15, and

will be hosting Pelham on Wednesday, Jan. 19.

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

Carter LaLiberte looks to his coaches during a match on Saturday.



NIEMELA

CONTINUED FROM PAGE A1

she will provide preventative and acute care, including anticipatory guidance for normal growth and development and vaccine education for well-baby and well-child visits. Additionally, she treats acute and chronic disease and offers behavioral health counseling, diagnosis and treatment including ADHD, anxiety, depression, and LGBTQ issues. Dr. Niemela has a broad knowledge in reproduc-

tive health care for adolescents including Nexplanon placement.

Russ Keene, Chief Executive Officer, stated, "We are incredibly fortunate to have Dr. Niemela join our HealthFirst team of providers. Lara's extensive background and expertise in pediatrics will provide us with an even stronger panel of providers available to serve our pediatric population. Adding another medical provider to our staff will assist patients with increased access to ser-

vices and reducing wait times for appointments. We are proud to have her join our team of professionals providing high quality health care in the Lakes Region."

Dr. Niemela will begin seeing patients starting in January 2022, at HealthFirst's Franklin office. If you are looking to schedule an appointment or establish care for your child, please call HealthFirst at (603) 934-1464. You can also visit healthfirstfamily.org to request an appointment.

FRANKLIN

CONTINUED FROM PAGE A1

Wilson is the EVP/CIO of Allegiant Travel Company LLC and has over 29 years in the airline industry where he has garnered a reputation for transforming and optimizing IT departments across all disciplines, including product, business analysis, software engineering, quality assurance, infrastructure and operations, information security and risk along with compliance. His career includes domestic and international experience across the spectrum of airline operations.

derful ambassadors for Franklin Savings Bank."

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, Franklin Savings Bank also offers investment, insurance and financial planning services. A recognized leader in providing the

latest in financial services technology, Franklin Savings Bank is 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.

Franklin Savings Bank has donated more than 11 percent of its net income to charity since 2009. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, Twitter and YouTube.

RAIDERS

CONTINUED FROM PAGE A1

to 4-3, Keegan Martinez got a pair of big blocks on the defensive end. Laconia did get three hoops in a row to push the lead to 10-3 and then hit a hoop and converted a three-point play for the 15-3 lead.

Martinez converted a three-point play to close out the quarter and Laconia's lead was cut to 15-6 after one quarter of play.

A Hutch Haskins three-pointer and a hoop from Reposa cut the lead to 15-11 to start the second quarter but Laconia answered with a pair of buckets and a three-pointer to open the lead up to 22-11.

Martinez drilled a free throw, but the Sachems answered with their own hoop. A Jamison Gaudette bucket cut the lead to 24-14 but Laconia did the remainder of the scoring for the rest of the quarter, hitting a trio of hoops and four free throws to take the 34-14 lead to the halftime

break.

Laconia started the second half the same way they ended the first, as the Sachems hit three more hoops, a three-pointer and a free throw to stretch the lead to 44-15. Tylor Carroll got Belmont's only point of the quarter on a free throw inside the final minute to make it 44-15 at the end of the third.

The Sachems opened the fourth quarter with a hoop and then converted a three-point play and another free throw for a 50-15 lead. Martinez finished off his own steal and converted the foul shot for a three-point play to make it 50-18.

After Laconia drilled another hoop, Jeff Carrier hit for the Raiders and Carroll drilled a three-pointer to make it 52-23. The visitors got the final basket of the game and they took the 54-23 win.

"We have one of the most talented groups I've had," Cilley said. "They just don't know how to

battle through that adversity yet.

"Keegan was a standout tonight," the Belmont coach added. "He's still young, but he's always around the ball."

Martinez finished with seven points to lead the way for the Raiders.

Belmont will be in action today, Jan. 13, at White Mountains at 6:30 p.m. and will be at Gilford on Tuesday, Jan. 18.

BHS 6-8-1-8-23
LHS 15-19-10-10-54

Belmont 23
Carroll 1-1-4, Raposa 1-1-3, Haskins 1-0-3, Krasnecki 1-0-2, Carrier 1-0-2, Gaudette 1-0-2, Martinez 2-3-7, Totals 8-5-23

Laconia 54
Mello 4-1-9, Roberts 5-0-12, Mousseau 1-2-4, Stevens 1-0-2, Jobin 2-1-5, Knowlton 2-0-4, Beck 7-4-18, Totals 22-8-54

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

"It gives me great pleasure to welcome these individuals as newly installed Corporators of Franklin Bancorp," noted Mary "Meg" Miller, Chair of the Franklin Savings Bank Board of Directors. "Mary, Christopher, Brian, Mark and Robert have achieved a tremendous amount of success in their professions and are actively involved within their communities and industries. They will serve as won-



NOTICE

TOWN OF NORTHFIELD

Filing for the following Town Offices will be accepted at the Town Clerk's office **January 19 through January 28, 2022**

Library Trustee3 year term
Moderator2 year term
Selectman3 year term
Supervisor of the Checklist6 year term
Trustee of Trust Funds3 year term

Cindy L. Caveney
Town Clerk/Tax Collector

Hall Memorial Library to host program on New England quilts

NORTHFIELD — Hall Memorial Library hosts a virtual presentation, "New England Quilts and the Stories They Tell" on Jan. 27 at 7 p.m. Pamela Weeks, New England Quilt Museum curator, will dive into the history of quilts and what they reveal about women's and New England history.

Weeks has authored three books: "Deeds Not Words: Celebrating 100 Years of Women's Suffrage," with Sandra Sider; "Civil War Quilts," with Don Beld; and "Portable Patchwork: The Women Pioneers of the Original Quick & Easy Quilting Method, with Projects for Today." She writes about textiles history, women's history and New England history.

Participants are invited to share their own quilts for Weeks to examine and discuss during the presentation. She asks that photos of the quilts be sent to the Hall Memorial Library at least one week before the session so that she can include them in her presentation.

This presentation is made possible by a grant from New Hampshire Humanities. Learn more about their programs at www.nhhumanities.org. It is free to all and open to the public.

For more information, and to submit photos of quilts for the presentation, please contact Hall Memorial Library at 603-286-8971 or hallmemoriallibrary@gmail.org. Follow us on Facebook and Instagram @HallMemorial for news and updates about the library programs and sign up for our monthly newsletter at www.hallmemoriallibrary.org.

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GERMAN
SHEPHERD
PUPPIES**

\$1500

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JOSIE
774-218-4103**

PETS OF THE WEEK



Tate

Tate is a highly intelligent Australian cattle dog (also known as the blue heeler). Like most cattle dogs, Tate is a dog that needs a job, and will need lifelong training and activities to keep him happy and healthy. Tate is hearing impaired, but that doesn't stop him from learning new tricks! Tate responds to hand signals for sit, down, stop, speak, stay, and paw, and is working on more! He is both toy and food motivated. Tate will need lots of mental and physical stimulation to keep him happy- he will need much more than walks or a game of fetch! Tate can be selective with which people he trusts, and can be reactive towards new people. We have started working with Tate to help him make positive choices and build trust. He is making progress and is looking for an adopter who wants to continue this work. He loves to train, play fetch, play tug of war, and once he builds trust with you, loves to cuddle. Tate is looking for a home without kids (he can play a bit rough), no cats (too fun to chase!), and he may do ok with the right dog friend but can be picky



Cuke Roll

If this picture doesn't tell you how adorable I am then I don't know what will. Me and my adorable face came to NH Humane from living as a stray, so there is not much in the way of background. I am FIV+, meaning I would need to be the only pet in the household or living with other FIV+ cats.

 **NH Humane Society**
Over a century of love for those without a voice.
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

HIGH SCHOOL SLATE

Thursday, Jan. 13

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

Friday, Jan. 14

GILFORD
Alpine Skiing at Gunstock; 10
Swimming at Londonderry; 5

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

Saturday, Jan. 15

BELMONT-GILFORD
Hockey at Sanborn-Epping; 8

WINNISQUAM
Hockey vs. Con-Val-Conant; 3:20
Wrestling at Merrimack; 8

Monday, Jan. 17

WINNISQUAM
Hockey at Pembroke-Campbell; 3:20

Tuesday, Jan. 18

BELMONT
Boys' Hoops at Gilford; 6
Girls' Hoops vs. Gilford; 6

GILFORD
Boys' Hoops vs. Belmont; 6
Girls' Hoops at Belmont; 6

WINNISQUAM
Boys' Hoops vs. Campbell; 7

Girls' Hoops at Campbell; 6

Wednesday, Jan. 19

BELMONT-GILFORD
Hockey vs. Laconia-Winnisquam-Inter-Lakes; 5

WINNISQUAM
Hockey at Belmont-Gilford; 5
Wrestling vs. Pelham; 6

Thursday, Jan. 20

BELMONT
Girls' Hoops at Laconia; 6

GILFORD
Unified Hoops vs. Winnisquam; 3:30

All schedules are subject to change.





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NEW 14 WIDES 56' x 2 Bed \$63,995	NEW 14 WIDES 64' x 2 Bed, 2 Bath \$71,995	Homes From COLONY, NEW ERA, & TITAN	
DBL WIDES 40' x 3 Bed, 2 Bath \$109,995	DBL WIDES 48' x 3 Bed, 2 Bath \$124,995	DBL WIDES 48' x 3 Bed, 2 Bath \$118,995	DBL WIDES 48' x 3 Bed, 2 Bath \$119,995
MODULARS 3 Bedroom \$134,995 (Base Price)	MODULARS 2 Bedroom \$141,995	MODULARS 1,900 sq. ft. 2 Story 1st Floor Master Bedroom \$191,995	

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LEGAL

NOTICE FOR FILING FOR PLYMOUTH SCHOOL DISTRICT OFFICE

All persons interested in filing for Plymouth School District School Board Member may do so with Susan Jane Clay, Plymouth School District Clerk. Interested candidates please come to the Office of the Superintendent of Schools during the hours of 8:00 a.m. - 4:00 p.m. from Wednesday, January 19, 2022 through Friday, January 28, 2022 inclusive.

Positions open for Plymouth residents are:

School Board Member - One 3-year position

Moderator - One 2-year position

Clerk - One 2-year position

Treasurer - One 2-year position

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Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cbldmill.com

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www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Peabody and Smith: www.peabodysmith.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com

Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))


This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.


EQUAL HOUSING OPPORTUNITY

HELP WANTED

Call our toll-free number
1-877-766-6891
 and have your help wanted ad in
 11 papers next week!



Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

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

Dan Uhlman, General Manager
 20 West Street, Ashland, NH 03217
 or you may email to duhlman@belletetes.com. E.O.E.

▶ Competitive Wages	▶ Paid Vacation	▶ Paid Holidays	▶ Paid Time Off
▶ Health Insurance	▶ Profit Sharing	▶ Store Discounts	▶ 401k



Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

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

Dan Uhlman, General Manager
 20 West Street, Ashland, NH 03217
 or you may email to duhlman@belletetes.com. E.O.E.

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Sharon Holt
 Lin-Wood Public School
 P.O. Box 846
 Lincoln, NH 03251
 603-745-2051 ext. 210
sholt@lin-wood.org

Job Applications are available on the District's website at www.lin-wood.org/employment or from the Administrative Offices located in the Lin-Wood Plaza, 78 Main Street, Lincoln NH 03251.

Applications will be accepted through December 15, 2021 or until the position is filled.

The Lincoln-Woodstock Cooperative School District is an equal opportunity employer.

Middle/High School Fax (603) 745-6797
 Elementary Fax (603) 745-3730
 SAU Fax (603) 745-2352
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**The Town of Sandwich
 Help Wanted**

The Town of Sandwich is accepting applications for a part-time Land Use Secretary to support the Town's Planning Board and Zoning Board of Adjustment. Hours vary depending upon Board needs. Full job description and application are available at the Selectmen's Office or under Forms & Documents at sandwichnh.org. Application materials are due January 20, 2022 by 5:00 P.M. For inquiries, please call 284-7701 or e-mail tos@cyberpine.net

Equal Opportunity Employer.

HELP WANTED

FOOD SERVICE WORKER NEEDED

Can't work full-time because of daycare issues? Looking for something to do while your children are in school? Shaker Regional School District Food Service Department has openings for Food Service Assistants at Canterbury Elementary School for 4 hours per and is paid \$12.21 per hour. Work involves preparing and serving meals to students along with after-service clean-up. Experience is preferred but not necessary. Must be able to lift up to 25 pounds. Successful completion of a post-offer, pre-employment physical and criminal background check – including fingerprints – is required. Please contact Nancy Cate, Director of Food Service, at 267-6525 x1352 for more information or to receive an application.



Full-Time Installers Assistant

Energysavers Inc, a 46 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. LEARN WHILE YOU EARN!

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LNA

(Full Time with Benefits)
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For more information, please contact
 Linda Elliott, Human Resources at lelliott@nchha.org
 Apply online at [Indeed.com](https://www.indeed.com)

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 - Material Handlers - 1st & 2nd shift
 - Pickers - M - F 7AM - 3:30PM
 - Production Supervisor
 - Maintenance Supervisor
 - Staff Accountant
 - Janitor - 1st shift M - F
 - Sr. Controls Engineer
 - MFG Engineer
 - EH & S Supervisor
 - Maintenance Mechanic Helper
 - Material Handler
 - Quality Control Technician - 1st shift
 - Production Line Worker - 3rd shift
 - Part Time 8AM - 2PM - M-F No Weekends
 - Production Line Worker - 3rd shift
 - Stitchers - entry level will train - 1st shift or Part Time
 - Assemblers - 1st and 2nd shift positions
 - Quality Control Inspector - 2nd shift
 - Customer Service Representative
 - Shipping & Receiving
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 - Maintenance Mechanic - 3rd shift
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 - CNC Machine Operator
 - Set up specialist
 - Plating Tech - Excellent starting wage - 2nd & 3rd shift
 - Specialized Machine Operator - 2nd & 3rd Shift or make your own shift
 - Quality Assurance Inspector - 3rd shift

JOB POSTING Deputy Town Clerk

Town of Plymouth, NH

The Town of Plymouth seeks to fill a permanent, part-time (34 hours/week) Deputy Town Clerk position. Under the general direction and supervision of the Town Clerk, the Deputy Town Clerk is responsible for helping to administer motor vehicle and boat registrations, dog licenses, vital statistics and elections. The Deputy Town Clerk also provides support to the Town Clerk in certifying the actions of the Select Board and other Town Officials, making official reports and collecting fees; acts as an assistant for all Town Clerk duties and is therefore subject to statutory requirements.

Applicants must have strong office and interpersonal skills with an emphasis on customer service, an ability to multitask and other basic computer knowledge in Microsoft Office, email management, data entry, digital calendar, and social media management. Applicants must have the ability to obtain Municipal Agent and Boat Agent certifications within 3 months of employment, and must be able to work extra hours per the request of the Town Clerk.

Grade 4 pay range is \$17.78 to \$24.89/hour with a competitive benefit package. Must be a Plymouth resident due to statutory requirements. The position will remain open until Friday, February 4, 2022.

Please submit a cover letter and resume with 3 references included to Town Clerk Jaseya Ewing at Town of Plymouth, 6 Post Office Square, Plymouth, New Hampshire 03264.

NCH Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

Spotlight Positions:

- | | |
|--------------------------------------|--------------------------------------|
| Cook (multiple positions open) | Health Unit Coordinator (temporary) |
| Central Sterile Technician | Health Unit Coordinator |
| Clinical Application Specialist | LNA/Health Unit Coordinator |
| General Float | Licensed Nursing Assistant |
| Environmental Services Technician II | Paramedic |
| Department Manager - Patient Access | Registered Nurse |
| Patient Access Representative | RN - Day Shift |
| Occupational Therapist | RN - Night Shift |
| Physical Therapist | RN Nurse Manager - ED/Med-Surg |
| Certified Surgical Tech | RN Nurse Educator |
| Medical Assistant | RN Nurse Manager - Surgical Services |
| Multi-Modality Radiologic Tech | |

APPLY ONLINE

WWW.UCVH.ORG
 Upper Connecticut Valley Hospital
 181 Corliss Lane, Colebrook, NH 03576
 Phone: (603) 388-4236
Ucvh-hr@ucvh.org
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 - Business NH Magazine -



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Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!

HELP WANTED

TOWN OF THORNTON



PERMANENT FULL TIME TRANSFER STATION MANAGER

The Towns of Campton, Thornton and Ellsworth are seeking candidates for the position of Transfer Station Manager. Applicants must have a high school diploma or equivalent; at least five years of experience in the operation and management of a municipal solid waste facility; or an equivalent combination of education and experience. Applicants should have all necessary NHDES certifications and licenses or have the ability to obtain as required. Applicants must have supervisory experience and enjoy working with the public. This is a full-time position with benefits with an hourly pay range from \$21.82 to \$30.83 depending on experience. A full job description and application form is available at www.townofthornton.org.

Applications must be submitted by Friday, February 4, 2022 to:
Debra Shepard, Town Administrator
Attn: Transfer Station Manager
16 Merrill Access Road
Thornton, NH 03285

The Town of Thornton is an equal opportunity employer.

VARNEY-SMITH Lumber Company, Inc.

CDL TRUCK DRIVER/ YARD MAN

Duties to include:

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- Loading-off loading incoming and outgoing deliveries
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- Able to lift a variety of building materials
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or email precisionlumber@lumbemh.com
to request us to email an application



Precision Lumber Inc.

576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

Precision Lumber Inc.

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Precision Lumber Inc.

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WWW.LUMBERNH.COM
603-764-9450

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16-6493-MCP / 1/13/21

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2021-2022 School Year Professional & Support Staff

ATHLETICS

Varsity Softball Coach

Junior Varsity Softball Coach

Middle School Softball Coach

Track Coach

(Contact Kerry Brady, AD, for application, etc. – 837-2528 or kbrady@sau36.org)

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

Substitute Teachers

Paraprofessionals

School Psychologist (2022-2023 School Year)

***Substitute teacher rate of pay is \$100 per day

SAU 36 will pay for the required Criminal Background Check***

Applicants must hold the appropriate NH credential for most positions or a Statement of Eligibility (SOE) issued by the NH Department of Education.

For further information, contact:
Cody Arsenault, HR/Payroll Manager
White Mountains Regional School District, SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: codyarsenault@sau36.org

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COURTESY PHOTO

Supporting the Bulldogs

Freshmen members of the Belmont-Gilford Bulldogs ice hockey team pose with Rusty Bertholet, who recently made a sizeable donation to support the future growth of the Belmont-Gilford program. Pictured (l to r), Nate Gerbig, Aiden Stafford, Evan Guerin, Carson McGreevy, Rusty Bertholet, Cole Bertholet, Jaxson Embree, Brayden Mercier and Landon Hallberg.

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RC GREENWOOD

Lakers on ice

Patrick Goodwin defends during the Laconia-Winnisquam-Inter-Lakes hockey game against Berlin-Gorham last week. The Lakers dropped an 8-2 decision to the defending champions. They are scheduled to be back in action on Monday, Jan. 17, at Pembroke-Campbell at 3:20 p.m. and will take on rinkmates Belmont-Gilford on Wednesday, Jan. 19, at 5 p.m. at Merrill Fay Arena.

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Bear hoop girls split pair with Franklin and Fall Mountain

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam girls' hoop team kicked off last week with a good win over neighboring Franklin.

The Bears used a team effort to pull out the 70-19 win, led by a 21-point performance from Mackenzie Philippy.

Lauren MacDonald chipped in with 14 points, Isabella Sargent added eight points and Victoria Kelly finished with 10 rebounds to go with her eight points. Vanessa Power had eight points and Emma Griffin added seven points.

On the defensive side

of things, Brianna Harlow, Alicia Paquette and Madison Knopka all played well.

"Any time you can get everyone in a game is a plus," said coach Mark Dawalga. "These kids work hard every day in practice and to see them all play well tonight was exciting."

"Nice team win tonight," the Bear coach added.

Winnisquam took on Fall Mountain two nights later and dropped a 41-27 decision to a good Wildcat team.

The Bears trailed just 7-5 after one quarter and 16-9 at halftime, but the

Wildcats pulled away in the second half to take the win, though the Bears did put up a fight.

"We gave ourselves a chance and really took a big step forward with our defense," Dawalga said. "Down 31-16 to start the fourth, our defense really dug in."

"We were able to get it down to a six-point game with four minutes to go," the Bear coach said, noting that the Wildcats hit their free throws down the stretch to open the score up in their favor.

MacDonald finished with 11 points and Philipppy added seven points. Griffin had seven rebounds to go with her four points in a solid effort down low.

"As a coach I was very happy with how we played tonight, the effort was there all night," said Dawalga. "Tonight was all about team defense."

He praised the work of Sargent, Sophia Day, Kelly, Griffin, Power, Carter, MacDonald and Philipppy on the defensive end of things.

The Bears will be back in action on Friday, Jan. 14, at home against Inter-Lakes at 7 p.m. and will be at Campbell on Monday, Jan. 18, at 6 p.m.

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

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