THURSDAY, NOVEMBER 11, 2021

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COMPLIMENTARY

The champs stay champs

Newfound volleyball sweeps its way to second-straight Division III title



JOSHUA SPAULDING

BY JOSHUA SPAULDING

Sports Editor

DERRY — The Newfound volleyball team was up 2-0 in sets but trailing by an 18-5 score in the third set of the Division III championship match on Saturday.

But as they have done for most of the season, the Bears were able to come charging back, eventually pulling even with Mascenic at 23-23 and getting the final two points for the 25-23 win and the Division III championship for the second year in a row.

"That was better than I expected," said coach Amy Fairbank, noting she expected the match to go four or five sets. "They have been work-

ing really hard

"Mascenic, they have some big hitters," the Newfound coach continued. "I expected a great match and told the girls that they are going to have to work hard for it."

The first set started evenly, but the Bears eventually pulled away for an easy win. A Jamie Norton block helped get Newfound out to a 2-0 lead before the Vikings came back and tied the game at three. A hit from Malina Bohlmann got the Bears back ahead before Mascenic got a couple of points in a row to take the lead. Mia LeBrun came through with a key point and Paulina

SEE **CHAMPS**, PAGE A15

November activities at the

The Newfound volleyball team celebrates its second-consecutive championship on Saturday in Derry.

Hebron Public Library: Books, crafts and pie!

HEBRON — The Hebron Public Library will hold a soap felting morning on November 20, from 9 a.m. to noon, as part of their new Craft and Chat series. Materi-

als will be provided, but participants who wish to attend should email hebronnhlibrary@gmail. org to register so that the library can purchase sufficient materials.

Local runners tackle elite Meet of Champions

BY JOSHUA SPAULDING
Sports Editor

NASHUA — The best cross country runners from around the state descended on Mines Fall Park at Nashua South High School on Saturday for the annual Meet of Champions.

Two local teams, the Newfound boys and the Kennett girls qualified to compete and a number of local athletes qualified as individuals.

In the boys' race, Newfound finished in 15th place overall, with Bishop Guertin, Coe-Brown and Concord taking the top three spots.

Gilford's Patrick Gandini, who won the Division III championship last week, finished in third in the Meet of Champions with a time of 15:27. Aidan Cox of Coe-Brown got the win and Torin Kindopp of Keene finished in second place.

Keene finished in second place.

The Newfound boys were led by Connor Downes, who finished in 54th place overall in 16:59.

Ryder Downes came in second for the Bears, finishing in a time of 17:26 for 89th place and Evan Foster was 114th overall with a time of 18:07.

SEE **MEET**, PAGE A15

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Minot-Sleeper Library receives grant funding civics ... the expansion for viewing the library's collection of the Bristol

BRISTOL — The Minot-Sleeper Library has been awarded \$12,750 in Sustaining the Humanities through the American Rescue Plan (SHARP) grant funds from the New Hampshire Humanities and the National Endowment for the Humanities (NEH). Funds will be used for exciting initiatives including a newspaper digitization project, StoryWalks, and

Soap felting is a tech-

nique that uses wool

roving to cover a bar of

soap. The felted soap bar

is a little coarse to the

touch and can provide

light exfoliation. Use a

felted soap bar in place

of a washcloth or a loo-

Donna Luti will lead

the soap felting session.

She suggests that par-

ticipants bring rubber

gloves from home as the

technique involves hot

water and soap and "it

frothes up very quickly!"

Participants may also

want to bring an apron

or wear clothes that they

won't mind getting a lit-

tle wet. The technique is

SEE **LIBRARY**, PAGE A15

volunteer

Library

outreach efforts.

In October, NEH announced that SHARP funds will "support the completion of New Hampshire Historical Society's 'Moose on the Loose' virtual field trips to teach elementary school students about American history and

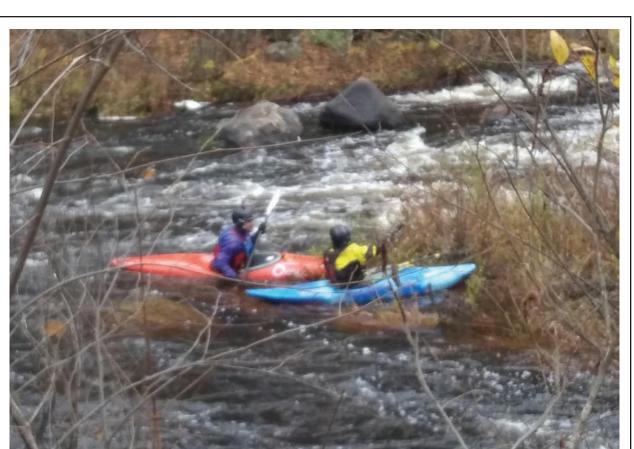
of library services in multiple languages at the Englewood Public Library in New Jersey, and allow the American Philosophical Society and The Library Company of Philadelphia to retain staff and early career scholars to digitize manuscript, newspaper, and broadside collections related to Revolutionary-era Philadelphia." The Minot-Sleeper Library staff and Board of Trustees are proud to be selected alongside these and other organizations to receive SHARP grant funds.

The majority of the \$12,750 awarded to the Minot-Sleeper Library will pay for the digitization of the library's microfilm, which currently serves as the only format

collection of the Bristol Enterprise newspapers. The library's newspapers on microfilm cover the period from January 1878 through December 1996. Using grant funds, the library will digitize all 75 rolls of microfilm, making the 100-plus years of Bristol history freely available to the public. A new website with the digital versions of the newspapers will allow the public to search by keyword, date, and other categories.

The staff and trustees are thrilled to expand access to an important part of the library's collection. This project aligns with one of the library's strategic goals: "Library resources will be avail-

SEE **FUNDING**, PAGE A15



Donna Rhodes

Adventures downstream

No matter the season or the temperature, when the waters rise kayakers grab their paddles and head to the rivers in central New Hampshire. These two hardy outdoor enthusiasts were spotted taking a break on the Smith River in Alexandria last week before heading off on their downstream adventure.

ľowns

Bristol

Al Blakeley adblakeley0@gmail.com

I can't say enough about our Fall athletes this year. There were great successes on and off the fields and courts these hard-working students and the rewards were many. It takes a lot to accomplish so much with all they have to do, and I think after our pandemic year, they are enjoying the activities offered and responding with vigorous results. Congratulations to all involved.

During the month of November, the Minot-Sleeper Library will be closed today, Nov. 11 for Veterans' Day and on Nov. 25 and 26 for the Thanksgiving holiday. Ongoing programs at the MSL include: Classics Book Group on Tuesday, Nov. 16 at 6:30 p.m. (Virtually) with a discussion of "Mrs. Dalloway" by Virginia Woolf, Movie Group on Tuesday, Nov. 23 at 6:30 p.m. (Virtually) with a discussion of "The Man in the White Suit" and the Third Monday Book Group will meet in December as there will be no meeting in November.

Events going on at MSL include: Crafts to Go featuring Turkey Wine Corks this month, so reserve your kit, Story Time every Friday at 11 a.m. at the Library for a story and a fun activi-

ty, Home School Think Tank on Nov. 18 at 2 p.m., Marvel vs DC Trivia on Nov. 19 at 5 p.m., and Heads Up: Thanksgiving Challenge on Nov. 23 at 1 p.m. For any updates on any of these programs, visit www.minotsleeperlibrary.org.

The TTCC is offering Karate Lessons on Wednesday evenings. You can join anytime. Ages 5 - 6: from 5:15 - 6p.m., ages 7 - 9: 6:05 - 6:50 p.m., ages 10 and up: 6:55 - 7:40 p.m. The fee is \$75 per month with additional fees for uniforms and testing. Masks will need to be worn inside the TTCC.

Kung Fu Lessons for Adult and Teens are also offered at the TTCC on Wednesday evenings from 6:55 - 7:40 p.m. The fee is \$75 per month. Additional fees for uniforms and testing.

Any questions regarding these programs, contact TTCC: 744-2713 or ttcc@metrocast.net.

TTCC Youth Basketball will be available for ages three and up through high school starting this month. A Skills assessment for grades 1 - 6 will be held on Saturday, 11/20. Middle and High School Rec Teams starting dates TBD. Li'l Hoops (ages 3 - 5) and Kindergarten hoop starts in January. Most programs will be finished by February vacation. There will be a fee to participate: L'il Hoops - Kindergarten -\$20, Grades 1 -2 - \$30, and

grades 3 and up - \$40.

Referees, coaches and sponsors are needed. Please call the TTCC if you can help. (744-2713).

The 40th Annual Turkey Trot will be held this year on November 25 with a 9am start time from the Newfound Grocery & Country Store in Bridgewater. Pre-registration will begin starting on November 1 up to and including the day of the race. The \$20 registration includes a T-shirt guarantee as it will be by donation the day of the race. This great event raises much needed funds to support families in need in the Newfound area as well as supporting some of the vital programs offered by the TTCC in Bristol. For more information on the event and COVID precautions, please visit the Newfound Grocery Facebook page at www. Facebook.com/Newfound Country Store.

The changing of the clocks always causes some folks concern, especially if you forget to do it! The disruption of our daily responses to the angle of the sun and the amount of sunlight at different times of the day can be unnerving, I guess. The saying attributed to indigenous people whereby if you cut off a foot of your blanket and sew it on to the other end seems like a foolish custom always makes me chuckle. Enjoy your time in the sun!

Groton

Ann Joyce AMJ8347@gmail.com

The upcoming Select Board Meetings are Nov. 16, Dec. 7 & Dec. 21 at 7 p.m. The Select Board Work Sessions are Nov. 16, Dec. 7 & Dec. 21 at 6 p.m.

The Planning Board will be meeting Wednesday, Nov. 24 at 7 p.m.

The Select Board office will be closed on Veteran's Day, Thursday, Nov. 11, also Nov. 24 & Nov. 25 for Thanksgiving holidays.

The Select Board non-public work session, work session & meeting minutes from Oct. 19 were approved.

The 2021 Equalization Municipal Assessment Data Certificate was approved. Avitar assessed 27 properties with the medium ratio being 98.7 percent with a coefficient disbursement at 6.2 percent. The MS-60W which is the waiver to complete the first two sections of the audit, parts I & II only due to the small size of the town was approved.

A building permit for Map 6 Lot 2 was tabled until the required outhouse form is completed. A septic approval for Map 6 Lot 63-5 needed a new septic plan as a fourth bedroom was added. & an intent to cut for Map 5 Lot 44 for an 8-acre cut was also approved.

The Avitar 2022 Terra Mapping Agreement was tabled until the request for proposals for the assessing services are received. These are due on Nov. 22.

department Under items, Robert (Bubba) Ellis stated Smith Rd has been completed & tree trimming is underway on River Road.

The Brown's at 1631 N. Groton Rd. will present Santa's Workshop on Dec. 19 from 11 a.m. – 4 p.m. Meet & greet with Santa & Mrs. Claus for children 10 & under. Visit Santa's workshop & enjoy free digital picture with Santa, hot chocolate & candy canes. Letters to Santa can be dropped off at the Santa's mailbox from Nov. 1 – Dec. 1. Any newsworthy events, please let me know.

Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

Hebron Veterans Day Program

The Veterans Day Program in Hebron will be held on Thursday, Nov. 11 at 10:50 a.m. on the town common. The ceremony is sponsored by the Town of Hebron and the Hebron Historical Society. Everyone is welcome to come and celebrate our Veterans!! Spectators can watch from their cars or on the common. The Bristol VFW will be on hand once again for the flag ceremony. Masks and

social distancing are requested. With apologies, no refreshments will be offered following the program due to Covid precautions.

Hebron Library News In November, we invite everyone join us for an afternoon of paper crafts and socializing. We'll be making table decorations that vou might use for vour Thanksgiving dinner. and coming together to catch up on our lives now that the busy summer is over. Our Crafts & Pie Social is on Saturday, Nov. 20. Drop in anytime between 9 a.m. and noon. We will supply all the materials and pies; you supply the conversation and good cheer!

Interested in joining our book club? You're just in time as we're starting one up again. Please email us, hebronnhlibrary@gmail.com, to get put on our mailing list. Our first book is "News of the World," by Paulette Jiles, and will meet on Nov. 17, 1 to 3 p.m. Pick up your print copy of the book from Oct. 25 when the library is open.

New email address for the library: hebronnhlibrary@gmail.com. The old Metrocast email address will continue to appear on emailed library notices, but we'll be completely discontinuing it from December 2021.

Pemi-Baker Community Health, Mid-State Health Center collaborate

PLYMOUTH

Pemi-Baker Community Health and Mid-State Health Center are excited to announce a new collaboration to enhance access to services in the community.

Pemi-Baker Community Health Changing Name to Pemi-Baker Hospice and Home

For years, Pemi-Baker Communi-

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ty Health has followed their mission to improve the health and wellbeing of the communities they serve by providing excellence in health care services in your home and at their facility at 101 Boulder Point Dr. in Plymouth. With more than 70 employees and volunteers, they have grown to meet the needs of 28 surrounding towns,

and as their new name

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PRESIDENT & PUBLISHER

Frank G. Chilinski

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frank@salmonpress.news

BUSINESS MANAGER

RYAN CORNEAU

(603) 677-9082

ryan@salmonpress.news

OPERATIONS DIRECTOR JIM DINICOLA

(508) 764-4325

DISTRIBUTION MANAGER

JIM HINCKLEY (603) 279-4516

MANAGING EDITOR

BRENDAN BERUBE

(603) 677-9081

brendan@salmonpress.news

PRODUCTION MANAGER

JULIE CLARKE

(603) 677-9092

julie@@salmonpress.news

Newfound

Landing

and logo show, they are focusing on Hospice, Palliative and Home Health Care moving forward. Pemi-Baker

pice & Home Health is pleased to announce that their outpatient physical therapy (PT) and occupational therapy (OT) services will now be overseen by Mid-State Health starting Jan. 1, 2022. Pemi-Baker will maintain their offices at Boulder Point with a new entrance and will be serving patients as far north as Benton, Lincoln, Franconia, Sugar Hill, Bethlehem and Littleton. Their Doctors, Nurses, LNA's, Chaplains, Social Workers, Physical, Occupational and Speech Therapists will continue to provide excellent services in the home setting. They are also pleased their current Senior Director of Home Health, Palliative Care, & Hospice, Danielle Paquette-Horne RN, is taking the position of

"With the growing need for hospice and home health in central and northern New Hampshire, this tran-

Executive Director.



Matthew Scagliarini, Pemi-Baker Community Health Outpatient Physical Therapy and Membership Director, Danielle Paquette-Horne, Pemi-Baker Community Health Executive Director, Robert Macleod, Mid-State Health Center Chief Executive Officer.

sition will allow us to focus our resources and expand our services to the patients and families who are in need of professional home healthcare," said Danielle Paquette-Horne.

Mid-State Health Center launches Outpatient Physical and Occupational Therapy as a new service.

Starting Jan. 1, 2022, Mid-State will begin offering physical and occupational therapy services under its umbrella of primary care services. Through collaboration with Pemi-Baker Hospice and Home Health, Pemi-Baker's trusted and skilled Outpatient Physical and Occupational Therapy team will be joining Mid-State Health Center to provide PT/OT services. This transition will further enhance Mid-State's integrated approach to health care while providing individuals in need of physical and occupational therapy with the same high-quality care, provided by the same team, in the same familiar space.

Dr. Robert MacLeod, Mid-State CEO says, "We are committed to providing health care services that meet the needs of the whole person. Bringing PT/OT services under our umbrella is another step for Mid-State to strengthen our inte-

grated care model, while allowing Pemi-Baker to deliver services to patients where they need it most in the home care setting."

The two organizations will be working closely over the upcoming months to ensure a seamless transition for all. To learn more about this transition, please visit midstatehealth. org/OPT.

PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 603-536-2232 Visit our Web site: www.pbhha. org.

MHS is located at 101 Boulder Point Drive, Suite 1, Plymouth. To contact us please call: 603-536-4000 Visit our Web site: www.midstatehealth.org.



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LRCC students awarded scholarships at Lakes Region Tourism Annual Business Meeting



Courtesy

Josiah Page (left), and Elizabeth Hallee (right), show off their scholarship awards, presented to them by the Lakes Region Tourism Association. Pictured with them (center) is Chef William Walsh, Department Chair of the Culinary Arts program at Lakes Region Community College.

LACONIA — Two Lakes Region Community College (LRCC) students have been awarded \$500 scholarships each. Elizabeth Hallee (Merrimack), a dual major in Culinary Arts and Pastry Arts, was awarded the Mildred A. Beach Hospitality Scholarship. Hallee, a senior and LRCC Student Senate President, completed a cooperative education program over the summer with the Lakehouse Grille in Meredith. "I'm very excited about the scholarship," said Hallee. "My ultimate goal is to be able to open my own bed and breakfast. and this will help me get

Josiah Page (Bristol)

closer to my goal."

was awarded the Mel Borrin Family Scholarship. Page is a senior in the Business Management program at LRCC and currently works for the Italian Farmhouse in Plymouth. He is exploring possible careers in hospitality, marketing, and accounting. "Josiah has shown great promise as a student, whatever he decides to pursue", said Carlene Rose, Department Chair of the Business Management program. "He is enthusiastic, analytical, and a pleasure to work with."

The Mildred A. Beach Scholarship is given annually to a student at a college, university or technical college who is pursuing a degree in a tourism or hospitality-related field. "This scholarship was established more than 20 years ago to recognize our dear friend, Mildred Beach," said Amy Landers, Executive Director of the Lakes Region Tourism Association. "Mildred served in the

state legislature and as a past director of the Lakes Region Tourism Association for more than 45 years." She continued, "I established the Mel Borrin Family Scholarship in honor of Mel Borrin who I knew for over 25 years. Mel was a devoted business owner who supported his community, the tourism industry, and area businesses through leadvolunteerism, and hard work."

Chef William Walsh, Department Chair of the Culinary Arts, Pastry Arts, and Hotel and Restaurant Operations program at LRCC added, "We take pride in the partnerships we have developed with members of our community, and in the efforts they make to help develop our students so they can further contribute to our community".

The Lakes Region Tourism Association is a non-profit tourism marketing organization that promotes the Lakes Region and Central New Hampshire in state, out-of-state, and internationally to bring more visitors to the area. For more information, visit www.lakesregion.org/.

Lakes Region Community College offers many associate degree and

certificate including Business, Accounting, Culinary Arts, Hotel and Restaurant Operations, Electrical, Automotive, Nursing, Graphic Design, Advanced Manufacturing, and Fire Science, just to name a few. In addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available. For more information, visit www. LRCC.edu.





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Financial tips for new veterans

Edward Jones: Financial Focus

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On Veterans Day, we honor the men and women who have served in our armed forces. If you've recently separated or retired from the military, or you will be leaving soon, you can be proud of the service you've provided to your country. But once you're a veteran, away from the structure and imperatives of the military, you may need to take greater control over manneed to take greater control over manneed.

aging your finances and protecting

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your family. For starters, consider housing. When you were on active duty, you may have moved around frequently and found it more convenient to rent, but you may now want to purchase a house. Assuming you meet the eligibility requirements, you could apply for a VA loan, which typically does not require a down payment and is usually offered at a favorable interest rate. Make sure that you only take out a mortgage you can afford – you don't want to become

"house poor." You'll also want to save and invest for retirement. While on active duty, you could invest in the Thrift Savings Plan (TSP), but when you separate from service, you can no longer contribute to it. Now, if you get a job in the civilian sector, you may have access to a 401(k) or similar employer-sponsored retirement plan, and you might be able to roll your TSP balance into your new employer's plan. If you become self-employed or open your own business, you may be able to choose from several retirement plans, including a SEP-IRA, a SIMPLE IRA or an "owner-only" 401(k). But no matter what plan you have, try to contribute enough to meet your income needs in retirement, which could last two or three decades.

Furthermore, once you become a civilian, you may need to consider two topics that have special importance to you and your family: health and life insurance. Regarding health insurance, you should be able to get coverage through TRICARE and/or the Veterans Administration, but you also may want to take advantage of employer-sponsored health coverage. As for life insurance, you will lose the coverage offered by the military (Servicemembers' Group Life Insurance, or SGLI) shortly after you separate from active duty, so you'll want to consider your options for your SGLI, such as converting it to either Veterans' Group Life Insurance or a civilian policy. Your new employer may provide some form of insurance as an employee benefit, but it might not be sufficient for your needs. In any case, if you have dependents, it's essential you don't lose life insurance coverage, even for a short time. ative aspect of becoming a veteran: fraud attempts. It's unfortunate, but scam artists frequently target veterans. Scammers may tell you that you qualify for "secret" government programs, but you must first pay a fee or provide personal information, which can then be used for identity theft. Or they might try to charge you for access to your service records, even though you can get them free from the Department of Veterans Affairs. As a general rule, be suspicious of anyone you don't know who seems overly eager to help veterans.

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Mix Cash and Cans prize calendars on sale now

REGION — Mix 94.1 FM's 35th annual Cash & Cans Money and Food Drive for the Holidays is set for Dec. 10-17. A unique way to raise money is to purchase a Mix Cash & Cans prize calendar.

"The calendar is filled with over 4,800 dollars in cash and prizes, each prize donated to us by area businesses and individuals. And we appreciate each and every one of them," said Fred Caruso, founder of the Cash & Cans program in 1987.

Winners will be selected daily during December and you can win multiple times.

Calendars are \$10 each, and available at Prescott's Florist, Vista Foods and All My Life Jewelers in Laconia; at Franklin Savings Bank offices in Franklin, Tilton, Gilford, Bristol, Tilton and Boscawen; Caleb's Barber Shop, Tilton and the Park-N-Go Market, Northfield. You can also e-mail Caruso at fred@mix-941fm.com and calendars will be mailed to you.

Last year, Mix Cash & Cans raised over \$52,000 in cash and thousands of pounds of non-perishable food items. All donations stay local, benefiting the Twin Rivers Interfaith Food Pantry; The Santa Fund of the Greater Lakes Region; the Tilton/Northfield/Sanbornton (TNS) Christmas Fund; Bread & Roses Soup Kitchen; the Franklin Police Toys for Tots program; Santa's 'Lil Helpers through the Belmont Police Department; Every Child Is Ours; the Meredith Emergency Food Pantry and the Northfield/Tilton Congregational Church Food Pantry.

Mix Cash & Cans week is set for Dec. 13-17, with many events planned to benefit Cash & Cans happening the week before as well. For more information about the Mix Cash & Cans program, contact Caruso at 603-934-2500, by e-mail or online at www.mix941fm. com.

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NOVEMBER 11, 2021

CADY Corner

How to encourage healthy risk taking

BY DEB NARO

Contributor

By guiding your teen toward healthy challenges, you can help them satisfy a desire for risk-taking, avoid negative consequences, and boost their confidence and leadership skills.

Teenagers engage in risk-taking behaviors to find out who they are, not necessarily to be rebellious or intentionally disobey their parents. Most parents are terrified at the thought of their teens taking risks. Rightfully so, as many parents think of teen risk-taking as binge drinking, using drugs, vaping or other potentially dangerous behaviors. However, risk taking is not always a negative thing; healthy risk taking can actually build confidence and help strengthen leadership skills among teens.

Healthy risk taking doesn't put your child in danger, but it does require them to risk something such as failure or criticism. Taking risks is a natural part of teen identity development and helps them figure out who they are, while they are exploring boundaries. In the process of taking healthy risks, they'll gain confidence, courage, and the ability to make plans and resist impulses - all important skills they'll need in life.

Most parents understand that when they teach their child to ride a bike, there's a good chance their child will end up with a skinned knee — but that risk is worth the reward of motor skills, confidence and self-esteem that come with learning to riding solo. That's exactly what taking healthy risks is all about.

Most teens are full of enthusiasm, but some may have a hard time expressing that energy in a safe way. Brainstorming with your kids can help find the right activity and a way to direct their interests toward an exciting but healthy outlet.

To help kickstart the conversation, you can start by asking your child a few questions. What makes you the happiest? To you, what's the most valuable thing in the world? What's the most exciting thing you've ever done or can imagine doing? If you had eight hours to do whatever you wanted, what would it be? Once you know what makes your child happy and ignites their passion, together you can look for healthy risks.

Once you know more about what your child finds exciting, you can look for healthy challenges that produce the same feeling. As your teen settles on an activity, asking simple questions is a great way to help them launch a plan. How much time do you want to dedicate to this activity? How will you get there? What equipment or tools will you need? Who should you contact?

If they get off track, resist jumping in and taking over — giving them too much help negates the whole learning experience and their sense of taking on a risk or a new challenge. Let them navigate through the process of getting started, and then follow up on how they're feeling about the activity itself.

If they are hesitant to try something new, share your own healthy risk-taking and your successes and failures. Be sure to model the behaviors you want to see in your teen (whether they realize or admit to it or not, teens tend to emulate their parents).

For more information about how to talk to your child about healthy risk taking, visit www.cadyinc. org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

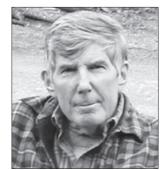


Bears of the Week

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of November 5th are Layla Patten, Serenity Dinger, and Danielle Wilkins. They have been recognized for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater. for sponsoring this week's winners!

North Country Notebook

Hunters swore they'd seen this: "Yes! There it went! A zebra!"



By John Harrigan

COLUMNIST

I have so many Notes to Self kicking around my desk that a gust of wind could start a blizzard. Thus, it was good to check my desk the other day and find a note from someone else.

"Enjoyed your story on possums in the North Country," said a reader from Berlin. "I've been around for more than a few decades and had never seen one north of Ossipee until a few weeks ago when I caught one on a camera in my backyard on the east side of Berlin.

"Neat looking animal, and if they love to eat ticks, as I've learned, I hope they stick around."

To me, opossums look like they were made by the same committee that designed platypuses, with their floppy pig's ears, opposable thumbs on their rear feet, and tail so suited to hanging out. They eat ticks, all right, and just about anything else, including your garbage.

Possums somehow re-

mind me of armadillos. Maybe we'll get those

When I worked for the New Hampshire Sunday News back in the '70s, I had the Fish and Game beat, and at this time of year (deer season) I had the habit of hanging out for an afternoon now and then at the Department's old headquarters building at 34 Bridge Street in Concord.

The old brick building was cramped but comfortable in the way that only old buildings can be. It was destroyed by a fire in 1984, and the Department had temporary quarters until it could move into a new building on Hazen Drive, on the Heights.

Joe Wiley was a game biologist when I had the beat, and he used to keep an unofficial list of animals reportedly seen in the woods by hunters. Sometimes some pretty strange animals made the list. One year, for instance, several people saw a zebra, presumably all seeing the same zebra. I kept waiting for the hippopotamus.

Another year several hunters reported seeing a huge black bull, going pretty much wherever it wanted (after all, it was a huge black bull). This led me to the question, what does anyone do about this? In an official



The lure known as a spoon was not lead, but the small jig just above it was lead through and through, and it killed this adult loon found on Umbagog Lake. (Radiograph courtesy of **Meadow Pond Animal Hospital)**

capacity, I mean.

That was when I found out about a Round 'Em Up, Get 'Em Out service being run by a couple of experts at lassos and the like down around Milford. a reasonable fee (they said), they would locate your wild-eyed, snorting beast, capture it, and bring it home, where it would kick your barn apart.

I wonder who's doing that kind of stuff today. If you have a cow or horse that's gone berserk, destroyed several fences, and run off to pick its feet in Poughkeepsie, who you gonna

call? Not the Ghost-Busters, they're probably busy with another sequel.

The Loon Preservation Committee says it's making slow and steady progress in restoring loons to all of their available habitat, but would be much farther ahead were it not for lead fishing tackle still out there on the bottoms of lakes and streams.

The loons spot the objects, mistake them for pebbles, and pick them up as grist for their giz-

SEE **NOTEBOOK** PAGE A5

Notebook **FROM PAGE BA4**

In fact, the LPC says that during the past three decades, lead fishing tackle has accounted for 41 percent of all loon deaths, far ahead of any other factor.

Although tackle manufacturers quickly found other materials to use when lead was banned, plenty of old lead lures

and sinkers remain in fishermen's tackle boxes. That's why the LPC began a program years ago to arrange swaps for gift certificates and the like to encourage trading in old tackle for new.

People who love to fish love seeing and hearing loons too. This year's LCP buyback program ends December 31, and November is a double-voucher month. meaning that fishermen

can receive a \$20 purchase voucher for their old tackle. Details and a list of participating dealers can be found at loonsafe.org.

+++++

The people who live along the Mekong River in Southeast Asia are among the Earth's poorest, with many families eking out a living fishing and farming. China controls the headwaters,

and in the past 30 years has built 11 giant dams, the last of which has finally given it the ability to manipulate the river's

After it leaves China, the Mekong flows through Myanmar, Laos. Thailand. Cambodia. and on into Vietnam. For millennia, people along the river and its many tributaries have learned to live with and benefit from its seasonal flows.

In 2019, with the completion of its last dam, the Chinese chose an odd moment---the middle of an unusual drought---to shut the river down.

Was this a wagging of the ultimate Big Stick? China-watchers can't see how China has much to gain by antagonizing its neighbors.

But one veteran observer had a simpler explanation:

tion. No-shows failed to collect rainfall, runoff and water-level data, he wrote, meaning that government officials and foreign policy-makers made decisions using faulty data.

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

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Туре	Price	Seller	Buyer
Alexandria	12-c Beachside	N/A	\$465,933	James Roark and Annlouise Gooderm	,
Ashland	Hicks Hill Heights, Lot 1	N/A	\$153,533	James L. and Marion Howard	Eric J. and Colette Shamberger
Ashland	Hicks Hill Heights, Lot 2	N/A	\$153,533	James L. and Marion Howard	Eric J. and Colette Shamberger
Ashland	Hicks Hill Heights, Lot 3	N/A	\$153,533	James L. and Marion Howard	Eric J. and Colette Shamberger
Ashland	Hicks Hill Heights, Lot 4	N/A	\$153,533	James L. and Marion Howard	Eric J. and Colette Shamberger
Ashland	384 Main St.	Auto Repair	\$290,000	B.P. Lee Realty LLC	Kaytrev LLC
Bristol	125 Fox Run	Single-Family Residence	\$589,000	William A. and Denise Richard	Reginald Essien
Bristol	Holiday Heights, Lot 4a	N/A	\$225,000	Michael and Micaela Murphy	Matthew J. and Natalie J. Carr
Bristol	260 Lake St.	Multi-Family Residence	\$365,000	Granite Properties of New England	260 Lake Street Holdings LLC
Bristol	50 Woodbury Dr., Unit 40	Condominium	\$449,933	Joanne R. Ackerman Trust	Barbara J. and John T. Doyle
Bristol	N/A (Lot 40)	N/A	\$449,933	Joanne R. Ackerman Trust	Barbara J. and John T. Doyle
Campton	7 Sister Circle	N/A	\$34,733	Donald E. and Cathy A. Bishop	William R. Blackburn
Campton	Ledgewood Village Condo	Unit 7 Condominium	\$215,533	Edward I. and Maureen D. Szymczak J	eanne M. Derham Family IRT and Tracy L. Curchill
Campton	42 Loft Circle	Single-Family Residence	\$325,000	Dwight L. Newcomb Estate and Caroly	rn A. Hill Steven A. Desmarais
Campton	83 Winterbrook Rd.	Single-Family Residence	\$300,000	Cathy Foster	Francis A. and Laura Smith
Groton	182 River Rd.	Single-Family Residence	\$103,533	Patricia Bailey-Harris	Peter Carrier
Holderness	43 Lane Rd.	Single-Family Residence	\$289,000	Elliot and Florence Davis	Nathan Barry
Holderness	2016 Pinnacle Park	N/A	\$299,000	Michael D. Faiella and Ellen M. Smith	Shafiq and Naaznin Lokhandwala
Holderness	11 Squamasee Rd.	Residential Open Land	\$1,805,000	Thomas J. and Patricia J. McKearn	Taylor D. Black
New Hampton	n 140 Gordon Hill Rd.	Single-Family Residence	\$384,933 M. Lino	dsay Thompson and Elizabeth A. Sererle	mitsos Jared A. Staub and Sarah A. Farver-Staub
New Hampton Magoon Road N/A		\$240,000	Brithern LLC	Eliam LLC Series 1	
New Hampton	n Route 104	N/A	\$32,933	Edward J. Morin	Free Land Properties LLC
Plymouth	13 River Ridge Rd.	Single-Family Residence	\$282,000	James N. and Lisa M. Wyatt	Tiffany Bither
Plymouth	588 Tenney Mountain Hig	hway Mixed Use (Commercia	al/Residential)	\$275,000 D.P. & E Foods LLC	Tenney 588 LLC
Rumney	1375 Stinson Lake Rd.	Mobile Home	\$190,000	Richard A. Melanson Estate and Kathl	een A. Lewis Kyle S. and Samantha A. Welch
Thornton	Centennial Way, Lot 13	Residential Open Land	\$40,000	Centennial Way LLC	Kevin L. French
Thornton	Centennial Way, Lot 11	N/A	\$40,000	Centennial Way LLC	Kevin L. French
Thornton	Centennial Way, Lot 12	N/A	\$40,000	Centennial Way LLC	Kevin L. French
Thornton	Centennial Way, Lot 14	N/A	\$40,000	Centennial Way LLC	Kvein L. French
Thornton	Centennial Way, Lot 10	N/A	\$40,000	Centennial Way LLC	Kevin L. French
Thornton	Fraser Meadows, Lot 13	N/A	\$40,000	Fraser Meadows Investments LLC	Caromar Realty LLC
Thornton	Mill Brook Road	N/A	\$40,000	Beechcraft Construction LLC	Adamyk Construction LLC
Thornton	NH Route 175	Forest Use	\$150,000	John J. Reed	Wade A. Reed
Thornton	Private Way, Lot 1	N/A	\$10,533	Jacob A. Drake	Charles J. Sweet and Rachel P. Shields
Thornton	Upper Mad River Road, Lo	ot 7 N/A	\$45,000	Steven C. Knowles	Tom Dematteo
Thornton	Waterville Estates	N/A	\$23,000	Paul Kelleher	Dawn Lawler
Thornton	N/A	N/A	\$34,000	DRC Holdings Inc.	Adam Smith Holdings LLC
Thornton	N/A	N/A	\$65,000	Caromar Realty LLC	Brenton W. and Dexter B. Drouin
Warren	60 Pine Hill Rd.	Single-Family Residence	\$126,933	Nancy Dionne	Maurice R. King and Lisa E. King
Waterville Valley 3 Forest Rim Way, Unit 3 Condominium			\$360,000	Robert W. and Christine W. Allen	Morrison Family 2018 IRT and Carol M. Bingham
Waterville Valley Snow Brook Road N/A			\$90,000	Tyrell Development Co. LLC	Chinburg Development LLC
Waterville Va	lley 18 Windsor Hill Way, Ur	nit 60Condominium	\$163,000	Heather F. Cole	Jennifer L. Lynch
Wentworth	395 N. Dorchester Rd.	Residential Open Land	\$50,000	Robert and Jacqueline Scire	Lawrence and Sheila Carter

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Newfound seeking coaches for winter season

BRISTOL — Newfound Area School District is looking to fill some coaching positions for the 2021-2022 school year.

At Newfound Regional High School, they are seeking at varsity girls' skiing coach and a JV girls' basketball coach and at Newfound Memorial Middle School they are looking for coaches for middle school boys' basketball, middle school girls' basketball B team and middle school skiing.

If interested, please send a letter of intent, resume, and names and phone numbers of 3 references to Pierre Couture - Superintendent, Newfound Area School District, 20 North Main St., Bristol, NH 03222.

Questions should be directed to Alex Sobolov, Athletic Director asobolov@sau4.org 744-6006 x1507.



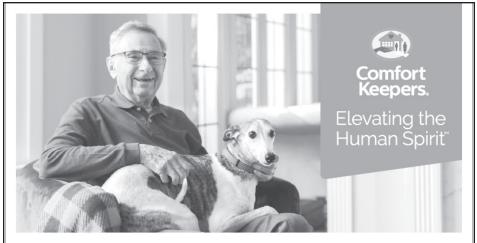
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Beatrice Louise Smith Fligg, 92

GROTON-Beatrice Louise Smith Fligg, 92, died peacefully surrounded by family, Wednesday, November 3, 2021 at her home. She was a lifelong resident of Groton, born to Ernest and Ellen (Woodward) Matthews. Bea was a hard worker and devoted to her family. She was caretaker to her senior family members and later to her grandchildren. She worked at IPC in Bristol and as an adult care worker.

She loved to spend time in her flower gardens, enjoying her birds, enjoyed camping with her family.

She was predeceased by her first husband, Norris Smith and is survived by her husband Elliott Fligg of Groton; a daughter, Shirley (Norman) Willey of North Groton; those she raised,



as her own. Joe Matthews of Hebron, and Judy Rodgers of Campton; step children Wesley Fligg of W. Ossipee; Richard Fligg of Groton; John Fligg of Ashland; James Fligg of Alexandria and sister, Bonnie Albert of Groton; grandsons Ryan (Alisha) Willey, Treva (Heather) Smith; grand daughterin-law Sara Smith, great grandchildren Katie & Khloe Willey; step great grandchildren, many nieces, nephews

and extended family. She was predeceased by her son Ed Smith and grandson Darryl Smith. The family would like to thank the Lakes Region VNA and Hospice for all of their kindness and care.

Services-A celebration of life will be held Friday, November 12, 2021 at 1pm at the Emmons Funeral Home, 115 South Main St., Bristol, masks will be required for those attending the funeral services. Burial will be in the Pratt Cemetery in Hebron. In lieu of flowers, donations may be made in her memory to the NH Humane Society, PO Box 572 Laconia, NH 03247. To leave an online memory or condolence, please go to www.EmmonsFuneralHome.com

White Mountain **National Forest fees** waived on Veterans Day

CAMPTON — The White Mountain National Forest is pleased to announce that fees will be waived on Thursday, Nov. 11 in celebration of Veterans Day.

The U.S. Forest Service is waiving fees at most of its day-use recreation sites in celebration of Veterans Day. The fee waivers are offered in cooperation with other federal agencies under the Federal Lands Recreation Enhancement Act. Day-use fees will be waived at all standard amenity fee sites operated by the Forest Service. Fees will remain in effect for overnight camping, cabin rentals, permits, reservations, and activities offered by concessionaires.

For more information about the White Mountain National Forest: https:// www.fs.usda.gov/whitemountain Follow us on social media: White Mountain NF Facebook: @WhiteMountainNF or Twitter: @WhiteMountainNF

PSU Advanced Educator programs earn national accreditation from Council for the Accreditation of Educator Preparation



Chris Stoddard, Psy.D., NCSP, Director of Plymouth State University's School Psychology program, discusses the topic of culture, diversity and intelligence testing in a recent class. PSU's School Psychology program is one of two advanced educator programs that recently earned accreditation from the Council for the Accreditation of Educator Preparation, and it is the only accredited program of its kind in New Hampshire.

PLYMOUTH — After a rigorous audit and review process, two of Plymouth State University's (PSU) advanced educator programs have accreditation from the Council for the Accreditation of Educator Preparation (CAEP). The national accrediting itation reviews organization institutions that offer bachelor's, master's and doctoral degrees and other programs to prepare teachers and other educators for certification and licensure in the United States and students." abroad. With the recent accreditation of its Library Media Specialist program and School Psychology program, PSU becomes the first institution in New Hampshire

CAEP. PSU's educator program includes undergraduate and graduate-level studies in elementary education, music and visual arts education, physical education, special education and other tracks to prepare educators for roles within elementary, middle and high schools. The University's advanced programs include library media specialist, school counselor and school psychology.

to be fully accredited by

"Attaining advanced level CAEP accreditation of our educator preparation programs was a true collaborative effort made possible by the dedication, hard work and expertise of

our education faculty, Holmes Center staff, our students and our partner school districts," said Brian Walker, Interim Director, Holmes Center for School Partnerships and Educator Preparation, Plymouth State University. "This accreddemonstrates that PSU is committed to using evidence-based national standards to prepare our students to become outstanding K-12 educators who are equipped to meet the diverse needs of today's

PSU's Library Media Specialist program is the only accredited program of its kind in northern New England. The online master's degree program attracts students from New Hampshire and throughout north-

ern New England. "The traditional role of the school librarian has evolved dramatically with the onslaught of digital information that must be vetted and validated, and learning tools that must be integrated into classrooms," said Pamela Harland, Ed.D., Director of PSU's Library Media Studies and Digital Learning program. "Librarians are curators of mountains of information, and must be prepared to teach students how to think critically about the information they're accessing. This accreditation demonstrates that we are invested in evaluation and improvement, and to delivering relevant curriculum and coursework."

PSU's School Psychology program is an education specialist-level program, meaning between a master's degree and a doctorate. Like the Library Media Specialist program, PSU's School Psychology program is the only accredited program of its kind in New Hampshire. The intensive in-person program comprises on-campus classroom meetings and three field placements in K-12 schools, primarily in New Hampshire.

"CAEP accreditation affirms the rigor of our program, and ensures that our graduates are highly skilled and committed to adhering to professional domain standards in their practice," said Chris Stoddard, Psy.D., NCSP, Director of PSU's School Psychology program. "Our graduates are well-prepared to become comprehensive tal health providers in schools, and most have employment offers before they graduate."

meet To national CAEP accreditation standards, PSU demonstrated not only exemplary teaching and learning but also how PSU graduates impact students in the schools where they work.

For information about Plymouth State University, visit www. plymouth.edu.

Richard James Collins

Richard James Colof Alexandria passed away after a brief illness on October 31, 2021.

Richard was born in South Boston, Massachusetts on January 27, 1959. Because he was born with multiple disabilities, he lived with his family until he was five, then spent 14 years living at Dever State School in Taunton Massachusetts. His life changed as a result of Congress passing the Education for All Handicapped Children Act (PL 94-142) in 1975. He left the institution and began living in community settings in Boston until his parents brought him to their retirement home in Bridgewater in the late 1990's. It was then that he began a relationship with Lakes Region Community Services. LRCS helped him find the life he wanted and helped him through the transitions caused by the death of his parents.

Richard thrived on creating social connections with people he met,

particularly when delivering the Penny Saver around Plymouth. He had special connections that brightened the day of those who knew him. He was blessed to be a Boston sports fan and could be seen in Red Sox and Patriots gear yearround.

He is survived by two brothers: James and his wife Kathie Gilmore of Fort Myers, FL and Brian and his wife Diane O'Hara of Canterbury NH, his nephew Kenneth and wife Debra and daughter Anna of Fort Myers, his niece Kerry and daughter Carrick of Fort Myers, his nephew Brendan, his wife Bijaya Sharma and their son

Rowan of Charlestown MA, and his nephew Emmett of Canterbury.

He is also survived by his friend Betty Loos and roommate Peter Gray of Alexandria NH. Betty's love and care for Richard brought him his greatest peace in life. Words alone cannot describe the nature of their relationship as Richard found happiness living in her home among her family and friends. The Collins family will forever be grateful for all her attention to his needs and to those in her circle who opened their homes and gave him friendship.

Due to Covid restrictions, the family has chosen a private burial at the Veterans Cemetery in Boscawen NH where Richard will be buried with his parents.

In lieu of flowers. the family asks for support of Lakes Region Community Services, 719 N. Main St, Laconia NH. 03246 or www.lrcs. com. To share a memory or leave a condolence, please go to www.EmmonsFuneralHome.com

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program

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Bears battle their way back to title tilt



Malina Bohmann goes up for a kill in semifinal action against Portsmouth Christian.



Mikayla Ulwick bumps a ball toward the net in action last week



Paulina Huckins goes up for a hit during her team's semifinal

Streetcar presents "All Together Now" this weekend



Streetcar Company rehearses "All Together Now," its first musical since the pandemic that salutes community theater.

BY ERIN PLUMMER

mnews@salmonpress.news This LACONIA Streetcar weekend, Company will present a special show celebrating community theater, marking its first musical since the pandemic.

Streetcar will do a production of "All Together Now" at the Belknap Mill featuring 15 classic songs from different musicals tied together by a story of a telethon supporting a community theater company.

"All Together Now" is a musical review that Music Theatre International (MTI) has offered for free to community theater groups to help them get back on their creative feet after the pandemic. The entire live theater industry was especially hit hard during the pandemic. "All Together Now" features 15 different songs from different musicals.

"Basically, it was tailor made for us," said director David Nelson of Gilford.

Theater groups had the option of presenting the show however they wanted, whether as a concert type performance or within the context of an original story. Nelson wrote a script about a telethon that helps raise money for a small New Hampshire theater group like Streetcar with the help of a big name announcer.

Nelson said he had never written a show before, and started putting ideas down.

Nelson plays Jimmy,

a personal assistant to nationally known host Palladium, Malcolm who he convinces to host a telethon for a community theater group in his hometown.

Like many theater groups, Streetcar hadn't been able to stage any productions since the COVID lockdown in the spring of 2020 forced the indefinite postponement of its planned 50th anniversary show, a revival of "The Wizard of Oz." The company returned to the stage this summer with a production of "The Birds" (based on the short story by Daphne Dumaurier). Together Now" will be their first musical since 2019.

Nelson said this production has been going great leading up to open-

"(This) exceeded my expectations of what I thought the show could be," Nelson said.

Brendan Berube of Laconia plays famous host Malcolm Palladium, who he described as "professional" from how the dresses to how he makes himself heard.

Berube has been in a number of Streetcar shows, recently performing in "The Birds."

"I missed it so much," Berube said. "That connection you have with a live audience, there's nothing like that in the world."

He will also be singing for the first time ever in this show. He was initially not going to sing, but was encouraged by Nelson, who convinced him to take lead vocal duties on the show's opening number, "Be Our Guest" from Disney's "Beauty and the Beast."

Carey Hough of Gilmanton Iron Works plays Sara Dutile, Jimmy's love interest.

"Sara is a small-town girl who is determined to help her local community theater organization come back after being closed for so long," Hough said.

Hough returned to the stage after 21 years away. Hough said she started doing theater in eighth grade at Palmer High School in Massachusetts. She did some more theater in high school and started studying musical theater in college, but got into other things.

She said she has been missing it for a long time and decided to audition for the Streetcar show.

"It's been amazing; it kind of fills like a place that I didn't know was

missing," Hough said. Hough said getting back to it was hard at first, but she got acclimated.

"I've found a great group of people here, and I've made some great friends," she said.

Streetcar veteran Patte Sarausky of Laconia plays Ethel Dingmever, an older lady who is hard of hearing.

Sarausky is currently Streetcar's longest serving active member. She first performed with the company in 1987 in its original production of "The Wizard of Oz," and has been a regular performer over the past 36 vears.

"People become part of your extended family," Sarausky said. "You grow together, and you help each other out."

She said it felt great to be back in the process.

"It's wonderful to be able to go out and to learn lines and memorize lyrics," Sarausky said. "It's wonderful to go through the process of the show again."

"All Together Now" will be performed at the Belknap Mill in Laconia Friday at 7 p.m., Saturday at 2 and 7 p.m., and Sunday at 2 p.m.

Tickets are available at the door and online at streetcarcompany.com.



Danielle Walker returns a Portsmouth Christian serve in semifinal action last week.

BY JOSHUA SPAULDING

DERRY — Despite not playing their best game, the Newfound volleyball team battled to a victory in the Division III semifinals on Tuesday, Nov. 2, knocking off fourth-seeded Portsmouth Christian by a 3-0

score, 25-18, 25-22, 25-7. "We definitely did not play our offensive game in the first set and the first half of the second set," said coach Amy Fairbank. "That's not really us, we didn't play as aggressively as usual.

"The third game is pretty much how we start our matches nor-

mally." Bohlmann, Malina Danielle Walker and Mikayla Ulwick had early hits and Mia LeBrun added a service ace to get Newfound out to a 5-0 lead in the first set. A hit from Paulina Huckins and an ace from Bohlmann stretched the lead to 9-3 before the Eagles battled back. LeBrun and Huckins combined for a nice point for the Bears but PCA pulled to within one at 10-9.

Newfound put up three points in a row to open the lead again and an Ulwick hit pushed the Newfound lead to 14-11. PCA again got to within one, but Bohmann delivered a hit to get the Bears back on track.

The Eagles kept on coming and pulled even at 16 and then took a 17-16 lead before Bohlmann and Emalie Ruiter had back-to-back hits and Ulwick made a nice tip off a Bohlmann diving play proprel Newfound back in front 19-17. From there, the Bears closed things out for the 25-18 win and the 1-0 lead.

The second set say Newfound get out to a 4-1 lead and a Huckins block had them up 4-2 before the Eagles rallied and tied the score at four, at five and then take a 6-5 lead. A hit from Jamie Norton and a tip from Ulwick put Newfound back in front but the Eagles tied again at seven. After a Bohlmann hit, PCA pulled even at eight and again at nine.

A Bohlmann ace helped Newfound to create a little breathing room at 12-9, but the Eagles didn't go away. Huckins had a nice get, but PCA pulled even again at 13. Bolhmann, Norton and Huckins had consecutive hits to give the Bears at 16-13 lead but Portsmouth Christian battled back. The Eagles cut the lead to 17-16 and 18-17, but Bohlmann added a big hit for the Bears to push the lead to two again.

Portsmouth Christian tied the match at 20 and took a 21-20 lead before Newfound ran off five of the next six points to close out the 25-22 win and take the 2-0 lead.

PCA got the first two points of the third set before Bolhmann had a hit to help Newfound pull even. The Bear went up 4-2 only to see the Eagles come back and take a 5-4 lead. A hit from Ruiter

tied the set at five and Newfound got off the next six points, including a Huckins hit, to go up 11-5. After the Eagles got a point to make it 11-6, Newfound went on a 7-0 run to put the match out of reach. Huckins was a monster in the run, getting a couple of nice tips at the net and a big hit as Newfound

went up 18-6. The Eagles got another point but that was the final one, as Newfound got the final eight points of the match, including a nice tip at the net from Norton and closed out the 25-7 win and the 3-0 victory.

"I wasn't afraid when we got behind because we do a good job coming back," Fairbank said. "We can usually collect it again and get on track.

"We're happy to get here and I figured it would be us and Mascenic at the end," the Bear coach said.

In the win, Bohlmann reached her 500th career dig, the second player this season (after Ruiter) to reach the career mark. She had nine kills, 25 digs and two aces, while Huckins had 12 kills and Ulwich had 14 assists.

The Bears moved on to face the Mascenic Vikings in the Division III finals on Saturday afternoon.

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

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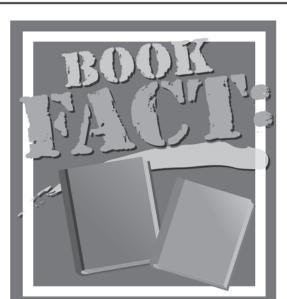


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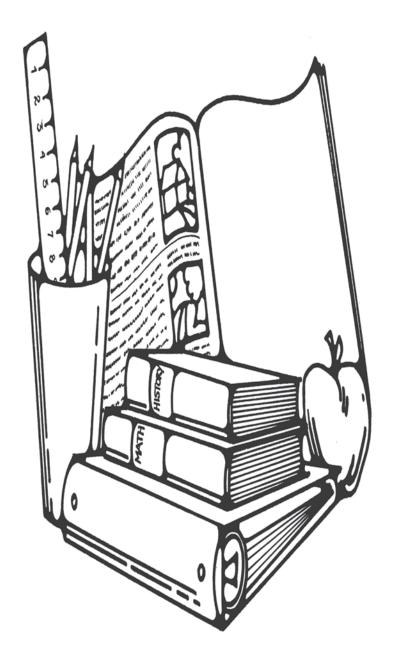


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 PARLIAMENT.
- 1942: THE BATTLE OF GUADALCANAL BEGINS DURING WORLD WAR II.
- 1954: ELLIS ISLAND STOPS SERVING AS THE CHIEF IMMIGRATION STATION FOR THE UNITED STATES.



DRAFT

a preliminary version of a piece of writing



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SPANISH: Leer

ITALIAN: Leggere

FRENCH: Lire

GERMAN: Lesen



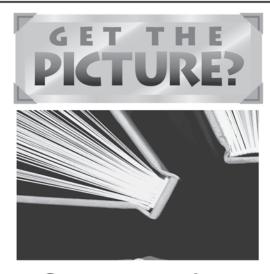
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Can you guess what the bigger picture is?

YNƏMEK: BOOKƏ

 \odot ** \succeq \odot * \sim \bullet \circ \diamond * \diamond × * + \Longrightarrow * \blacktriangle (* \circ * \diamond * \diamond † \hookrightarrow \circ \circ A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN EX 8 * 0° mm - * + Determine the code to reveal the answer!

Solve the code to discover words related to breathing.

Each number corresponds to a letter.

(Hint: 13 = E)

A. 14 7 17 15 25

Clue: Organs in chest

B. 11 6 13 9 26 5

Clue: Air in and out of lungs

C. 17 21 25 13

Clue: Protrusion in center of face

D. 21 20 16 15 13 17

Clue: Life-supporting element in air

SUDOKU

5					3			6
	9				Bossod			2
	3			5	7		8	
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Fun By The Numbers

Like puzzles?
Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Answers: A. lungs B. breath C. nose

D. oxygen

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!

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4	ε	2	G	unde	6	9	L	8
S	anda	L	9	2	8	3	Þ	6
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9	L	ħ	3	6	S	8	nade	ç

ANSWER:

NEWFOUND LANDING, THURSDAY, NOVEMBER 11, 2021 A9

Champions FROM PAGE A1

Huckins added a hit as the Bears and Vikings battled back and forth.

The two teams exchanged points before a hit from Bohlmann sparked the Bears on a run that took them from a 13-10 lead and got them to 20-10. In the run, Bohlmann chipped in with a service ace. Huckins came through with a couple more hits and Emalie Ruiter had a hit as the Bears closed out the 25-13 win.

The Vikings started strong in the second set, getting out to a 4-0 lead and led 7-1 before the Bears battled back. Huckins and Ruiter each had hits and Bohlmann added an ace before a Ruiter hit tied the match at seven. Newfound continued going forward, propelled by the strong serving of Bolhmann, who added another service aces as the lead built out to 14-7.

Mascenic came back with a trio of points before Huckins added a hit and LeBrun made a good dig as the Bears went up

by a 19-10 score. Another Huckins hit kept the Bears charging ahead and they led 21-12 before the Vikings added a couple of points. A Danielle Walker service ace put the Bears on the brink of the win at 24-17 and after the Vikings got a pair of points, the Bears closed out the 25-19 win for the 2-0 lead.

The Vikings came charging out of the gate in the third set, going up by a 10-2 score and stretched the lead to 18-5 before the Bears finally got going. Huckins added a hit to get the Bears on the board to start a strong run for Newfound. Bohlmann and Northon had nice tips at the net and Bolhmann added a couple of good hits as the Bears closed in, cutting the lead to 19-15. A

After a pair of Viking points, McKayla Ulwick had a hit and Bolhmann added another, pulling the Bears closer. Bohlmann and Walker teamed up on a key point as the Bears closed the lead to 21-19. Mascenic got another point but Ulwick got a key hit and



The Newfound Bears celebrate after beating Mascenic in Saturday's championship game.

the Bears pulled even at 23. Huckins then got a pair of hits and Newfound had its second championship in a row.

"We had an upper hand, we knew what it was like to be here, with plenty of returning players," Fairbank said. "That mental fortitude, we had it.

"When you get down

you have to plug away one point at a time," the Bear coach continued, noting that she has a game in practice that has the kids play from behind. "We teach them how to be down and get back up. You can't win if you can't handle losing.

"We're just a team that doesn't give up," Fairbank said. "We have

our games where we are up and down, but when they get down, they don't panic."

In the win, Huckins reached her 500th career dig, the third member of the team to reach the milestone this season.

Newfound finished the regular season undefeated at 16-0 and earned the first seed in the tournament. They beat Sunapee and Portsmouth Christian to earn their spot in the championship game.

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



Coach Amy Fairbank and captains Paulina Huckins and McKayla Ulwick pose with the champi- Mia LeBrun returns a hit during the Division III championship on Saturday. onship plaque Saturday.





Emalie Ruiter celebrates a point during Newfound's championship game.

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Jamie Norton rises up to make a hit in action against Mascenic on Saturday afternoon.

Funding

able and accessible to a broader population within the region."

Remaining SHARP grant funds awarded to the library will pay for StoryWalks in the Pasquaney Garden Club's butterfly garden

behind the library and support outreach efforts throughout town.

To learn more about the library's initiatives and strategic plan, visit minotsleeperlibrary.org, email librarian@townofbristolnh.org, or call 603-744-3352.



Cham

Jeffrev Huckins finished in a time of 18:16 for 116th place and Joe Sullivan crossed in a time of 18:30 for 118th place, rounding out Newfound's scoring.

Ben LaPlume finished in 132nd place in 19:16 and Reuben Carruth finished in a time of 20:12 for 142nd place.

Berlin's Brayden Landry had a solid day, crossing with a 58th place finish in a time of 17:03.

In the girls' race, Kennett finished in 13th place, with Dover, Oyster River and Keene taking the top three spots. Division III champion Brianna Malone of Portsmouth Christian was the overall winner in 18:03, followed by MaryKate Finn of Bishop Guertin and Chloe Trudel of Souhegan.

Kaylee McLellan led the way for the Kennett girls with a time of 20:22 for 63rd place overall.

Piper Lopashanski finished off her strong freshman campaign with a 66th place finish in a time of 20:24 and Amy Burton wrapped up her stellar Kennett career with an 89th place finish with a time of 21:03.

Grace Perley finished in 96th place in a time of 21:09 and Molly Dellavalla rounded out the scoring with a time of 21:21, which placed her in 99th

Ella Ugino was 112th overall in 21:43 and Rylie Walker finished out the flock of Eagles in 138th place in 23:36.

Plymouth's Addison Englund ran to 82nd place overall with a time of 20:50.

Catherine Stow of Gilford finished in a time of 21:07, which placed her in 92nd place overall.

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

Libray FROM PAGE A1

easy to learn. Children are welcome accompanied by parents to supervise and help them.

The Hebron Library will also be starting up a book club this month. The inaugural meeting will be on Nov. 17, at 1 p.m., and will go for about 90 minutes. The title for discussion is News of the World, by Paulette Jiles. Interested patrons should email the library.

As always, the Friends of the Hebron Library

will provide materials and refreshments for the sessions. This month the crafters will enjoy pie with their crafts! The Friends welcome new members. Email the library if you're interest-

The Hebron Public Library is open Mondays and Wednesdays, 1 to 4 p.m., and Saturdays, 9 a.m. to noon. Call 603-244-7998 during open hours or email hebronnhlibrary@gmail.com. We're on Facebook too as Hebron Library.

Salute to Veterans



How to show your appreciation for the military in a unique time

itary personnel serve both domestically and abroad. Active-duty personnel are following in the footsteps of retired veterans and protecting the freedoms of their fellow Americans while also playing a vital role in protecting millions of non-Americans across the globe.

United States military personnel make myriad sacrifices every day. Recognition of those sacrifices is just one of the many ways Americans can show their appreciation for the military. even during the era of social distancing.

• Help a veteran. According to the U.S. Census Bureau, as of 2019 there were 17.4 million military veterans living in the United States. More than half of those veterans are 65 or older. As difficult as social distancing during the COVID-19 pandemic has

proven for everyone, perhaps no group has sacrificed more than men and women over 65, millions of whom have been separated from their families. Aging men and women spent a year or more isolated at home to protect themselves from a virus that public health officials acknowledged was especially lethal to people over 65. Adults who want to show their appreciation for military veterans can reach out to local veterans' organizations and offer to lend a hand. Such organizations may be delivering meals to vulnerable veterans, driving veterans to appointments to see their doctors or get vaccinated or organizing events for veterans who have already been vaccinated. Pitching in to help with such efforts is a great way to show veterans their efforts are still appreciated, even if it's been decades since

they last served.

· Help a military family. Data from the Office of the Undersecretary of Defense indicates that there were roughly 1.3 million active-duty military personnel in 2018. Many of those service members serve overseas for months at a time. Their families home can use a helping hand even in the best of times, but they might be especially needy while confronting the pandemic. Though vaccination projections suggest hundreds of millions of Americans will be fully vaccinated by mid-summer, in the meantime neighbors can help local military families handle life at home. Invite a local military family over for a weekly meal, offer to take kids to a sports practice if it's safe to do so or help out with chores like mowing the lawn or washing the car. Donate to charities

that serve the military. Adults who have not been vaccinated and are hesitant to be around others can still show their appreciation for military service members. Various organizations help both active-duty military and veterans, and donating

to such charities can be a great way to help an excellent cause. If vou're unsure about which organization to support, visit Charity Navigator at charitynavigator.org. Charity Navigator evaluates hundreds of thousands of charitable organizations and can be an

invaluable resource for prospective donors.

Veterans and active military personnel deserve support. There are various ways for people to express that support, even as the world continues to confront the pandemic.



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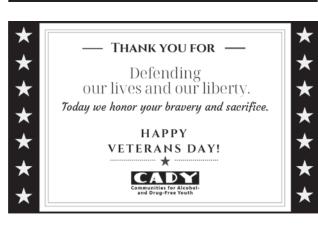
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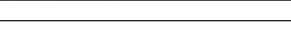
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A14 NEWFOUND LANDING, THURSDAY, NOVEMBER 11, 2021

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PLYMOUTH — The Wound Care Center at Speare Memorial Hospital is raising awareness of diabetes-related wounds as part of the Healogics Eighth Annual Diabetes Awareness Campaign.

Throughout November, the Wound Care Center at Speare Memorial Hospital will educate the local community about the importance of awareness, early intervention and specialized care for diabetes-related chronic wounds, like diabetic foot ulcers. Local team members will also visit healthcare providers in surrounding areas to provide important information to help at-risk patients living with diabetes. These resources include the 2021 Diabetes Awareness Infographic and posters designed to encourage patients to take off their socks and shoes for foot exams at every appointment.

There are 34.2 million people in the United States currently living with diabetes. And, diabetes-related wounds are a leading cause of limb loss, accounting for 65,000 amputations annually. Early detection and specialized care from a Wound Care Center can reduce healing times and significantly reduce the risk of ampu-

tation. Risk factors for diabetes include age, diet, activity level, obesity and heredity. Factors that may increase the risks of developing a chronic wound, such as a diabetic foot ulcer, include

high blood sugar levels, poor circulation, immune system issues and nerve damage.

The Wound Care Center at Speare Memorial Hospital recommends the following to help prevent diabetic foot ulcers:

Stop smoking immediately

Comprehensive foot examinations each time you visit your healthcare provider (at least four times a year)

Examine your feet every day or have a family member inspect them

Take good care of your feet and clean your toenails

See your healthcare provider to care for

corns and calluses Choose supportive, proper footwear (shoes

and socks) Take steps to improve circulation such as eating healthier and exercising regularly

Contact the Wound Care Center at Speare Memorial Hospital to learn more about diabetic foot ulcers or if you have a wound that will not heal. To schedule an appointment, please call (603) 481-8780 or visit https://spearehospital. com/wound-care-hyperbaric-medicine/.

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