

# Belmont track hosts Gilford and Bishop Brady

**BY JOSHUA SPAULDING**  
Sports Editor

**BELMONT** — For the second week in a row, the Belmont track team hosted a Saturday meet that lasted less than two hours, as the Raiders hosted Gilford and Bishop Brady.

Mitchell Berry picked up the win in the 110-meter hurdles for the Belmont boys with a time of 18.99 seconds. Berry also won the 300-meter hurdles in 50.64 seconds and Colby Vetter finished in second in 54.03 seconds.

Micah Edgren won the 400 meters with a time of 54.4 seconds.

In the 1,600 meters, William Riley picked up the win with a time of 4:58.04, Baidyn Lewis was fifth in 5:24.06, Jared Whitcomb was sixth in 5:24.77 and Tanner McKim was seventh in 5:41.46.

Bryce Hall took the



Emilie DeFrancesco takes the baton from Cate McDonald in the 4X400-meter relay Saturday.

JOSHUA SPAULDING

win in the long jump with a distance of 18 feet, two inches, Brandon Robichaud jumped 17 feet, Thomas Mortell jumped 16 feet, 7.5 inches and Juan Montoya jumped 16 feet, seven inches. Hall took the win in the high jump as well with a height of five feet, 10 inches while Kaden

Jewell cleared five feet, six inches for second place.

Jacob Cress won the javelin with a distance of 141 feet, while Brian Miles threw 87 feet, seven inches.

In the 100 meters, Nick Kafkoulis finished second in a time of 11.7 seconds, Vetter was third in 12.01 seconds, Kyle Whitcomb was fifth in 12.46 seconds, Montoya was sixth in 12.74 seconds, Demetri Kafkoulis was seventh in 13.18 seconds and Richard Johnson was ninth in 14.02 seconds.

Nick Kafkoulis was also second in the 200 meters with a time of 25.13 seconds, Robichaud placed sixth in 27.05 seconds, Mortell was seventh in 27.17 seconds, Demetri Kafkoulis was ninth in 28.07 seconds and Johnson was 11th in

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## Future Artists exhibition on display at Repete’s Comics & Collectibles

**BELMONT**—Ten of the Lakes Region’s rising young artists have been selected to exhibit their artwork at RePete’s Comics & Collectibles in Belmont. In an effort to recognize local artists in our community, “Future Artists” is a program developed to encourage artists of all ages to share their work.

During the month of May, students from Compass Classical Academy, in Franklin have been selected to display their best pieces. Art projects were chosen from student artwork ranging from grades K-10. The artwork was juried by Jeanne Blair, Visual Arts teacher at Compass Classical Academy, Michelle Mitchell of Mitchell Comics and Peter

Swain, owner of RePetes Comics and Collectibles in Belmont.

There were so many great pieces, it was a tough decision. The artwork on display at the store represents the creative talent of the CCA student body. It has been a difficult year for schools, and families. Despite uncertain school schedules, and so many obstacles these rising artists created colorful, thoughtful art.

The artwork ranges from a Rorschach -esque abstract piece by kindergartener Jaxon Lafond, to a cool tint/shade silhouette acrylic by fifth grader Bella Tusi. We especially like the George Rodrique inspired paintings on canvas. Sixth grader Chloe Nylander

and Mariah Aucoinn, seventh grade, did a terrific job capturing the style of the Louisiana inspired “Blue Dog” series. Once they were hung at RePetes, the canvases really matched the store’s vibe.” There are also some interesting three-dimensional designs on real chicken eggs. Blair added “After introducing opulent and unique Faberge’ Eggs, the students designed their own one-of-a-kind egg. All the CCA students did a great job, but the “WOLF” egg from concept to completion by Emma Spaulding and the Tiffany Blue bejeweled egg titled “EGGS-CELLENCE” by Alexis Danforth totally nailed

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## Public Workshop planned on Winnisquam Watershed Plan

**REGION** — Join the Winnisquam Watershed Network (WWN) for a virtual public workshop on Tuesday, May 18 from 4:30-6 p.m. to discuss the development of the Winnisquam Watershed Based Management Plan and how it will benefit the watershed. The Winnisquam watershed includes land within Laconia, Belmont, Sanbornton, Tilton, Meredith, New Hampton and Gilford as well as Lakes Wicwas, Opechee, and Winnisquam.

Representatives of WWN and the consulting team engaged by the US Environmental Protection Agency will present an overview of the watershed planning process and discuss some of the issues facing the watershed as well as potential solutions. The



public and stakeholders will have an opportunity to ask questions and provide input during the workshop. We encourage you to participate, get informed and be a part of shaping the future of

SEE **WATERSHED**, PAGE A9

## Big bats propel Bears past Golden Eagles



RC GREENWOOD

Kyler Bourdeau slides home with a run in action last week against Gilford.

**BY JOSHUA SPAULDING**  
Sports Editor

**GILFORD** — The Winnisquam baseball team scored five runs in the first inning on the way to a 12-2 win over Gilford on Monday, May 3.

The Bears were led in the first inning by a triple from Nolen Perrino that drove in a pair of runs. Winnisquam added three runs in the top of the third inning and finished things out with four runs in the top of the sixth inning to clinch the 12-2 win. Gilford scored one run in the bottom of the first inning and added another in the bottom of the fourth inning.

Phil Nichols got the

start on the mound and pitched two innings, striking out five and giving up one run and one hit. Marcus Korenkiewicz followed with three innings of work while striking out two and Kyler Bourdeau finished out the game on the hill.

The Bears banged out nine hits on the day, with Garret Mango, Nichols, Noah Pearson and Perrino each had two hits to pace the offense. Perrino drove in three runs on the day while Bourdeau and Nichols both drove in a pair of runs.

In the rematch on Friday, May 7, the Bears scored seven times in the second and six times

in the third on the way to a 16-6 win. Gilford scored twice in the fourth and four times in the fifth but the Bears pushed across two runs in the fifth to seal the win.

The Bears finished with 12 hits on the day to support Nichols, who got his second start of the week on the mound. He pitched into the fifth inning, striking out seven and walking one while giving up just three hits. Mark Labonville came on to close out the game.

Mango, Korenkiewicz, Nichols and Nolen Perrino each had two hits to pace the Winnisquam offense

SEE **BEARS**, PAGE A9



# Finn & Finn Beautiful Smiles and others give to meet oral health needs of developmentally disabled

LACONIA — On June 8 and June 9, hundreds of nonprofits around the Granite State will participate in NH Gives, the 24-hour statewide online fundraising event through which nonprofit organizations connect to the larger community. Following their successful first year of participation last year, Lakes Region Community Services (LRCS), a Laconia-based nonprofit dedicated to helping Lakes Region residents from birth through the lifespan to have lives of independence, dignity, and opportunity, will be participating in NH Gives again this year, raising money to support staff training and support for their essential frontline care giver staff, and for technology needs.

This year, fundraising from NH Gives also supports LRCS' Dental Fund—in lieu of their traditional Miles for Smiles 5K fundraiser, which had to be cancelled again this year due to Covid-19. While most services for adults with developmental disabilities are funded through state and federal Medicaid dollars,

Medicaid does not cover the cost of dental care. Providing access to dental care for this population of adults is extremely important because of the strong connection between oral health and overall health and wellness. Donations through this online giving day will fill in the dental/oral care funding gaps for countless individuals served by the organization.

“We are deeply grateful for the kindness and generosity of so many people and businesses, notably including our Dental Fund sponsors for this year's NH Gives. These valued partners share our conviction that all people deserve a life of dignity and opportunity, and that by helping families to be strong and resilient, our whole community benefits,” said VP of Development Jim Hamel.

Drs. Tom Finn and Kiirsten Finn of Finn & Finn Beautiful Smiles are this year's lead sponsor for LRCS' NH Gives effort.

“We're proud to support LRCS again this



Dr. Tom Finn (left) of Finn & Finn Beautiful Smiles poses for a picture with LRCS Dental Fund recipient, Alden Hammond (right).

year in their important work caring for the people of this community. We are committed not just to helping people have beautiful smiles, but to also doing our part to help more people in our community have something to smile about!” said Dr. Finn.

Special thanks are extended to Drs. Finn and to the several other sponsors of LRCS' NH Gives Campaign, which so far includes: Detolla Dental; Winnisquam Dental; Circle Dental; Mid-State Health Center; Interlakes Family Dental; Kennell Orthodontics; and Region III

Family Support Council. “The generosity of the business and nonprofit community continues to be amazing and is what enables us to make a difference in our community,” added Hamel.

Nonprofits participating in NH Gives are able to accept donations

on the nhgives.org Web site from 6 p.m. on June 8 to 6 p.m. on June 9. For more information on NH Gives, or to find out how you can help support LRCS during this 24-hour campaign, please contact Jim Hamel at james.hamel@lrscs.org or 581-1588.

COURTESY

## Franklin Savings Bank encourages consumers to support small businesses

FRANKLIN — Franklin Savings Bank, in partnership with the Independent Community Bankers of America (ICBA), encourages Americans to invest their hard-earned dollars in their local communities by shopping with small businesses during National Small Business Week, taking place May 2-8.

According to a

2020 Small Business Credit Survey conducted by the Federal Reserve Bank, community banks create more than 60 percent of all small business loans under \$1 million and are consistently rated as small-business lenders of choice.

Franklin Savings Bank President & CEO Ron Magoon commented, “Franklin Savings Bank is a major sup-

porter of entrepreneurs, which serve as the backbone of our economy and create two out of every three new jobs in the U.S. each year. We're vested in the success of our small business customers, and we remain committed to their overall health and prosperity because we know when they succeed, our communities benefit as well.”

FSB continues to serve America's small businesses, galvanizing its resources to offer assistance during COVID-19, financing 436 loans totaling \$35.7 million for the Small Business Administration's Paycheck Protection Program (PPP), and saving an estimated 3,294 jobs in our communities. Collectively, community banks approved more

than \$2.4 million of all PPP loans, resulting in more than \$117 billion in loans for small businesses across America, according to the most recent SBA data.

“ICBA joins the nation's community banks in celebrating the ingenuity and tenacity of America's entrepreneurs as they grapple with the profound impact of the COVID-19 pandemic and found a way to persevere,” said ICBA President and CEO Rebeca Romero Rainey. “Their vision and purpose are integral to the fabric of local communities. We are proud to support this critical source of job creation for our country, which in turn supports our nation's economy.”

For more on National Small Business Week

visit the SBA's Web site.

About ICBA

The Independent Community Bankers of America® creates and promotes an environment where community banks flourish. With more than 50,000 locations nationwide, community banks constitute 99 percent of all banks, employ nearly 750,000 Americans, and are the only physical banking presence in one in three U.S. counties. Holding more than \$5 trillion in assets, nearly \$4 trillion in deposits, and more than \$3.4 trillion in loans to consumers, ICBA creates and promotes an environment where community banks flourish. ICBA is dedicated exclusively to representing the interests of the community banking industry and its membership through effective advocacy, best-in-class education, and high-quality products and services. For more information, visit [www.icba.org](http://www.icba.org).

About 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](http://www.fsbnh.bank) to learn more or follow the bank on Facebook, LinkedIn, Instagram, Twitter and YouTube.



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Broker 603-387-2529  
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**Bill Camire**  
Realtor Associate  
603-630-3623  
[bcamire@atlanticbb.net](mailto:bcamire@atlanticbb.net)

**Carol Edmunds**  
Realtor Associate  
603-455-5573  
[cedmunds@atlanticbb.net](mailto:cedmunds@atlanticbb.net)

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**TO SUBMIT A LETTER TO THE EDITOR:**  
E-MAIL: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)

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**PRESIDENT & PUBLISHER**  
FRANK G. CHILINSKI  
(603) 677-9083  
[frank@salmonpress.news](mailto:frank@salmonpress.news)

**BUSINESS MANAGER**  
RYAN CORNEAU  
(603) 677-9082  
[ryan@salmonpress.news](mailto:ryan@salmonpress.news)

**OPERATIONS DIRECTOR**  
JIM DI NICOLA  
(508) 764-4325

**DISTRIBUTION MANAGER**  
JIM HINCKLEY  
(603) 279-4516

**MANAGING EDITOR**  
BRENDAN BERUBE  
(603) 677-9081  
[brendan@salmonpress.news](mailto:brendan@salmonpress.news)

**PRODUCTION MANAGER**  
JULIE CLARKE  
(603) 677-9092  
[julie@salmonpress.news](mailto:julie@salmonpress.news)

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# Patrick's Pub & Eatery named Good Neighbor Award winner

GILFORD—Patrick's Pub & Eatery has been named a Good Neighbor for 2020 for its community philanthropy and support by the National Restaurant Association Educational Foundation (NRAEF) and American Express.

In granting the recognition, NRAEF cited fundraisers Patrick's holds on behalf of community groups, and the Pub Mania event founded over a decade ago to support the Greater Lakes Region Children's Auction.

This marks the fourth time Patrick's owners Allan and Jennifer Beetle, and Jeffrey and Wendy Beetle, have received the award; Patrick's was also honored in 2008, 2013 and 2018.

"We're proud. Staff is excited about it," said Patrick's General Manager Megan Page, after a plaque was presented April 22 at the restaurant by Samantha McDonald, membership and WC Trust director of the New Hampshire Lodging & Restaurant Association. "It's the



COURTESY

Patrick's managers, from left to right: Tammy Caldwell and Kathryn McKenna, managers; Sam Smyth, kitchen manager; Megan Page, general manager; Rick Morten, kitchen manager; Tracey Sopinsky, bar manager; and Dana Lamothe, manager.

best award to receive. It's great to have an award-winning burger or chowder, but being recognized for being a good neighbor means a lot. We're being good people."

NRAEF said nine out of 10 restaurants are actively involved in community service, yet the organization's leaders were impressed with Patrick's creation of Pub Mania, and its pivot to the pandemic-proof It's for the Kids Community

Challenge, which Patrick's owners launched last year when it was not possible to host Pub Mania live because of COVID-19.

Going forward, the challenge will replace the pub event as the fundraising can be done virtually and can include more teams and participants; in its first year in 2020, the challenge raised \$249,460 for the auction, bringing the 11-year total raised to roughly \$2.6 million.

McDonald said, "Patrick's has always been a community-oriented organization. Even in the midst of the pandemic, they have found innovative ways to continue their support of the auction. The NHLRA is very proud to be able to present them with this award, and to have them as part of our community."

Page, Patrick's general manager, said the restaurant owners mod-

el community philanthropy for staff in many ways.

"We're constantly working to inspire staff to be part of our fundraising efforts," she said.

In 2020, for instance, Patrick's dedicated 50 percent of its proceeds on St. Patrick's Day to a nonprofit called Got Lunch, which provides free lunches to children in need in the region. The restaurant also provides annual support to many community youth

sports teams and hosts occasional fundraisers for individuals or families in crisis.

Many staff were also involved in Pub Mania and remain involved with the Community Challenge as well as the Shuffle—a weekly fundraising walk that raises money toward the annual challenge total.

"We're always talking about community fundraising here," Page says, adding, "I encourage it, but it really comes from the top—Allan and Jennifer and Jeff and Wendy."

Patrick's owners also model giving with the staff, assisting them with resources, troubleshooting and financial assistance when emergencies and life's disruptions come along.

"We encourage a family culture here," Page said. "This is not just a job. It's a family."

For more information on Patrick's Pub, call 293-0841 or visit [www.patrickspub.com](http://www.patrickspub.com).

## Comfort Keepers

### Healthy eye care and nutrition

BY MARTHA SWATS  
OWNER/ADMINISTRATOR  
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test once a year and should always follow a doctor's recommendations on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health - kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physician-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma - Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents can be avoided.

Smart computer use - Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

Consider other health issues - Older adults can have health issues that

affect their vision health, and it's important to talk to a healthcare professional about how physical conditions and medications can have an impact on the eyes.

Sunglasses - Protective eyewear becomes more important as we age, and it's important for seniors to build the habit of always wearing sunglasses when they are outside.

Sleep - Sleep has beneficial properties for overall health, wellbeing and quality of life. It's no surprise that getting a good night's rest is important for eye health too!

Vision screenings - Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and health.

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If someone is experiencing changes in their vision, or wants to build healthy habits, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders

and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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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 wor-

ry free in the comfort of their homes.

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Please call 536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

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## Equalizing access to education

It's that time of year when high school seniors are committing to colleges and making a plan for what will happen after graduation day. College tuition has become so incredibly unaffordable that many students are opting out or seeking a career in various trades, in which they stand to make more money than a classmate with a four-year degree — depending, of course, on which route they take.

Harvard University cost ten schillings per year in the early 1700's, which was equal to about a pair of shoes and two pairs of stockings. Interesting to note is that back then, most jobs did not require a degree, license or certification and laborers learned via apprenticeship. If the price of Harvard over time had risen at the same rate as prices generally equaled to the rate of inflation, tuition today would cost \$1,703 per year. However, that is not the case, and the current tuition at Harvard is upwards of \$67,580.

As a society, we stress the need for a solid, good education. Any job that pays a livable wage requires you to have a degree, however many students are not making much more than their counterparts who chose to enter the work force right out of high school. Really this depends on where you live and what you do.

The significant increase in college tuition has angered many parents and students. One has to wonder how a financial aid office at any given school comes up with the numbers for a student's financial aid package. In one recent example, a college in Massachusetts, cost \$73,000 per year. Yes, you read that right. A student with a single mother who makes in the ballpark of \$30,000 a year was offered \$13,000 in financial aid for the year. Does this school discriminate based on socioeconomic status? One has to wonder: Are wealthy students somehow more special than their less fortunate counterparts?

Students who do make it through the four years will graduate with an exorbitant amount of debt, a bill they could potentially be paying well into old age.

Way back when, state universities were free, however did include a small fee. In the 1960's, social and legislative changes turned higher education into a business, hence the student loan debt crisis we see today.

Through some research, we discovered an interesting time line that laid out the path higher education has taken since its inception during Medieval times in Europe. Back then, few of these schools charged tuition and were supported by the government or a church, and areas of study were limited.

In 1796, Thomas Jefferson proposed an education system that was supported through taxes. He did this because he believed that for a government to truly work, that its people needed to be educated. As a result, in 1818, the government began subsidizing elementary schools and Jefferson used a \$15,000 grant to start the University of Virginia.

In the early 1800's, many colleges did not charge tuition; however, only the wealthy could afford the living expenses incurred during study. In 1810, students lived as simply as possible, keeping room and board rates extremely low, compared to today's living conditions.

In 1870, Harvard's tuition was \$150 per year, while Brown University was just \$75. This equals to about \$3,000 in today's terms. Again, only the wealthy could afford to attend.

A spike hit in 1920 when admissions doubled between then and 1930. The cost was about \$250 per year, with 20 percent of college aged Americans attending university.

The G.I. Bill was passed in 1944, but has since been modified.

In 1965, the Higher Education Act passed. This act helped provide financial assistance for those who needed it. In 1973, in today's dollars, an average year, at an average school cost just over \$9,000 and just over \$2,000 for an in state public school.

In 1972, only 49 percent of high school graduates went on to college. Back then, grants covered 80 percent of the costs. Today more and more students are heading off to school, leaving less grant money to go around. In 1975, the rates started to increase faster than inflation. Prior to the 1970s, tuition rates increased roughly two to three percent each year. In 2003, the cost went up 14 percent in just one year. In 1987, the rate for a public school saw a 44 percent change.

In the late 1990's, the debt was so bad that people put off weddings, having children and making other big lifetime decisions.

The year 2008 saw an increase of 439 percent since 1982, while income has only increased 147 percent. If things continue as they are in 2028, the cost will be \$340,800 for a private school education per year and \$95,000 for a public school.

Americans over the age of 60 currently owe more

SEE EDITORIAL PAGE A5



COURTESY PHOTO

### Undefeated weekend

This past weekend the Laconia Lacrosse Club's 8U and two 10U girls' teams faced opponents from Concord, Weare, Bow, and Manchester, coming away with four wins and no losses. All three teams played their best lacrosse of the season, and out of 20+ teams in their respective divisions, all are ranked in the top four. Halfway through the season, the 10U red team (pictured) is 4-0, tied for first place in the state. The 35 girls reside in Laconia, and the surrounding towns of Belmont, Meredith, Gilford, Moultonborough, Gilmanton, Sanbornton, Tilton, Franklin and Enfield.

## LETTERS TO THE EDITOR

### Town Meeting Article #1

To the Editor:

On May 15 at 10 a.m., Sanbornton will have their Annual Town Meeting. One item in particular that you will be voting on is Article #1, for a construction bond for \$2,208,517. That amount, when combined with \$600,000 from the town's Unassigned Fund Balance and some other additional funds, will represent the total estimated project cost of \$2,982,152.

I have read in the selectmen's meeting minutes, which notes that if the article passes, it will increase the taxes on an average \$300,000 property by \$33 a

year.

If the bond Article #1 is not approved, you will not see a tax increase for next year. What I would then like to see is that \$600,000 from the town's Unassigned Fund Balance that was going to be used towards the new construction project used to reduce our tax rate next year.

Attend the Town Meeting and vote and make your feelings known!

Bill Whalen  
Sanbornton

### New Hampshire memories

*Editor's note: The following letter was shared with us by John Harrigan, author of the North Country Notebook column.*

To the Editor:

Thanks for all the interesting things you write.

Back in the 1940's, while I was growing up in Rochester, I recall going to Alton Bay in the dead of winter to watch jalopies race on the ice where in recent times, an airplane runway has been established on the ice. The ice would get dirty from engine oil that leaked from some of the cars. One guy raced his engine so hard that he put a piston rod out through the side of the engine block with a subsequent large blotch of oil on the ice. That's probably why such races aren't held today.

I've never seen a reference to those races anywhere. Do you recall them?

When I wrote the word "blotch," it reminded me of the Weeks restaurant at the old Weeks traffic circle in Dover, where they had a BLOTCH on the menu: bacon-lettuce-onion-tomato-cheese-hamburg-

er. Delicious anytime but especially when returning from a day of skiing at Wildcat.

And that reminds me of the "Sunny Villa" restaurant in Ossipee, where, in later years, on a Sunday after skiing, I could treat my wife and four kids to an all-you-can-eat pancake supper for 99 cents.

More memories. While attending Spaulding High in Rochester, class of '55, I worked two summers at Cocheco Bottling in Rochester. Once in while they let me go out with a delivery truck - as long as I didn't touch any beer cases, being underage. I recall delivering at the Sunny Villa and other places along Route 16. And sometimes I went on the delivery route to Hampton Beach, where there were plenty of girls to see.

New Hampshire was a wonderful place to grow up in back in the 1940's and '50's.

Frank Wilson  
Sanbornton

## STRATEGIES FOR LIVING

# The soul of America

BY LARRY SCOTT

Although I was but a nine-year-old child at the time, I still remember the whine of the bullet that buzzed just over my head and slammed into a nearby tree with a loud "splat." I got the message and charged off the flat roof of our home – double time.

I had arrived in Peru, where my parents were to serve as missionaries, in March 1947. Language study for my parents took much of the time in the interim, and now,

in the fall of 1948, I was a curious nine-year-old watching the development of a military conflict that could well have cost me my life. Someone wanted me off that roof!

The army strong-man, Gen. Manuel Odria, was leading a coup against the government of President Jose Bustamante. Supported by leftists and a segment of the Peruvian navy, President Bustamante was fighting for his political life.

Government troops finally suppressed a rebellion supported by

elements in the Navy, headquartered in Callao. We lived some ten miles north of Callao on the main avenue connecting to the capital city of Lima. I thought it a good vantage point for me to see what was going on; a sharpshooter in Callao apparently thought differently. Fortunately, he missed! On Oct. 3-4, with some two hundred fifty rebels and sixty or so army soldiers killed, President Bustamante was deposed, and on Oct. 30, Gen. Odria became the President of Peru.

America is also involved in a great war. It is philosophical and spiritual, a war for the soul of our nation, involving the existence of God, the definition of truth, the debate over right and wrong, and the meaning of morality. Ironically, while the influence of Islam is on the rise, the Christian faith is becoming more and more isolated from the national debate.

Despite the liberal view that man is basically good, we see little evi-

SEE STRATEGIES PAGE A5



North Country Notebook

Missing the furnace, and its smoke. And who starts the day at 9 a.m.?



By JOHN HARRIGAN  
COLUMNIST

*Editor's note: Mr. Harrigan was unable to submit a new North Country Notebook column in time to meet our press deadline for this week's edition. The following column was originally published in 2018.*

Doing dishes is something I don't mind at all, because it can be done by rote and gives me time to think. This chore is made all the more pleasant by the scene out the window, which takes in back lawn, bird feeders, apple trees and an alder swamp.

I miss something, however, and I didn't realize how keenly until now. Back in October, with medical issues looming, I had to make a decision on whether to run the outdoor wood-fired boiler, which easily heats the entire house and annex and provides domestic hot water, or

shut it down. And because what circulates is water, not antifreeze, shutting it down meant draining the whole system, buried pipes and all, not an easy thing, but so it went.

It's not that I begrudge Chip Bean and crew at C. Bean Transport the money I've had to spend on fuel oil, not one red cent. I'm fortunate to have an oil-fired backup system and a dependable supplier, which as is typical with dealers in this often-wild territory will deliver the product no matter the weather.

But what's missing from my window picture is the gentle wafting of white smoke when the boiler is idling, and the blast of equally white smoke when it's firing up. It is a comforting scene, and the smoke tells me the direction of the wind, which gives me a pretty good guess on the weather.

+++++

Smoke from outdoor wood furnaces is a big issue, which is why they never should have been allowed or installed in closely built neighborhoods. But they were, back when oil became outrageously expensive and people turned to wood. It was allowing

these things to be set up too close to neighbors, plus people doing really dumb things like burning tires and garbage, that got us into all the regulations.

My unit, a Central Boiler made in Minnesota and built to last, was one of the first in the territory, and people came from all over to see it. It is a pretty straightforward apparatus, sort of like a Model A Ford—pretty hard to improve on except for comfort and gadgets. It burns wood right down to a fine powder, like flour, and there is no need for an ash-pit. Cleanout (which for me, if I burn carefully, is twice a heating season) involves using a long-handle flat-bottom shovel to transfer the ashes into the bucket-loader, to be spread uphill of the apple orchard.

Alert readers will have noted that I was careful to say “white smoke.” Properly dried firewood emits white smoke; unseasoned, (i.e. “green” wood) emits a pale blue. If any blue smoke came out of my furnace all my neighbors would see it, and I'd be some embarrassed and would maybe even have to move.

+++++

Speaking of smoke, the story that was big news one day and gone the next concerned the government's plan to cut nicotine content in cigarettes in not-so-subtle increments, to the tune of something like 90 percent.

This, one might predict, will create a brisk black market and all sorts of cross-border shenanigans, virtually overnight, to provide desperate smokers with good old (or not so good) nicotine-loaded smokes. Not that any smuggling whatsoever goes on anywhere in northern New England, nosiree Bub.

+++++

My laugh of the week came from a PBS story on the Pennsylvania primary, in which a news crew visited a wood-working factory.

“Even at 9 a.m.,” an evidently amazed reporter said, “this factory is already humming.” Yes, you heard it, “Even at 9 a.m.” (emphasis mine).

Well, yup, hello, and welcome to the real world. How about factories that start the day at 7, or the loggers, truckers, road crews and tradesmen grabbing coffee and a bit of breakfast



JOHN HARRIGAN

The furnace has a five-gallon bucket turned over on its stack and a crown of snow to boot—no smoke to help gauge the weather.

at (gulp) 4:30? It might cause one to faint.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Ad-

dress letters, with town and telephone numbers in case of questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or to Box 39, Colebrook, NH 03576.)

EDITORIAL

CONTINUED FROM PAGE AA

than \$86 billion in unpaid loans, and many of them are concerned that the government will garnish their Social Security, leaving them with nothing.

The proposed American Families Plan is slated to include, for those who wish, two years of free community college tuition. Expenses

for books and supplies would be funded by the student. In our small rural communities, we see high school seniors who really want to go to college, but just can't afford it. Often times they are working part time jobs to help support their own families which is commendable. It is extremely difficult, especially in rural areas for high school students to

save up enough money to afford even a community college.

Often times those students who do attempt to save thousands of dollars, have to do so by giving up after school activities such as soccer, band etc. If the cost of colleges hadn't increased so drastically, we wouldn't need to think twice about this.

Many parents who make just over mini-

mum wage are drowning in debt after taking out Parent Plus loans, just to see to it that their children can get an education. Even trade schools are rising in cost.

A two-year tuition free community college (not universities — there's a difference) would be a great opportunity for any American

wanting to get a jump start on their education, especially for those students who come from lower income households. Seniors who would never otherwise have had a chance at an education would now be offered one. Any opportunity for us to help educate our youth, especially those with the most

need, is a good one.

Oftentimes, it's hard to empathize with people, until you put a face to it. If you think hard enough, you can easily think of an individual in your life who could have really benefited from an opportunity such as the one mentioned above.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of April 26 to May 3.

Nathan G. Bishop, age 21, of Belmont was arrested on April 26 for Driving After Revocation or Suspension.

Stacy L. Barrett, age 46, of Farmington was arrested on April 26 in connection with a warrant. Reggie H. Barrett, age 44, of also of Farmington, was arrested during the same incident for Disobeying an Officer and Operating After Certification as a Habitual Offender.

A 36-year-old from Belmont was issued a summons on April 27 on multiple counts of owning a Dog deemed a Menace, Nuisance, or Vicious.

Alden Wildman Smith, age 66, of Belmont was arrested on April 28 for Driving After Revocation or Suspension.

Melissa J. Preston, age 44, of Belmont was arrested on April 29 for Aggravated Driving Under the Influence with a Passenger Under 16.

A 32-year-old female from Belmont was issued a summons in lieu of arrest on April 30 for Disorderly Conduct.

Timothy J. Davis, age 28, of Belmont was arrested on April 30 for Domestic Violence-Simple Assault-Physical Contact or Domestic Violence-False Imprisonment.

Russell A. Bean, age 50, of Moultonborough was arrested on May 1 in connection with multiple bench warrants.

David J. Terilli, age 39, of Billerica, Mass. was arrested on May 1 for Stalking-Placing an Individual In Fear.

Kenneth David Malone, age 65, of Belmont was arrested on May 2 for Domestic Violence-Simple Assault-Physical Contact.

Charity L. Eddy, age 45, of Laconia was arrested on May 3 for Possession of a Controlled Drug and in connection with multiple bench warrants.



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STRATEGIES

CONTINUED FROM PAGE AA

dence that education, an adequate income, even roots in a responsible family, will lead to a life of peace and satisfaction. We are each driven by selfish ambition; we are all proud, independent, and determined to have our own way. If we are to reach our fullest

potential in life, what we each need is not a change of status; what we need is a change of heart.

Jesus said, “The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.”

I have witnessed the

unbelievable change that comes to a person's life when Jesus Christ is welcomed as his Lord, and I have found a sense of direction in my own life that I would not trade with anyone. I am proud to be a Christian and pleased to tell you again, it works!

*You want to talk about it? Hit me up at [rlarry-scott@gmail.com](mailto:rlarry-scott@gmail.com).*

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**Edward Jones: Financial Focus**

**First-time homebuyer? Follow these steps**

Is homeownership a goal of yours? It does offer some benefits, in addition to meeting your basic need for shelter. The equity you build in your home can be a valuable financial asset, and you may get to deduct your interest payments on your taxes. But if you're a first-time homebuyer, what steps should you take?

First, make sure the time is right for you in terms of your personal and financial situations. For example, are you fairly confident that your employment is stable and that your earnings won't decline? Of course, external events can also play a role in your decision. A recent study by Morning Consult and Edward Jones found that 12% of respondents postponed purchasing a house during the COVID-19 pandemic.

But if you're ready and eager for homeownership, consider the following moves:

- Save for a down payment. The more money you put down for a home, the lower your monthly payments, although there's also a point at which overly large down payments can be financially unwise. However, if you can make a down payment of more than 20% of the purchase price, you can generally avoid having to pay for private mortgage insurance on top of your monthly payments. Also, as a first-time homebuyer, you might qualify for down payment assistance from your local or state housing authority or a nonprofit group.
- Check your credit score. A higher credit score gives you a better chance for a lower interest rate. You can request a credit report from [annualcreditreport.com](http://annualcreditreport.com), and you might be able to get a credit score for free from your bank. If you need to improve your score, you may want to delay your home purchase.
- Learn how much you qualify for — and how much you should spend.

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.

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Once you think you're ready to begin the home-purchasing process, you may want to contact a few lenders to determine the size of the mortgage for which you qualify. Be aware, though, that just because you can get a mortgage of a certain amount, does not necessarily mean that you should. You don't want to become “house poor” — that is, you don't want to spend so much on your house payments that you are cash strapped and can't afford to save for other goals, such as college for your children or a comfortable retirement. You may want to establish a budget for how much you can readily afford to pay for your mortgage each month — and try sticking to it before you buy the house. If you have extra savings, put it toward your down payment.


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- Prepare for unexpected costs. You can plan for your mortgage, utilities, taxes and insurance — but when you own a home, you'll always encounter unexpected costs. You may need to get a new furnace, repair your roof or face any number of other maintenance issues. To help prepare for these costs, try to build an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Without such a fund, you might be forced to dip into your long-term investments or take on added debt to pay for these unanticipated expenses.

Homeownership can be a rewarding experience — and the rewards will be even be greater when you've “done the numbers” and prepared yourself financially.

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*Financial Advisor*  
3 Mill Street  
PO Box 176  
Meredith, NH 03253  
603-279-3161  
Fax 866-532-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)





# Acoustic Trio to kick off Belknap Mill's Summer Concert Series

LACONIA — Friday, May 21 at 6 p.m., the Acoustic Trio of James Montgomery, Bob McCarthy and Billy Martin will be the season opener for the Belknap Mill's 2021 Arts in the Park Summer Concert Series! Celebrating bringing live music to the Lakes Region community for more than 10 years, the 'Arts in the Park' summer concert series will feature 9 concerts taking place every other Friday evening through Sept. 10 with our season finale, The Rockin' Daddios Sock Hop. All concerts are free and open to the public to enjoy. Bring a chair or blanket and make yourself comfortable for an evening of live music.

Bob McCarthy, with his guitars and mandolin and James Montgomery on harmonicas are joined by Billy Martin on his double bass, each one a diverse and gifted musician. Together they will deliver a treasure trove of musical selec-

tions. Their combined experience includes music from every genre ranging from modern chamber, folk, gospel, jazz, Celtic, bluegrass, Brazilian and of course, Rhythm & Blues.

Bob McCarthy and James Montgomery have each been legendary fixtures on the music scene for 50 years, first appearing in the Boston-Cambridge and New York venues in the '60s. In McCarthy's extensive career as a solo artist, he has met and played with dozens of bands and artists, in commercials and on radio and television. Currently, he spends a lot of his time bringing his instruments, his voice and his best pal Beau to visit patients and friends in the Laconia area.

Montgomery is known as one of the most dynamic performers on the scene. Among his long list of credits is former conductor of the Cambridge Harmonica Orchestra. He present-

ly brings his vast talent to charity works for the benefit of health care for blues musicians and veteran support groups country wide.

Martin was an original member of the James Montgomery Blues Band. Another student of the infamous Berklee College of music, he has played the double bass in many small ensembles ranging from opera to modern chamber and includes jazz, blues and folk

Their combined talent and wealth of material is a guarantee for an uplifting and memorable musical experience.

The Belknap Mill's 2021 Summer Concert Series is generously sponsored by founding sponsors The Laconia Putnam Fund and media sponsors, Lakes FM 101.5, 104.9 The Hawk, and 107.3 The Pulse. For more information about upcoming performances or our safety guidelines, please visit our Web site, [www.belknapmill.org](http://www.belknapmill.org).



Friday, May 21 at 6 p.m., the Acoustic Trio of James Montgomery, Bob McCarthy and Billy Martin will be the season opener for the Belknap Mill's 2021 Arts in the Park Summer Concert Series!

# Bank of New Hampshire recognized as NHHFA Top 10 Lender



Bank of New Hampshire's Retail Lending Team recognized as NHHFA Top 10 Lender.

LACONIA — Bank of New Hampshire has been recognized as a Top 10 Lender with the New Hampshire Housing Fi-

nance Authority. This award was given to the lending institutions who assisted the most homebuyers through New

Hampshire Housing programs in 2020.

"The opportunity to serve the housing needs of New Hampshire's

workforce has been a longtime commitment of the Bank's and we are delighted we can partner with NHHFA in a mean-

ingful way," stated Evelyn Whelton, SVP – Retail Lending Sales Manager for Bank of New Hampshire.

"Our top lenders and loan originators are vital to supporting affordable housing opportunities for all New Hampshire households," noted Ignatius MacLellan, managing director of New Hampshire Housing Finance Authority's Homeownership Division. "We know what a challenging year it has been. It also has been a very active year for people seeking to become homeowners. These top lenders have provided outstanding service to customers."

The NHHFA mortgages offer special features not generally available through other lending sources, such as down payment assistance, that can make homeownership more affordable. New Hampshire Housing also offers the Homebuyer Tax Credit program for first-time homebuyers, which enables them to receive a federal tax cred-

it of up to \$2,000 per year as long as they own their home and continue to pay mortgage interest. The new Community Heroes Initiative acknowledges the commitment of the state's essential workers who are first-time homebuyers by offering them a \$3,000 closing-cost credit.

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](http://www.BankNH.com).

# Lakes Region Mental Health Center to host event for Mental Health Awareness Month

LACONIA — Lakes Region Mental Health Center will be hosting two free virtual events in May to raise awareness during Mental Health Awareness Month. Go to [www.lrmhc.org](http://www.lrmhc.org) for more information and to register.

"Orchestrating Change" Film Screening & Discussion will be from 6-7 p.m. Thursday,

May 13 via Zoom. 'Orchestrating Change' is the documentary film that tells the inspiring story of Me2/Orchestra, the only orchestra in the world created by and for people living with mental illness and those who support them. Co-founded by Ronald Braunstein, once a world-renowned conductor whose career was shattered when his own diagnosis of bipo-

lar disorder was made public, the mission of the orchestra is to erase stigma one exhilarating concert at a time. As they rehearse, perform and prepare for a major concert, these extraordinary musicians have no idea how much the orchestra will change their lives in poignant and powerful ways. There will also be a discussion with Me2/ Music Direc-

tor Ronald Braunstein, Executive Director Caroline Whiddon, a Me2/ musician featured in the film and the two filmmakers. This event is free, but registration is required. This event is brought to us by Disability Rights Center in NH and the New Hampshire Community Behavioral Health Association.

Go to [www.lrmhc.org](http://www.lrmhc.org) for more information, find

mental health resources and support LRMHC. Follow us on Facebook @LakesRegionMentalHealthCenter to stay up to date.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their

ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

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# Winnisquam track boys dominate at Laconia meet

BY JOSHUA SPAULDING  
Sports Editor

LACONIA — The Winnisquam track boys had a dominating performance in a meet at Laconia last week, scoring 80 points, which was more than double the score of second place Prospect Mountain.

Coach Patti Malone noted that the highlight of the day was in the final event, where the Prospect and Winnisquam teams battled right to the finish line, with the Bears winning by less than seven-tenths of a second.

The Bear coach noted that the 4X800-meter relay team members Dylan Robert, Riley Mann, Evan Griffin and Jacob Seavey are all ranked in the top 15 in the regular 800, so she is excited to see what they can do when the opportunity comes.

Leighton Morrison took the top spot in the 100 meters with a time of 11.88 seconds, Nathan Lavoie finished in third

place in 12.04 seconds, Mann ran to fourth place in 12.11 seconds, Mark Anderson finished in 14.54 seconds and Caelan Roberts finished in 15.17 seconds.

Robert took the win in the 1,600 meters with a time of 4:42.34 and Joey Damato finished in second place with a time of 5:13.58.

Seavey took the overall win in the 400 meters with a time of 55.75 seconds and Patrick Goodwin finished in second place in 57.46 seconds.

Mann ran to the victory in the 800 meters with a time of 2:11.78, Griffin finished in a time of 2:19.72 for second place and Damato was fourth in 2:23.15.

Aiden Donahue won the 200 meters with a time of 24.15 seconds, Seavey finished in second place in 26.06 seconds, Goodwin was third in 26.28 seconds, Lucas Robdau was fourth in 26.87 seconds and Anderson finished in 31.18 seconds.

Robert got the win in the 3,200 meters with a time of 11:43.15.

Robdau got the win in the triple jump with a distance of 35 feet, 11.5 inches and Morrison was second with a distance of 35 feet, 1.25 inches. Robdau also finished second in the long jump at 16 feet, .25 inches, Donahue was third at 15 feet, 10.5 inches, Lavoie was fourth at 15 feet, five inches and Anderson jumped 12 feet, 2.5 inches.

Donahue was second in the high jump at five feet, six inches.

In the shot put, Kieran Harris was fourth with a toss of 30 feet, 4.5 inches, Carter Fredette threw 30 feet, 2.5 inches, Noel Licata threw 28 feet, six inches, Paul Laraway threw 26 feet, 7.5 inches and Roberts threw 26 feet, three inches.

Goodwin finished second in the discus with a throw of 90 feet, nine inches, Harris was fourth at 78 feet, eight inches, Fredette threw

63 feet, five inches, Licata threw 56 feet, two inches and Anderson threw 46 feet, two inches.

In the javelin, Griffin threw his way to fourth place at 92 feet, seven inches, Goodwin threw 83 feet, eight inches, Harris threw 76 feet, one inch, Laraway reached 71 feet, eight inches and Fredette threw 66 feet.

The Bear boys won the aforementioned 4X400-meter relay in 3:53.12 and the Bears were second in the 4X100-meter relay in 48.34 seconds.

Malone also noted that she was pleased with the fact that the two girls on the team combined to score 11 points for the meet.

Lily Webster won the long jump with a personal best at 12 feet, 11.25 inches. Webster also took fifth in the 100 meters with a time of 15.11 seconds.

Marquerite Parker was second in the discus with a toss of 53 feet, three inches and was



JOSHUA SPAULDING  
Riley Mann won the 800 meters in his team's meet at Laconia last week.

also second in the 3,200 meters with a time of 16:39.52.

The Bears are scheduled to compete at Gilford on Tuesday, May 18.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



BY JOSHUA SPAULDING

Sports Editor  
TILTON — The young Winnisquam softball team ran into a solid Gilford squad last week, dropping a pair of games to the Golden Eagles.

The Bears hosted Gilford on Tuesday, May 4, and dropped a 12-0 decision.

The visitors got off to a fast start and never looked back, scoring nine runs in the first inning.

Coach Mark Dawalga praised the play of Emma Griffin, who had a double, Delaney Skourtis, who pitched four innings and allowed only three earned runs and

catcher Lea Dalton.

The Bears dropped an 18-1 decision on the road in Gilford on Friday, May 7.

Rebecca Kulengosky earned her coach's praise for the game, as she drilled a triple and scored a run and also had a nice catch against the outfield fence to save a couple of runs.

"The kids continue to work and play hard," said Dawalga. "We are making strides and play-

ing a very strong schedule will help in the long run."

The Bears will be hosting Belmont on Monday, May 17, and will be at Belmont on Wednesday, May 19, both with 4 p.m. starts.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## HIGH SCHOOL SLATE

Thursday, May 13

GILFORD

Boys' Lacrosse vs. Plymouth; 4  
Boys' Tennis vs. Plymouth; 4  
Girls' Lacrosse at Plymouth; 4  
Girls' Tennis at Plymouth; 4

Monday, May 17

BELMONT

Baseball at Winnisquam; 4  
Softball at Winnisquam; 4

GILFORD

Baseball vs. Kingswood; 4  
Softball vs. Kingswood; 4

WINNISQUAM

Baseball vs. Belmont; 4  
Softball vs. Belmont; 4

Tuesday, May 18

BELMONT

Track at Gilford; 4

GILFORD

Boys' Lacrosse vs. Kingswood; 4  
Boys' Tennis at Kingswood; 4  
Girls' Lacrosse at Kingswood; 6  
Girls' Tennis vs. Kingswood; 4  
Track Home Meet; 4

WINNISQUAM

Track at Gilford; 4

Wednesday, May 19

BELMONT

Baseball vs. Winnisquam; 4  
Softball vs. Winnisquam; 4

GILFORD

Baseball at Kingswood; 4  
Softball at Kingswood; 4

WINNISQUAM

Baseball at Belmont; 4  
Softball at Belmont; 4

Thursday, May 20

GILFORD

Boys' Lacrosse at Kingswood; 6  
Boys' Tennis vs. Kingswood; 4  
Girls' Lacrosse vs. Kingswood; 4  
Girls' Tennis at Kingswood; 4

All schedules are subject to change.

# Belmont baseball earns split with Laconia



JOSHUA SPAULDING  
Liam Waldron had one of three hits for Belmont in a loss to Laconia last week.

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Belmont baseball team gave up some early runs to Laconia on Monday, May 3, and couldn't get back on track, as the Sachems picked up the 10-0 win in five innings.

Laconia scored one run in the first inning and three in the second against Belmont starter Liam Waldron. They added a pair in the fourth inning, also off Waldron, who surrendered only three hits over his four innings while striking out six. Miles Miller

pitched the final inning, surrendering four runs.

The Raiders managed just three hits on the day, with Waldron, Nate Sottak and Jason Gaudette getting the hits for the Raiders.

After seeing the second game of the week postponed a day due to rain, the Raiders welcomed Laconia to town on Thursday, May 6, and used a big fourth inning to open the game up and then had a big sixth inning to close out an 11-2 win.

Sottak took the hill for the Belmont boys and

gave up just two runs on six hits over the course of six innings, while striking out three. Matt Krasnecki pitched the final inning, shutting out the Sachems in the seventh to close the win.

The teams were scoreless through the first three innings before Belmont put five runs on the board in the bottom of the fourth inning. They added another six runs in the bottom of the sixth inning after the Sachems had scored two in the top of the sixth inning.

The Raiders also

played a solid defensive game, not committing a single error.

Offensively, Rowley paced the offense with two hits and drove in three runs, while Oliver Mahoney also drove in three runs.

Belmont is scheduled to be at Winnisquam on Monday, May 17, and will be hosting the Bears on Wednesday, May 19, both with 4 p.m. scheduled starts.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



# Bicycle riding in the Lakes Region – Rules of the road and tips to keep everyone safe

### NH Safe Bicycle Passing Law

**Minimum 3ft clearance when passing at 30 mph or less.**

Passing Speed	Minimum Clearance
30 mph	3 ft
40 mph	4 ft
50 mph	5 ft
60 mph	6 ft

BY JIM ZIMMERMANN  
LakesRegionBicycling.com

REGION — Spring is here in the Lakes Region, and the flowers are coming out – and so are bicycle riders! It is important that bicycle riders and motor vehicle drivers know the state laws and rules of the road to make sure everyone stays safe this year. The NH DOT has a great brochure that provides detailed information, but here is a summary of what you need to know:

Do bicycle riders have to obey the same rules that cars do? – Yes! According to the NH DOT, “Bicyclists have the same rights and responsibilities as motorists. Bicycles are vehicles.” What does this mean in practice? This means riding your bicycle with the traffic as opposed to directly towards oncoming traffic (If you are riding a bicycle, cars should be coming up behind you on your left to pass you), giving pedestrians the right of way, signaling your intentions (using hand signals), stopping at stop signs and obeying traffic signals.

Do bicycle riders have as much right to the road as motor vehicles do? – Yes! Technically a bicycle rider could ride in the middle of the lane, but in practice bicycle riders should stay as far to the right as is safe. In some locations in the

Lakes Region there aren’t safe shoulders, so bicycle riders may be partially or completely in the car lane. Bicycle riders, especially those riding road bikes, need to ride on sound pavement. If they are forced off onto a dirt or sandy shoulder, there is a good chance their thin tires will sink in causing a sudden stop that may throw and injure the rider. Car drivers should be patient and pass them only when its safe.

Bicycle riders always have to stay to the far right – correct? – Not necessarily. The general recommendation of the NH DOT to bicyclists is “Take the full lane when your safety depends on it”. According to the NH DOT there are four common situations when bicycle riders should move from the far right:

When overtaking and passing another bicycle or any other vehicle proceeding in the same direction.

When preparing for or making a left turn at an intersection or into a driveway.

When proceeding straight in a place where right turns are permitted.

When necessary to avoid hazardous conditions, including, but not limited to, fixed or moving objects, vehicles, bicycles, pedestrians, animals, broken pavement, glass, sand, puddles,

ice, or opening doors of parked vehicles.

Are all bicycle riders required to wear a helmet? – No. Only riders 16 years of age or younger are required to wear a helmet. However, although the law only mandates helmets for those under 16 years of age, a helmet at any age provides much needed protection in the event you lose control or are thrown from your bicycle. When you are riding a bicycle, you don’t have the protection of a car surrounding you. Even a light impact to your head can have serious short and long-term consequences!

Do motorized vehicles have to give bicycle riders at least 3 feet of clearance when passing?

– Yes! According to NH State Law, three feet is the minimum clearance you must give a bicycle when passing them at 30 mph or less. If you are going over 30mph when you pass, you must give one extra foot of clearance for each 10 mph over 30 mph you are going - four feet for 40 mph, five feet for 50 mph, 6 feet for 60 mph. Many bicycle accidents occur when drivers are impatient and try to pass too close to a bicycle rider. I have had several near misses with side mirrors on cars attempting to pass when they could have waiting a few extra seconds and pulled over and passed safely. And just to be clear, the clearance is between the widest part of the vehicle and the widest part of the bicycle. For most situations it is the distance between the outside edge of the vehicle mirror and the outside edge of the bicycle handlebars (some bicycles have mirrors on their handlebars so in those cases it is measured from the edge of the car mirror to the edge of the bicycle mirror). A mirror hitting a handlebar or bicycle rider will result in an accident with injuries!

Do pedestrians always have the right of way? – Yes! According to the NH DOT “Bicyclists and motorists must yield to pedestrians in a crosswalk, whether the crosswalk is marked or not.”

### Bicycle Hand Signals

#### BACK VIEW

**LEFT TURN**      **RIGHT TURN 2 OPTIONS**      **STOP**

LakesRegionBicycling.com

Do bicyclists have to ride single file? – No. When riding in a group, bicycle riders in NH are allowed to ride 2-abreast. Motorists just need to give them the extra room. As a courtesy, it is a good idea for bicycle riders to ride single file where there is a lot of traffic, but they are not required to.

What about parked vehicles? – Another common cause of motorized vehicle and bicycle accidents is when people who are parked on the side of the road open their driver side doors into the path of an oncoming bicycle (my sister was involved in a serious bicycle accident caused by a motorist opening a door directly into her path). Check your mirror and look behind you before you open your driver side doors when you are parked on the side of the road!

Is it okay if I blow my horn at a bicycle rider who is obeying the rules and trying to be safe? – No. You could startle the rider and cause an accident. Again, be patient and pass only when it is safe to do so!

Be aware and be courteous – Distracted driving and riding is unsafe. Be aware of your surroundings at all times. Bicycle riders should always be scanning the road ahead of them for hazards, safe places to move over to make it eas-

ier for motor vehicles to pass, etc. Motor vehicle drivers need to be on the lookout for bicycle riders and approach and pass with caution. A bump or hole in the road could cause a bicycle rider to swerve suddenly and you need to be ready to react safely. A good rule is to put yourself in the other person’s position and act courteously. For instance, if you are riding your bike on a section of road with no safe shoulders and you see a lineup of cars patiently waiting to pass you, pull into the next driveway you come too and let the vehicles pass. Likewise, if you are a driving a car and a bike rider is doing everything right and you can’t pass, don’t do anything that may endanger the bicycle rider.

When in doubt, be patient and play it safe – Many accidents involving a motorized vehicle and a bicycle could have been avoided if patience and safety were put first. Slowing down and waiting a few seconds for a safe opportunity to pass a bicycle rider is not going to affect your schedule that much, and it will be a lot worse if you rush and cause an accident with a bicycle!

Educate others – If you learned something new in this article, please share it with others. It is a great idea to share the rules and tips with your children and

others you know – both motorists and bicyclists. Remember, if you cause an accident with a bicyclist through an error, in addition to the physical harm you may cause, you may also be liable to lawsuits and civil penalties. The more we all know, the safer we will all be!

Resources – There are several great resources that you can access and share with others. Here is a list of some of the best sites that cover safe motorist and bicycle interactions.

NH Bicycle Safety Brochure - [https://www.nh.gov/dot/programs/bikeped/documents/nhdot\\_bike\\_brochure\\_FINAL.pdf](https://www.nh.gov/dot/programs/bikeped/documents/nhdot_bike_brochure_FINAL.pdf)

NHDOT Pedestrian and Bicycle Program - <https://www.nh.gov/dot/programs/bikeped/BikeWalkAllianceofNH-https://bwanh.org/CyclingSavvy-https://cyclingsavvy.org/road-cycling/>

Jim Zimmermann is the founder and owner of LakesRegionBicycling.com and a lifetime bicycle rider. Jim is an advocate for safe bicycling in the Lakes Region. You will often see Jim riding around the Gilford area on his lunch breaks or on longer rides on the weekends.

## PET OF THE WEEK

## SASHA

Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!

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TRACK

CONTINUED FROM PAGE A1

29.77 seconds.

Cody Annis ran to second place in the 800 meters in a time of 2:34.13

Jewell jumped 35 feet, 10 inches in the triple jump and Cress jumped 35 feet, five inches.

Miles finished second in the discus with a toss of 115 feet, two inches and Johnson was fourth at 65 feet, three inches. Miles was also second in the shot put with a toss of 34 feet, 6.5 inches.

Belmont won the 4X100-meter relay in 49.13 seconds and finished second in the 4X400-meter relay in 3:57.02.

For the Belmont girls, Emma Winslow finished first in the 100 meters in a time of 13.01 seconds, Jada Edgren was second in 13.3 seconds, Cate McDonald was third in 13.93 seconds, Helena Papadapolous was fifth in 15.46 seconds and Dean-

na Bourque was seventh in 15.5 seconds.

Alyssa Edgren won the 400 meters with a time of 1:08.49 and Emilie DeFrancesco finished in fourth place in 1:14.62.

Emma Roberts won the discus with a toss of 69 feet, three inches and Molly Sottak was second at 65 feet, three inches.

Sottak won the shot put with a toss of 27 feet, seven inches, Roberts was third at 23 feet, 10.5 inches and Ella Irving threw 19 feet, 11.5 inches.

Aspen Fillebrown was second in the 100-meter hurdles in a time of 21.35 seconds and she also finished second in the 200 meters in a time of 34.68 seconds.

Aurora Coutu finished in second place in the 1,600 meters with a time of 5:59.35.

Winslow added a second place finish in the long jump at 14 feet, two inches, Bourque jumped 12 feet, 3.5 inches and Fillebrown jumped nine



Jacob Cress won the javelin in a meet Saturday against Gilford and Bishop Brady.

feet, 9.5 inches.

Jada Edgren was second in the triple jump with a distance of 30 feet, 7.5 inches.

In the javelin, Sottak threw 70 feet, 11 inch-

es, Irving tossed 58 feet, four inches, Lily Carter threw 52 feet, four inches and Papadapolous threw 45 feet, 11 inches.

Belmont won the 4X100-meter relay in a

time of 55.89 seconds and the Raider 4X400-meter relay team took second in 4:56.08.

The Raiders are scheduled to be at Gilford on Tuesday, May 18,

at 4 p.m.

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



Bryce Hall won the high jump in Saturday's home meet in Belmont.



Alyssa Edgren won the 400 meters on Saturday during her team's home meet.

ARTISTS

CONTINUED FROM PAGE A1

it!

Peter Swain, artist and owner of RePete's Comics and Collectibles, wants to encourage artists of all ages to share what they have created.

"Our Future Artists wall is one example of

what we want to promote through our store. Comic books were my first introduction to art, and its turned into a career. We want to encourage future artists to be proud of their accomplishments and display their talent," he said.

The artwork will be on display from May 1 to

May 31 at RePetes Comics and Collectibles, 141 Main St., Belmont. Any schools, clubs or organizations that would like to enter artwork for the next Future Artists show can contact Peter Swain, peter6194@gmail.com, or stop by RePetes.

BEARS

CONTINUED FROM PAGE A1

The Bears are scheduled to be hosting Bel-

mont on Monday, May 17, and will be at Belmont on Wednesday, May 19, both with 4 p.m. starts.

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Garret Mango takes a throw at second base as Gilford's Liam Merriam slides into the bag.

Mount Washington Cruises expands its fleet

LACONIA — The Winnepesaukee Flagship Corporation is pleased to announce the launch of its newest vessel, the Winnepesaukee Spirit. The launch of the new vessel marks the first expansion of the company fleet since 1962.

"Our company will celebrate our 150th anniversary in 2022, and we've spent the past few years planning for the future of our company," said Jim Morash, Captain and General Manager. "It's been part of our plan to grow the fleet, but have been waiting for the right vessel. The Winnepesaukee Spirit is that vessel."

Seating up to 100 passengers, the 56-foot vessel includes two decks, indoor/outdoor seating, and two small lounge areas which can be rented for semi-private gatherings. The entire vessel is also available for charter, allowing the company to better address demand for medium-sized events.

The Winnepesaukee Spirit has completed her journey to New Hampshire, and is currently awaiting transport from the Seacoast to Winnepesaukee. The Spirit will launch at the end of May, and will be available for scenic tours, dinner cruises, and private events. Tickets are available beginning May 3 at [cruisenh.com](http://cruisenh.com).

Orthodox Church Ladies hosting hanging flower basket sale

LACONIA — Opa! Spring is here!

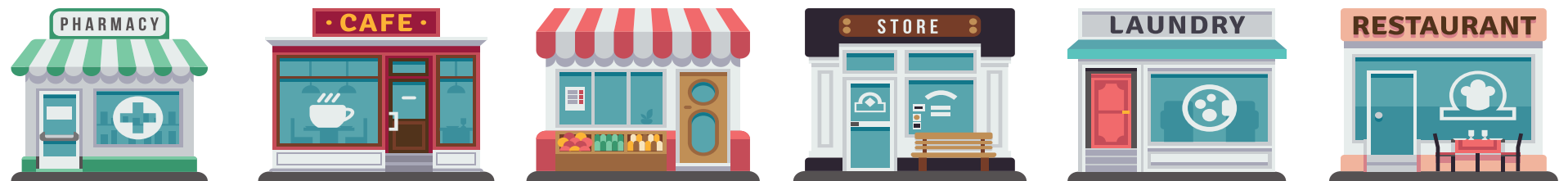
The Ladies Philoptochos Society of Taxiarchai Greek Orthodox Church would like to invite you to the inaugural Hanging Flower Basket Sale on Saturday, May 22 from 10 a.m.-1 p.m. at the church, which is located at 811 North Main St. in Laconia.

The Plant sale will feature stunning hanging plants in assorted colors and variations. The basket prices are \$30 each or \$25 when four or more are purchased.

Masks and social distancing will be observed during this event.

You can also "pre-order" your selections through May 10 and then drive up and pick up those pre-ordered flower baskets between 9-10 a.m. on Saturday, May 22. For an order form, please contact Dawn Triconi @ 352-584-6482 or Presbyteria Ann Routos at 860-6158 or email [tgophiloptochos@gmail.com](mailto:tgophiloptochos@gmail.com).

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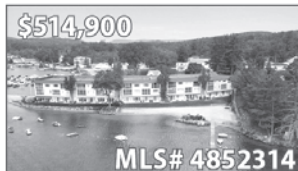
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Whitefield, New Hampshire 03598  
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Email: [codyarsenault@sau36.org](mailto:codyarsenault@sau36.org)

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# Gunstock Hillclimb returns for Bike Week



GILFORD — The Gunstock Hillclimb is returning to Gunstock Mountain Resort on Wednesday, June 16. Staged by Ridge Runner Promotions and featuring Eastcoastin’ Enterprises, this adrenaline packed day of action will consist of strictly Amateur level competition this year. For the thousands of motorcycle enthusiasts who visit the Lakes Region of New

Hampshire for Laconia Motorcycle week, this super charged event is certain to be the focal point. The Hillclimb is a classic Bike Week tradition dating back as early as 1938. This popular event was resurrected in 2017 after a six-year hiatus. This year will be an amateur-only competition.

“The amateurs are back on the original hill,” said Ridge Runners owner, Michael Farnsworth. “We’ve added the country’s best stunt crew: All Harley-Davidson riders and Eastcoastin.’ Do not miss this show, it’s going to be one for the ages.” The course climbs the steep runout of Gunstock’s historic 70-meter Torger Tokle Memorial Ski Jump. A massive

earthen start ramp has been constructed to add even more flair and excitement for the spectators. They will be able to witness some of the best amateur riders as they race to the hilltop finish line. Ridge Runner Promotions and Gunstock have agreed to hold the Hillclimb at the ski jump location through 2023, which will be the 100th Anniversary of Laconia Motorcycle Week. “We at Gunstock are really excited to be able to host the Hillclimb this year,” said Tom Day, Gunstock’s President and General Manager. “It is a great spectator event that creates an exciting option for all the Bike Week participants.” This year’s event will feature three shows with the outlandish daredevil performances of Eastcoastin’ Enterprises throughout the day. These self-proclaimed “hooligans” based out of New Haven, Conn. are known for their reckless BMX and motorcycle

stunts and are sure to keep the crowd entertained. Winners of each amateur class will receive plaques at an awards ceremony following the competition, said Farnsworth. As always, a special 50/50 raffle will be held by Ridge Runner Promotions during the event, with proceeds benefiting the Shawn Farnsworth Memorial Fund. Gates open to the public at 8 a.m. Opening ceremonies are at 9 a.m. Racing continues throughout the day concluding at 5 p.m. and awards to follow. Admission is \$20 for the day, and free for children 10 and under. On-site food, beverage, and retail vending are available at the Hillclimb. The event is BYOB, with beer and wine available for purchase on site. Please note: no backpacks or large bags, no tents or umbrellas, no glass bottles, and no ani-

mals will be allowed into the venue. Hillclimb spectators and Laconia Motorcycle Week visitors are invited to make Gunstock their home base for the week. Camp sites are available in easy walking distance to the Hillclimb in Gunstock’s expansive campground, voted Best of NH 2018. More details on Gunstock’s website: <https://www.gunstock.com/calendar/?c=1&m=20210601&id=197&v=month> About Gunstock: Gunstock is a four-season mountain resort that offers authentic eastern mountain skiing and riding with 227 skiable acres and 48 trails. In summer our campground is your basecamp for activities in our Adventure Park. Nestled in the inspiring beauty of New Hampshire’s Lakes Region, Gunstock’s summit offers breathtaking views of Lake Winnepesaukee.

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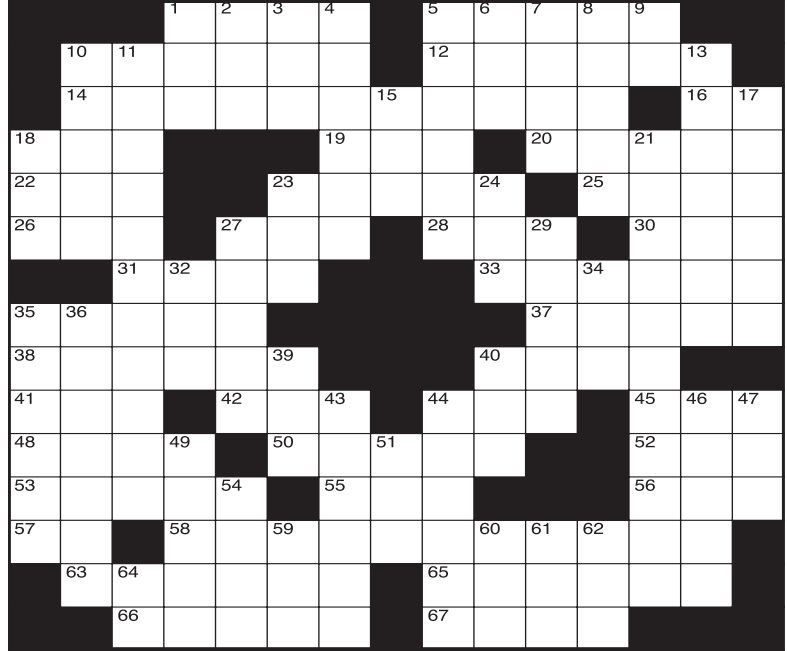


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ACROSS

1. Large, flightless birds  
5. Lifts and moves heavy objects  
10. Hyundai sedan  
12. Wear away by erosion  
14. Arranged alphabetically  
16. Top prosecutor  
18. \_\_\_-de-sac: Short dead-end street  
19. Digital audiotape  
20. Linguistics pioneer  
22. Singer DiFranco  
23. Arms of the sea  
25. Near-reach weapon (abbr.)  
26. Ballplayer's accessory  
27. You get one at the beach  
28. U.S. founding father  
30. W. Australia indigenous people

DOWN

1. Midway between northeast and east  
2. Partner to cheese  
3. One from Utah  
4. A way to move  
5. Playing cards  
6. Baseball stat  
7. Long river in western Asia  
8. Grandmothers  
9. Entertainment legend Sullivan  
10. Steam bath room  
11. One who kills  
13. Food  
15. Swiss river  
17. Fleet  
18. Taxi  
21. Working class  
23. More (Spanish)  
24. High schoolers' test  
27. Large heavily built goat antelope  
29. Murdered in his bathtub  
32. Tease good-naturedly  
34. Morsel  
35. Cause persistent resentment  
36. A radioactive element  
39. Perform in a play  
40. Witty remark: Bon \_\_\_  
43. A great place to kayak  
44. Conclude by reasoning  
46. In an unfavorable way  
47. Complex of nerve tissues (abbr.)  
49. Machine for making paper  
51. Feline  
54. Yugo's hatchback  
59. Check  
60. Press against lightly  
61. Wind-pollinated plants  
62. \_\_\_compoop  
64. Commercial

MOTHER'S DAY WORD SEARCH

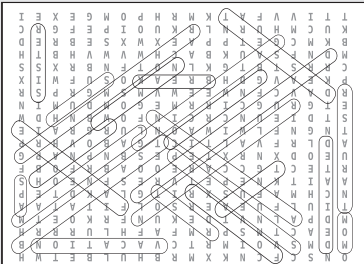
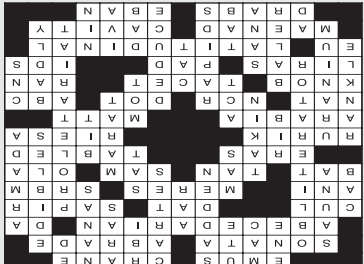
O N S C F C N K X M R B H U L B E T W H  
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N C H M A F U S X R I T G L A K E T E P  
A I T K N E P E T V R E S F N E O H S  
R T E C T G C C A R E O O A B R F O B F  
U E O D X N R X T E P E S B N P N A P G  
A D L R F V A L T I C T G A B O V H R P E  
T N G N F L W I W A O N L U R G R A I E  
S T D I E U N C R C I N F O W B N H D W  
E T G R U G C I R R M E G O M D U M I N  
R D A V C F N W E E V M S M G R P S R  
P K R E A V G D H B R E A K O S U F W I X  
C R R S T B T G K L N O T F N B R X S S  
M D N F S A U K B A C H W V W V H B T H  
B K M C H G E T P A E X W X S E B R E D  
K U C M H U R N L R K U O I P E F G R C  
T T I V V F A T K M R H P O M G E X E I

Find the words hidden vertically, horizontally, diagonally, and backwards.

MOTHER'S DAY WORD SEARCH

AFFECTION, AUNT, BREAK, BREAKFAST, CARING, DEDICATED, DESSERT, FANFARE, FOSTER, GATHERING, GRANDMOTHER, GREETING CARD, HONOR, HUGS, MATERNAL, MOM, PRESENTS, RELAXATION, REST, RESTAURANT, SISTER, SPA, VACATION, WOMAN

This Week's Answers







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NATIONAL  
**NURSES**  
WEEK MAY 6-12

# How communities can recognize nurses



The vital role nurses play in health care settings across the globe was perhaps never more apparent than in recent months. When COVID-19 was declared a pandemic by the World Health Organization in March 2020, nurses were on the front lines in the battle against the virus, and have remained there ever since.

In recognition of the sacrifices nurses and other health care workers have made to help the sick, individuals across the globe have placed signs in their yards thanking essential workers. In addition, many more have taken to social media to highlight the lengths individual nurses have gone to while helping them or their loved ones who caught the virus or fought other illnesses. Communities can follow such individuals' lead by making collective efforts to thank the nurses who call their towns and cities home.

- Sponsor fundraising efforts. Town officials can help to organize a community-wide fundraising effort or a 50-50 raffle with the ultimate goal of donating to a charitable organization chosen by local nurses. Health care facilities

have been stretched incredibly thin during the pandemic, so a donation to a charitable organization that benefits health care workers can be a great way for communities to honor local nurses.

- Encourage residents to lend a helping hand. The work frontline medical workers have done during the pandemic has been endless and exhausting. In recognition of that, community organizers can promote volunteer programs designed to lift some of the burden off local health care workers' shoulders. Local hospitals, blood banks and health centers may need volunteers, and this is a great way for local residents to show health care workers their efforts are appreciated.
- Celebrate holidays that honor nurses as a community. The American Nurses Association notes that National Nurses Week begins each year on May 6 and ends on May 12. Though National Nurses Week is not a federal holiday, communities can still come together during the week to highlight the work their local nurses do. Township or other local officials can encourage businesses

in the community to offer special discounts to nurses during the week, while schools can take part in collective efforts to thank nurses. For example, students from all grades can work on a banner thanking nurses and then showcase the banner by the entryway to campus so passing motorists can see it.

- Highlight a local nurse each week on social media. Community

leaders can ask residents to nominate a local nurse each week and then choose one nominee to highlight on social media. Students or local officials can interview the nominee, asking them about their careers, including what compelled them to become a nurse and their most interesting experiences on the job. Interviews can be posted on community social media pages so

all residents can get to know the unsung heroes in their communities. Communities can work together on a variety of collective efforts aimed at recognizing the extraordinary efforts made by local nurses every day.



Thank you,  
nurses!

This National Nurses Week, we celebrate the kind-hearted, compassionate, and caring nursing professionals who work tirelessly to take care of our community!

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**0% Interest Up To 18 Months**

**10% SEPTIC TANK OFF PUMPING\***

\* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21

**CODE SPRINGSEPTIC10**  
**ROWELL'S SERVICES**  
603-934-4145

**\$199 ANY DRAIN! ANY TIME!**

\* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21

**CODE SPRINGDRAIN199**  
**ROWELL'S SERVICES**  
603-934-4145

**\$199 FURNACE, A/C & WATER HEATER TRIPLE PLAY TUNE-UP**

\* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21

**CODE SPRINGHVAC149**  
**ROWELL'S SERVICES**  
603-934-4145

**\$25 YOUR NEXT SERVICE OFF REPAIR\***

\* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21

**CODE SPRINGSERVICES25**  
**ROWELL'S SERVICES**  
603-934-4145

**\$250 HEATING/COOLING REPLACEMENT SYSTEM\***

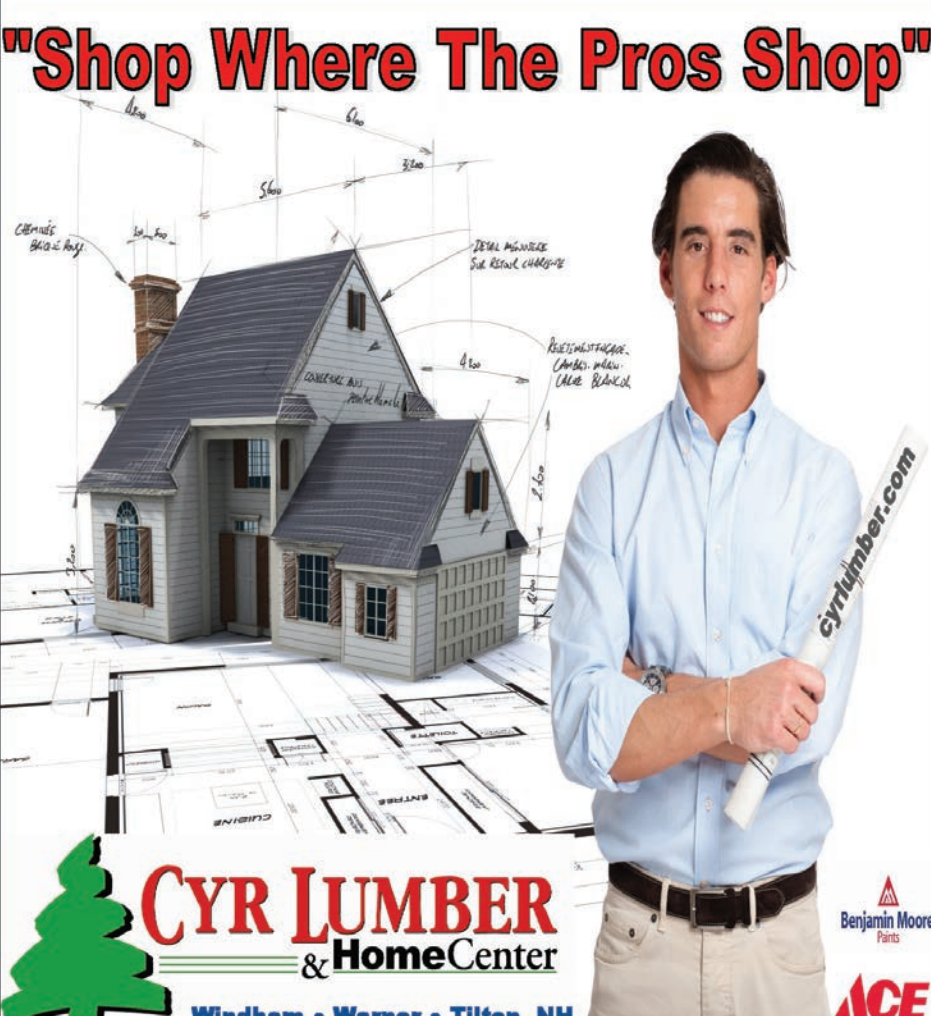
\* One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Expires 5/31/21

**CODE SPRINGMINI250**  
**ROWELL'S SERVICES**  
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