

# Gilford Steamer

THURSDAY, APRIL 14, 2022

GILFORD, N.H.

## GES maple project showcased at pancake breakfast

BY ERIN PLUMMER  
ernews@salmonpress.news

Everything maple syrup was highlighted at Gilford Elementary School's annual pancake breakfast from the syrup created right on school grounds to many different facts about the sugaring process presented by fourth graders.

Members of the community gathered at GES on Saturday morning for the breakfast, an annual event that paused for a few years because of the pandemic. Families, educators, and general members of the community enjoyed a pancake breakfast cooked by members of the school staff featuring the maple syrup created right in the GES sugar shack. Fourth graders did projects on different aspects of maple syrup and its creation process and did presentations in the hallway. Visitors could also tour the sugar shack and see the different projects done by all the different grades.

GES Principal Danielle Bolduc said it was a successful event with kids and parents excited to come back. This is the sixth year students have been collecting maple sap and she said it gets better every year.

"It's been amazing. I think everybody has been ready to get back," Bolduc said.

She said this also highlighted the fourth graders' leadership roles in the school.

In addition to the fourth grade's projects, students in other grades did their own projects related to maple sugaring. Projects included how-to books, stories, and hosting students from Woodland Heights School in Laconia.

Several different people took part in the pancake breakfast. The Volunteer Steering Committee put together all the supplies for the breakfast, the fourth



PHOTOS BY ERIN PLUMMER

Fourth graders Elyse Singh, Isla Hogan, and Hailey Carsen made different maple treats.

grade teachers served the food, and the kindergarten teachers made maple candy in the sugar house.

Bolduc said she was proud to be celebrating maple sugaring and how unique it is as New England is one of the few places where maple syrup can be created.

She also said it was great to see the community come together.

"To be able to see the community support that really makes me so proud," Bolduc said.

Fourth graders shared their different projects at

SEE BREAKFAST PAGE 12

## Poetry contest, graduation prep among coming Gilford School District events

BY ERIN PLUMMER  
ernews@salmonpress.news

The next few months will be a busy time for Gilford students from a poetry contest to preparations for graduation.

The Gilford PTA is holding a poetry contest for National Poetry Month and the deadline is coming up this Friday. The contest is open to all Gilford students in grades K-12. One finalist will be chosen from each grade and there will be one overall winner each from Gilford Elementary School, Gilford Middle School, and Gilford

High School.

Students must submit their entries to their teacher or the school office by this Friday, April 15. Poems should be neatly typed or handwritten and include the student's name, grade, and the name of their English/Language Arts teacher.

A poetry night will take place in May where students will get to share their poems.

Graduation is coming up for Gilford High School seniors and preparations are being made for graduation and senior week.

The school wrote in an update to parents that graduation day will be announced soon, likely some time in mid April. Graduation day will be announced when the school finalizes the agreement with Bank of NH Pavilion as the graduation venue. Information on senior week activities will soon follow.

In the meantime, GHS seniors can start applying for scholarships. Applications are still open for several scholarships. The school has a page listing all the different scholarships available with links to require-

ments, application information, and application deadlines. Scholarships marked in green are still open for applications, while those in red are no longer open. The scholarship list can be found here: [https://docs.google.com/spreadsheets/d/1G9SbM-FVjAnXXE5f2G\\_s8KcZGgeD7XEKujFo\\_WQoonoM/edit#gid=0](https://docs.google.com/spreadsheets/d/1G9SbM-FVjAnXXE5f2G_s8KcZGgeD7XEKujFo_WQoonoM/edit#gid=0).

Prom is scheduled for Friday, May 13, and the senior class trip has a tentative date of Tuesday, May 17. The last day of school for all students is scheduled for Monday, June 20.

## Golden Eagle girls sweep past Inter-Lakes

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Gilford girls' tennis team cruised to a 9-0 win over Inter-Lakes on the road in Meredith on Wednesday afternoon.

At number one, Alyssa Craigie got a 9-8 (8-5 in the tiebreaker) win while Ashley Kulcsar picked up an 8-2 win in the second spot.

Avery Marshall played her way to an 8-0 win in the third spot in the lineup and Alexa Leonard finished with an 8-0 win in the fourth spot.

Maddy Spaulding won 8-1 in the fifth spot and Leann Levenson got an 8-0 win in the sixth spot to give Gilford a sweep of the singles.

In doubles play, Craigie and Kulcsar finished with an 8-2 win in the top spot in the lineup, Marshall and Leonard won 8-0 in the second spot and Spaulding and Levenson won 8-0 at number three.

Up next, the Golden Eagles host Prospect Mountain today, April 14, are at Profile on Mon-

day, April 18, and will be at Kearsarge on Wednesday, April 20, all with 4 p.m. scheduled start times.

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



Ashley Kulcsar reaches to return a shot in action Friday against White Mountains.



RC GREENWOOD

Avery Marshall fires a shot during her team's match against White Mountains on Friday.



## Easter events coming this weekend

BY ERIN PLUMMER  
ernews@salmonpress.news

The Easter Bunny will be busy in Gilford this weekend, from a story walk and egg hunt to a special pancake breakfast with friends.

The Gilford Parks and Recreation Department is teaming up with the Gilford Public Library and the Gilford Youth Center for two different events this weekend offering some Easter-themed fun for kids and their families.

The Gilford Parks and Recreation Department will team up with the Gilford Public Library for the Bunny Hop Story Walk on Friday, April 15. Kids from Gilford in grades four and younger will take a walk through the Gilford Elementary School Nature Trail, looking for eggs along each stop on the story walk. Pre-registration was required and has already closed for the event. Those who have registered can meet in the GES parking lot with scheduled groups going down the trail starting at 3:30 p.m. Participants are asked to dress accordingly for the weather and trail conditions and to bring bags to collect eggs.

The organizers give special thanks to the Friends of the Library for supporting this program.

The Gilford Youth Center and Gilford Parks and Rec will host Breakfast with the Bunny and Friends on Saturday, April 16. Families can enjoy a pancake breakfast and kids can get their pictures taken with the Easter Bunny. Kids can also meet with many other costumed friends like Mickey, Minnie, Elmo, Olaf, and more. There will also be coloring pages, prizes, and a cookie walk.

Breakfast with the Bunny and Friends will take place from 8-10 a.m. The cost is \$4 for kids and \$6 for adults, no reservations are needed. Proceeds from the event will go to the GYC's programs. For more information visit <https://www.gilfordyouthcenter.com/breakfast-with-the-easter-bunny-and-friends.html>.

For more information on both these events call the Parks and Recreation Department at 603-527-4722.

# LRSO looks at “Broadway – Then and Now” May 14 & 15



Ashley Meeken

MEREDITH — The Lakes Region Symphony Orchestra, under the direction of conductor and music director Benjamin Greene, invites you to the final concerts of our remarkable 2021-2022 season with two performances on Saturday May 14 at 7 p.m. at Inter-Lakes Auditorium

in Meredith, and Sunday, May 15 at 3 p.m. at the Colonial Theatre in Laconia.

These POPS concerts take a modern twist on the traditional Broadway theme. We are all familiar with classic hits from the likes of “Oklahoma” and “South Pacific,” but many of the

more modern classics get a bit less concert coverage. With the help of performance icon Ashley Meeken, LRSO will entertain you with a mélange of Broadway hits spanning the decades including memorable tunes from “Guys and Dolls” and “Kiss Me Kate,” to the modern era of “Wicked,” “The Greatest Showman,” and “Carole King The Musical.”

Meeken will showcase her vocal and performance versatility with selections including “Adelaide’s Lament” from “Guys and Dolls,” “If My Friends Could See Me Now” from “Sweet Charity,” “I Don’t Know How to Love Him” from “Jesus Christ Superstar,” “She Used to Be Mine” from “Waitress,” “Defying Gravity” from “Wicked,” and many, many more. Visit [www.LRSO.org](http://www.LRSO.org) for a more complete lineup.

Meeken is well known in the Lakes Region as multi-talented singer, actress, dancer, and choreographer. She was voted best actress in a professional production for her role as Velma in the Winnepesaukee Playhouse’s production of “Chicago.” She has starred in several Inter-Lakes Summer Theatre musicals including “Les Misérables,” “A Chorus Line,” and “Evita.” She trained at the Walnut Hill School for the Arts and at the University of Cincinnati’s College-Conservatory of Music where she earned a BFA in Musical Theatre. Her training has created opportunities for her to perform, teach and choreograph worldwide - at the Edinburgh Fringe Festival in Scotland, on PBS with the Cincinnati Pops Orchestra, at the Lincoln Center in New York City, and throughout North-

ern Europe, the Mediterranean, Canada and the Caribbean.

Meeken has been a principal singer and company manager for Jean Ann Ryan Productions. Returning to New Hampshire in 2012, she led the theater program at Tilton School, directing three main-stage productions and teaching acting, voice, and dance to high school students. She is the owner of The Studio at Meredith Bay, a dance studio enriching the lives of local area dance students young and old.

These May 14 and 15 concerts are the capstones of the LRSO’s brilliant 2021-2022 season and sell quickly. Tickets are \$20-\$30 for adults and \$10-\$15 for students college-age and under. Tickets are available online at [www.LRSO.org](http://www.LRSO.org).

If you’ve never experienced a live orchestra

performance, we invite you to explore this wonderful concert adventure. If you’re a long-time patron of the LRSO and the performing arts, we look forward to seeing you again!

The LRSO thanks our concert sponsor Bank of New Hampshire, and all our patrons and sponsors, for supporting us this year - keeping orchestral music live and well here in the beautiful Lakes Region of New Hampshire. Join our mailing list at [www.LRSO.org](http://www.LRSO.org) or follow us on Facebook at LRSO1 to receive notice of all our performances next season. Please be sure to tell a friend!

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months.

## Submit your photos to MVSB’s Annual Community Photo Contest

MEREDITH — MVSB (Meredith Village Savings Bank) is pleased to launch their annual community photo contest. Winning full color photographs will be featured in the Bank’s complimentary 2023 community calendar, on their Web site, on note cards and/or on the Bank’s holiday cards. Entries can be submitted electronically at [mvsb.com/photo-contest](http://mvsb.com/photo-contest) through Tuesday, May 31.

“We are looking for images that convey all aspects of life and beauty in New Hampshire - from daily life and scenery to local events and celebrations,” said Cindy Hemeon-Plessner, Senior Vice President and Chief Marketing & Expe-

rience Officer at MVSB. “The contest is one of our favorite traditions as the Bank and we can’t wait to see all of this year’s submissions.”

Because of differences in photo specifications, there are two categories participants can enter - one for Web site/social media photographs and one for images to feature in the Bank’s annual community calendar. A maximum of five (5) photos per photographer can be submitted for each category and photographers will be awarded \$100 for every winning photo selected.

The 2023 complimentary community calendar will be available in wall and desk format at all MVSB locations in

late fall. Visit [mvsb.com/photo-contest](http://mvsb.com/photo-contest) to learn more or to submit your photos!

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, nonprofits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, vis-



COURTESY

“Lupine Field” by Holly Heath – June 2022 Photo Calendar Feature Contest Winner.

it any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin

Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or

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TO SUBMIT A LETTER  
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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 DINICOLA  
(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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## Gilford Parks and Recreation News

BY HERB GREENE

Director  
Gilford Parks and Recreation

Breakfast with the Easter Bunny scheduled for April 16 The Gilford Parks and Recreation and the Gilford Youth Center are co-sponsoring their Annual Breakfast with the Easter Bunny on the morning of Saturday, April 16. This program will be held from 8-10 a.m. in the Fellowship Hall at the Gilford Community Church. Community members are invited to come enjoy a pancake breakfast along with coloring pages, raffles and the opportunity to take your picture with the Easter Bun-

ny. Parents are encouraged to bring their own camera. The cost for this breakfast is \$4 per child and \$6 per adult. For more information, please call the Gilford Parks and Recreation Department at 527-4722.

Senior Moment-um Easter Luncheon Buffet - April 18 The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, April 18. We will meet in the Fellowship Hall in the Community Church at noon to enjoy a delicious Easter Luncheon prepared by Dan Barnhart, Manager of the Gilford Beach Concession Stand. The

buffet will feature: Swedish meatballs over rice, a veggie, salad and dessert. The cost for the meal is \$10 per person and will include coffee, tea and juice. Participants must RSVP by Thursday, April 14. For more information or to RSVP please call the Parks and Recreation Office at 527-4722.

Bolduc Park golf programs The Gilford Parks and Recreation Department is collaborating with Bolduc Park to offer Golf Lessons this spring. Youth and Adult Lessons are available at Bolduc Park in two, three-class sessions during the evenings this May and June. The session dates for youth lessons for ages seven and up are; May 3, 10 & 17 and June 7, 14 & 21. The session dates for adults are; May 5, 12 & 19 and June 16 & 23. Classes run from 5:30-7 p.m. each evening.

Cost: Youth Lessons - \$100

Adult Lessons - \$100

All programs have limited availability and registrations will be accepted on a first come first served basis. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Tickets available for Red Sox bus trip on July 26 The Gilford Parks and Recreation Department will be sponsoring a bus trip to watch the Red Sox at Fenway Park this summer. The trip is scheduled for Tuesday, July 26 to see the Red Sox play the Cleveland Guardians. Travel to and from the game will be provided aboard a Coach Company, Luxury Coach fully equipped with climate control, DVD video System and Lavatory. This trip is limited to 53 participants, so register early! Cost: \$75 per person For more information, please call the Gilford Parks and Recreation Department at 527-4722.

# Library presentation shows maple syrup process



COURTESY PHOTOS

Maple Meadows Sugar House co-owner Alex Munyon shows the process of making maple syrup in "Tap to Taste," a presentation by the Gilford Public Library.

BY ERIN PLUMMER  
mnews@salmonpress.news

As maple syrup season winds down, the Gilford Public Library got an up close look at the maple syrup making process at a local farm and shared the experience as a virtual presentation that can be found online.

In "Tap to Taste," GPL Assistant Director Maria Suarez visited Maple Meadows Sugar House in Sanbornton and documented the process of making maple syrup. Suarez spoke with owners Alex Munyon

and Eric Damato along with Andrea Damato documented the process of making syrup right from the tree to the bottle. The full presentation can be found on the library's Facebook page at <https://www.facebook.com/watch/?v=404846990974112>.

Munyon said his aunt and uncle had a sugaring operation in Vermont and he grew up making maple syrup. Eric Damato said Maple Meadows started in a driveway and grew from there.

Around 50 trees were

tapped around the end of January and the beginning of February during a thaw.

Maple meadows uses a vacuum line system to collect their sap. They will put a plug in each tree with and attach 3/16-inch plastic tubing to each plug, connecting it to a larger line. The lines are attached to a collection system that uses a solar-powered 12-volt pump to suck the sap into the vat.

Munyon said they used to use buckets for each tree but grabbing each bucket from every



Andrea Damato pours freshly made maple syrup into containers.

tree was a time-consuming process. When they started using lines, they relied on gravity to collect the sap but then started using the vacuum pump.

Munyon said someone is out there every day checking the lines and the trees.

More sap comes out by the end of February and early March is their peak time. Munyon said around that time that's when the snow is starting to melt and temperatures are rising. The best conditions for sap are when there is an overnight freeze and mild temperatures in the day to around 40 degrees.

"If it gets up above 60

or so they start to slow down because it just gets too hot for them when it starts to warm up, like that the buds start coming out of the trees and it starts making the sap and the syrup taste different," Munyon said.

The collected sap then goes through a multistep boiling process. The presentation showed the system and equipment involved including a system that pre-heats the sap, the use of a hydrometer to get the right consistency, and testing the sugar composition. To go for a one percent sugar content, it takes 86 gallons of sap to make one gallon of syrup at Maple Farms. The syr-

up will then go through a filter press to filter out any debris and niter.

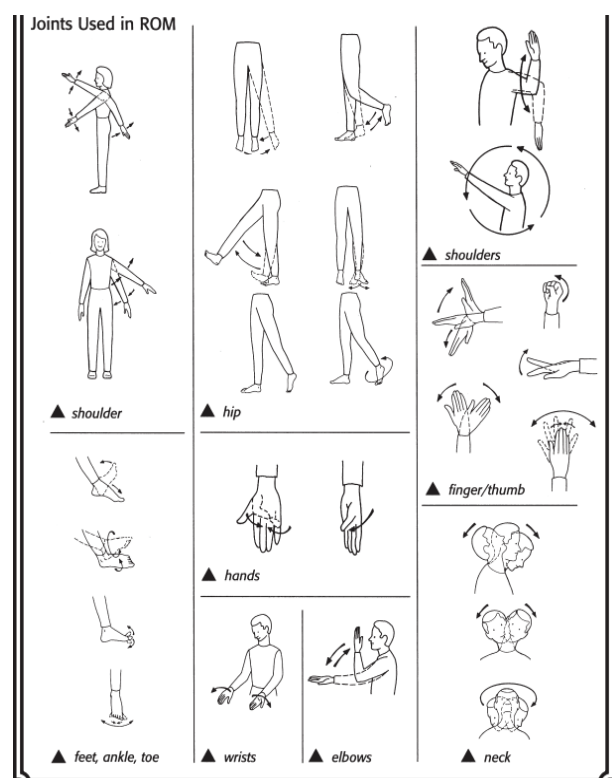
Andrea Damato said niter in maple syrup is like finding loose grounds in a cup of coffee.

"Some People say they don't like real maple syrup and I think its probably because they haven't had maple syrup where the niter is taken out," she said.

After the syrup is finished, it will then be poured into many different sizes of bottles, sealed, and labeled with its bottling date and where it was created and bottled from.

## Comfort Keepers

### Range of motion – Exercise



BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

#### Occupational therapy

Occupational therapy is designed to help people regain and build skills that are important for functioning on their own. The occupational therapist will help the person evaluate levels of function.

An occupational therapist—

- Tests a person's strength, range of motion, endurance (the ability to continue an

activity or effort), and dexterity (skill in using hands) to do everyday tasks that were done easily before an illness or injury happened.

- Designs a program of activities and solutions that ensure the greatest possible independence.

- Provides training to relearn everyday activities of daily living like eating, grooming, dressing, toileting, bathing, and leisure activities such as gardening.

- Decides whether special equipment is needed, such as wheelchairs, feeding devices, transfer

equipment, hand and skin devices.

Physical and occupational therapies are part of the process of re-learning how to function after an injury, illness, or period of inactivity. If muscles are not used, they shorten and tighten, making joint motion painful. For the person in your care, these therapies are key to achieving as much functional independence as possible. Although you may not be asked to assist with these exercises, it is useful for you to know how they help.

#### The Physical Therapist

A physical therapist treats a person to relieve pain, build up and restore muscle function, and maintain the best possible performance. The therapist does this by using active and passive exercises, massage, heat, water, and electricity. Broadly speaking, a physical therapist:

- Sets the goals of treatment with patient and family
- Shows how to use special equipment
- Instructs in routine daily functions
- Teaches safe ways to move
- Sets up and teaches

an exercise program

#### Range-of-Motion (ROM) Exercises

The following information is provided for your general knowledge. It IS NOT a substitute for training with professional therapists. Use range-of-motion exercises to relieve pain, maintain normal body alignment, help prevent skin swelling and breakdown, and promote bone formation. A ROM exercise program is ideally started before deformities develop.

them remain safe and comfortable at home, while providing everything from laundry and housekeeping to meal preparation and transportation. Learn more about how we can help seniors and other adult clients by contacting your local Comfort Keepers location today.

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

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

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

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

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# Legends of spring

The first day of spring just passed us by on March 20. Now that we are over the hump and into the rainy/muddy season, we thought we would share some fun myths surrounding this blooming time of year.

The first story begins with Persephone and Demeter. Persephone was the goddess of spring and holds the most well known story of the season to date. Persephone is the daughter of Demeter, the goddess of agriculture and Zeus, the king of the gods. Persephone married Hades who kept her hidden against her will. Demeter set off to find her daughter and for every minute she was lost, not a crop would grow. Zeus then ordered his daughter to remain in the underworld for half of the year because she ate all of the fruit (pomegranate seeds), the other half of the year she spent with her mother. The idea is that every time Persephone goes into the underworld, winter arrives and the crops die, when she is with her mother, crops bloom.

According to Cherokee legend, the reason trees lose their leaves in the fall is because of the communication between animals and humans. Apparently, animals were able to communicate with humans and the world was utopian. Every year the birds would fly south for the winter. During one particular year, a Sparrow who was injured was not able to fly south, he sent his flock ahead without him so the would not freeze, meanwhile he sought shelter. The bird flew to an old Oak tree and was told that he could not seek shelter in its branches, the same thing happened with every tree the bird visited until he was finally granted permission to stay in a pine tree. The pine tree, not popular with the others because of its hard, sharp leaves welcomed the little bird. The Sparrow was forever grateful.

The Sparrow survived the winter and welcomed his family home during the warmer months. Because the other trees, turned on the Sparrow during a most vulnerable time, the creator cursed their leaves to die during the winter except for the pine tree.

The Shinto Sun Goddess and Bringer of Light, Amaterasu, according to legend, is in control of the sun's movement to insure rice and other crops will grow. This goddess is well known for her ability to spin satin. Her fame caused her brother Susanoo, the god of storms, to become extremely jealous. The angry deity destroyed his sister's weaving loom and wrecked her rice fields. The rampage caused one of Amaterasu's closest friends to parish, as a result she locked herself inside a mountain resulting in the disappearance of light. Because of this, crops would not grow. Uzme, the goddess of laughter traveled to the mountain where Amaterasu was hiding. She placed a shiny necklace on a tree, then began to dance causing the other gods to laugh. When Amaterasu heard the laughter she peeked out of her cave and slowly began to walk towards the necklace. At this, Uzme had the cave blocked and light was restored to the world.

Some actual facts concerning the spring season are as follows; in 1582, if Pope Gregory XIII would not have established the Gregorian calendar, then every 128 years the vernal equinox would have come a full calendar day earlier, which would put Easter in the middle of winter.

The famous myth about being able to balance an egg on its end on the spring equinox is not true. Attempting to balance an egg on its end is no easier on the spring equinox than on any other day.

During the springtime, birds are louder as they sing to attract mates and to warn enemies to steer clear.

The term "spring fever" refers to the psychological and physiological symptoms that go along with the arrival of spring, which include, daydreaming and restlessness. Over the years, scientists surmise the cause in the hormone shift could be due to the increase in sunlight and increased physical activity.

## Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

Send your letters to:

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Our fax number is 279 3331.

E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).  
We're looking forward to hearing from you!

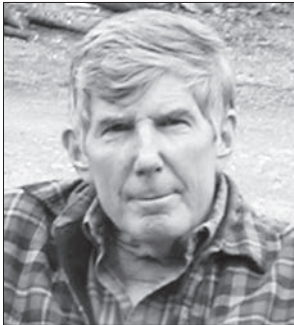
## Laconia-Gilford Lions Club wants to thank you!



COURTESY

The Laconia-Gilford Lions Club's Electronic Waste Collection Day on Saturday, April 9 was a great success, and the Lions are grateful to all those who brought items and participated in this fundraiser. Thanks to you, we filled up two large trucks with recyclable electronic items. Special thanks to the owners of the Cinemas 8 plaza in Gilford, WJP Development, LLC, for allowing us to use their parking lot for this fundraiser. Additional thanks to the Airport Country Store and Deli for opening your facilities for the volunteers. The money that the Lions raised will allow the Club to meet pressing needs in our community including eye exams, eye glasses, eye screening in the schools, hearing aids, scholarships to graduating Seniors, Christmas baskets, assistance to food pantries, Lakes Region Community Services, Community Health & Hospice, among many other local charities. The Lions are grateful for your support and look forward to seeing you on Oct. 1 for our fall Electronic Waste Collection Day fundraiser. The Lions are looking for service-minded people to join us. For more information, call 998-5549. Pictured: Lions Club members (from left) Bill Chandler, Matt Soza, Carol Dow, Marilyn Brown and Lori Chandler.

## Foxes, coyotes, weasels, wolves: In my mind, they all run together



By JOHN HARRIGAN  
COLUMNIST

"But in cutthroat Washington fashion, he saw weakness and took advantage. Now he rests and plays uninhibited at the seat of power." ---Carol E. Lee, in the April 17, 2014 Wall Street Journal.

This is the beginning of a story on a red fox that showed up on the White House grounds in the spring of 2014--and stayed. Barak Obama, among others, saw it cavorting around. A rare photograph showed the fox trotting along, fountains in the background.

But last week's story, in the New York Times and other papers, was different. It was, after all, eight years later. The story now was that the resident fox had been acting strangely, and had nipped at several people and bitten at least nine. It was suspected of being rabid.

It was captured after a good deal of trouble, and animal control officers euthanized it. So too were its pups from



COURTESY

To paraphrase a movie quote, build a habitat and a fox will come. The White House grounds, with an abundance of food (squirrels, etc.) and an absence of competing predators, proved ideal for a red fox. (Courtesy Getty Images, the Wall Street Journal)

its den. Brain tissue affords the only reliable test for rabies.

Questions remain. Was it the same fox? Foxes can live three or four years in the wild. This one was seen by President Obama and lived through the Trump administration to Joe Biden's first term.

And how did the current resident fox get rabies? Well, all manner of wild and domestic animals can carry rabies. It's a long list, from skunks to raccoons.



A ca. 1800s illustration of the extinct Japanese wolf, thought to be the most likely link to today's family dog. (Carl Hubert de Villeneuve, courtesy Wikimedia Commons)

Staffers cornered the fox in a bunch of shrubbery around some big rocks and used a long-handled net to capture it. It was in

+++++

SEE NOTEBOOK PAGE 5

## FROM OUR READERS

### Become an advocate for abused and neglected children

To the Editor:  
Sadly, for so many reasons, cases of child abuse and neglect are on the rise. These children all need someone to speak for them, to advocate for them, to always consider and push for their best interests to the court that oversees their case.

Enter CASA, Court Appointed Special Advocates. This organization trains and supports volunteers to do just that. I had the privilege

of becoming a CASA volunteer more than ten years ago and I have worked with nearly two dozen children. It is rewarding to see families, after doing a lot of hard work, reunited; to see a child adopted by a loving family; or to see an older child age out of "the system" with skills and confidence to move forward in an adult world. I often quote that old Peace Corps slogan, "the toughest job you will ever love," to de-

scribe how I feel about being part of CASA.

Last year alone, CASA of New Hampshire served over 1,400 children. But that represents only about 85 percent of the children who could have benefitted from having a CASA advocate. More volunteers are needed. Do you have the skills and the time to get to know parents and others who are involved in a child's life and stand up for the child's best interests? Yes, there is

time, and the skills will come. Most important is a willingness to do something truly valuable and important for children. Consider joining me and other CASAs — learn more at a Virtual Info Session on April 21 at 12:30 p.m. that will focus on the volunteer experience in the Lakes Region. Register at [www.casanh.org/infosessions](http://www.casanh.org/infosessions). You will be glad you did.

Dorothy Piquado  
Gilford

Notebook

FROM PAGE A4

There is no shortage of red foxes, nationally or in New Hampshire. How we treat them, however, is dreadful, and a shameless stain on what passes for society. And yes, I've lost chickens to foxes--"my bad," as the kids say, because I failed to provide an effective coop.

If there is a convenient time for a red fox to be put down, early springtime is it, especially a lactating mother with kits. There are enough connecting green spaces--cemeteries, parks, golf courses, conservation areas, and such--to provide a path to the White House, and it was only a matter of time until a fox showed up.

And wouldn't that have been something, cute fox kits cavorting around on the White House lawn? It would have been a media sensation.

And we can't have that kind of thing with an opportunistic predator, can we?

In Japan, one of four extinct species of wolves has been making news because it may, in its obscurity, offer the most direct evidence of the evolution of the dog.

They are all dogs, after all--domestic dogs and dogs of the wild, including jackals and today's persecuted coyotes, as well as that photogenic family of foxes in that side-hill just down the road. We just call them by different names.

The Japan wolf-dog story drew people steeped in wolf history, wolves lost in the mists of time. The fate of two Siberian wolf populations (unto Tibet and China, etal)isunknown.

"Wolves are the key to understanding dogs," commented Laurent Frantz, evolutionary geneticist at the Ludwig Maximilian University of Munich.

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Some predators are infamous for killing many more chickens, for example, than they or their siblings or young can possibly eat. The weasel and mink are known for this.

What makes certain predators succumb to this strange behavior? Oddly enough, there's not much literature on minks being a danger to poultry, but plenty on weasels. Perhaps this is because minks are prone to other descriptive analogies.

The only way to weasel-proof a chicken coop, as I learned early on during my time with all things chickens, is to enclose the entire coop in half-inch wire (commonly known as hardware cloth, although it isn't cloth at all).

To do this, you have to start with the coop's floor laid down on wire, with enough spare wire around the edges to place up over successive construction. Or you could have a tractor with a bucket loader, which I did. Bucket loaders, by the way, are great for challenges like this. They can also get you into a heap of trouble; so as the refrain to the old sea chanty "Asleep in the Deep" goes (in deep baritone), "Beeeee-ware." +++++

One of my conclusions from all this is that minks have way better press agents than weasels. Weasels are far more infamous than famous, mostly for sucking eggs dry or sucking the blood out of chickens (they don't have the jaw muscles for either, although they can lap at blood). Minks seem known mostly for cleaning out fish hatcheries (otters equally so) and becoming coats and stoles.

Weasels have their defenders, including some lawyers, who themselves are among the several species often accused of using weasel-words, with apologies to the weasels. Others include lawmakers,

some fishermen (I once accused Congressman Louis Wyman of this, after his alleged trip to Perry Ponds), some judges, some government bureaucrats, and members of the Fish and Game Commission (not to be confused with the actual Department).

In defense of weasels succumbing to bloodlust killing, a.k.a. frenzy, and killing every chicken in sight, which they do with two quick bites to the neck, and then dragging the dead birds to corners of the coop, the experts tend to quote Ma Barker, mother of the infamous Barker Gang of the 1930s: "Lies, lies, they's all tellin' lies about my boys." c

The experts say the weasels do it because they think they're going to come back to eat their fill (and more), and because all that flapping and squawking makes them go berserk (who can blame the chickens?); and because they are hot-wired to kill whatever whenever they can.

Post-chickens, I've had the welcome mat out for weasels. When I had my last cat, a skilled killer of rodents and all manner of moles and voles and other creatures, some quite large, I never noticed a weasel because there weren't any, out of fear of the cat.

Post-cat, I've somehow known when weasels were around. I can sense them through the absence of mice, and other things I notice because I'm always looking at the ground, and always have. Tiny tracks in sand or loose dirt or snow, for instance. I can somehow feel a weasel out there, somewhere. "Hmm," I'll say, peering down. "What made those tiny little tracks?" (answer: a weasel).

Currently, I'd guess that I have a weasel, or it has me. My trap-line, set up in an endless procession of barns and sheds and the shop and working steadily toward the warmth and comfort of the house, hasn't been necessary at all. And once in a while, I've seen a weasel pop its head up in a woodpile.

Cute as the dickens, I think, as long as I'm not keeping chickens.

(This column is syndicated in newspapers from Concord to Canada. Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Jeannette E. St. Jacques, 89



LACONIA- Jeannette E. (Gilbert) St. Jacques, 89, of Laconia, Gilford and Lakeland, FL, passed away on Sunday, April 3, 2022, at Forestview Manor in Meredith.

Jeannette was born on December 9, 1932, in Belmont, NH, the daughter of Leo C. Gilbert and Louise (Shabot) Gilbert.

Jeannette worked at Scott & Williams in the early 1950s. She became friends with Doris Glines (St. Jacques) while working there. Doris introduced Jeannette to her brother Octave "Bob" St. Jacques. Jeannette and Bob instantly became soulmates for life. They married, had children and watched their family grow. They were always there to support or lend a helping hand to family and friends. Jeannette was self-employed for many years as an upholsterer and Bob worked with her as well. Later in life they retreated to Lakeland, FL for the winters. They had a great life together. She enjoyed

cards, boating, camping, snowmobiling, crafts, gardening, sewing and time with family and friends. Now she is in the afterlife and joined once again with Bob forever.

Jeannette is survived by her daughter Helen (St. Jacques) Boisvert and her husband Ernie Boisvert of Laconia. Her son, Leo A. St. Jacques and his wife Joanne Palmer of Meredith, her daughter, Susan (St. Jacques) Mekkelsen and her husband Kevin Mekkelsen of Franklin, her twelve grandchildren that called her Nana are Jean Cox, Renee Houle, Amy Bourgeois, Roger Boisvert, Heidi St. Jacques, Re-

becca Hanson, Brandon Hanson, Jacob Bolduc, Kevin Mekkelsen, Cesar Mekkelsen, Karen Mekkelsen, and Karl Mekkelsen, fourteen great-grandchildren, one great-great-grandchild on the way, her brother Robert 'Bob' Gilbert of Franklin, and her sister Alice (Gilbert) Ortakales of Laconia. In addition to her parents, Jeannette is predeceased by her loving husband Octave 'Bob' St. Jacques.

Services will be held in the chapel on Wednesday, April 20, 2022, at 11:00am, at the New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, Boscawen, NH, 03303.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services and 603Cremations.com, 164 Pleasant Street, Laconia, NH, is assisting the family with arrangements. For more information and to view an online memorial, please visit www.wilkinsonbeane.com.

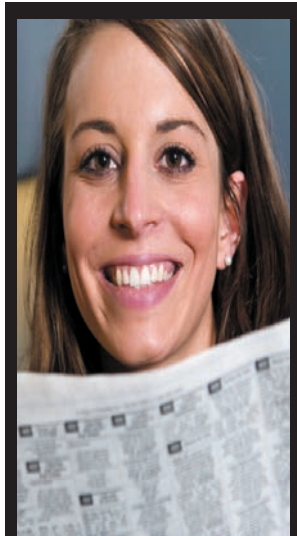
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Weasels Killing Chickens is Common, but Preventable



This is the advisory that a Midwest journal ran with a story on why weasels succumb to what keepers of chickens call blood-lust killing. (Courtesy Countryside & Small Stock Journal)

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Edward Jones: Financial Focus

Will your money last as long as you do?

We all hope for long, healthy lives. But there's a serious "side effect" of longevity - the possibility of outliving our money. How can you help prevent this? It's useful to know the seriousness of the threat. Consider this: About 41% of all U.S. homes in which the head of the household is between 35 and 64 are projected to run short of money in retirement, according to the Employee Benefit Research Institute.

While this statistic indicates a cause for concern, it certainly doesn't mean that you are necessarily headed for trouble - because there's a lot you can do to help build and manage enough resources to last a lifetime. Here are a few suggestions:

- Consider your estimated longevity. On average, a 65-year-old man can expect to live another 17 years, while a 65-year-old woman can anticipate about 20 years, according to the Centers for Disease Control. Of course,

you'll want to take into account your health and family history of longevity to arrive at a reasonable estimate. You can then use this figure to help determine how much money you'll eventually need. To play it safe, you might even want to try to build an income stream that can last beyond your estimated lifespan, possibly up to age 90.

- Don't overlook health care costs. When budgeting for retirement, allow enough for your health care expenses, which can be considerable. Even with Medicare, you can expect to spend anywhere from \$4,500 to \$6,500 per year, per person, for traditional medical costs. Also, you may want to prepare for two to three years of long-term care expenses, which currently range from about \$50,000 per year for home health care to over \$100,000 per year for a private room in a nursing home.
- Keep building assets for retirement. While you're working, constantly try

to put away as much money as possible for your retirement years. Each year your salary goes up, increase your contributions to your 401(k) or similar employer-sponsored retirement plan. You may also want to contribute to an IRA, depending on your goals. And within your retirement savings, make sure you devote a reasonable percentage of your investment dollars to growth-oriented vehicles that align with your goals and risk tolerance.

- Seek out sources of guaranteed income. As a retiree, you will receive Social Security benefits - and the longer you wait before claiming them, the bigger your monthly checks will be. But you might also consider investments that can provide a source of income you can't outlive, such as annuities.
- Revisit your strategy before you retire. As you near retirement, you may want to review your in-

vestment strategy, possibly adjusting your risk level so that your portfolio would be somewhat less susceptible to market volatility. This is also a good time to review your spending needs in retirement.

- Maintain a reasonable withdrawal rate. Once you are retired, you'll likely need to start withdrawing from your 401(k), IRA and other investment accounts. To avoid taking out too much money too early in your retirement, you'll need to set a reasonable, sustainable withdrawal rate based on your assets, age and retirement lifestyle. A financial advisor can help you determine an appropriate rate.

It will take dedication and determination to help ensure your money doesn't run out during your lifetime. But you'd probably agree that it's well worth the effort.

Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03223 603-279-3161 Fax 866-532-8688 jacqueline.taylor@edwardjones.com



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

# Golden Eagle boys best Prospect to start season



JOSHUA SPAULDING

Joseph Schelb charges in for a backhand return shot in action last week against Prospect Mountain.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford boys' tennis team kicked off the season with an 8-1 win over neighboring Prospect Mountain.

The Golden Eagles took care of business in singles, winning the first five matches off the

court to clinch the win.

Alden Townsend was off the court first, cruising to an 8-0 win in the fourth spot and Joseph Schelb was next off with an 8-2 win in the second spot in the lineup.

Izaak Walton was the next Golden Eagle to finish, picking up an

8-2 win at number three singles and then Aydyn Berube in the fifth spot and Drew DeCarli in the sixth spot finished with 8-0 wins to officially clinch the victory with the 5-0 lead.

Bradley McIntire had a back and forth match in the top spot in the



Izaak Walton returns a shot in action last week against Prospect Mountain.

lineup, eventually dropping an 8-6 decision.

In doubles play, Walton and Townsend played at number two and were the first off the court, picking up an 8-0 win, while Berube and DeCarli finished with an 8-1 win in the third spot in the lineup and McIntire and Schelb closed

out the 8-1 win with an 8-4 victory in the top doubles spot.

The Golden Eagles are slated to host Littleton on Friday, April 15, will be hosting Bishop Brady on Tuesday, April 19, and will be at Prospect Mountain for a rematch on Wednesday, April 20, all with 4 p.m. scheduled

start times.

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

## Good numbers for Golden Eagle lax girls

BY JOSHUA SPAULDING

Sports Editor

GILFORD — Numbers are up for the Gilford girls' lacrosse team, but the Golden Eagles will be a fairly young bunch in the new season.

"With 29 players, the Gilford girls' lacrosse team has very good numbers, but with one season wiped out by Corona, another season abbreviated by the virus and only two returning

seniors, the very young team will have to use their schedule to develop their skills," said veteran coach Dave Rogacki.

The Golden Eagle coach notes that seniors Molly McLean and Sophia Lehr will be the team's teachers on the field, with McLean directing the offense and Lehr leading the defensive side of the ball.

"Not having a field yet, certain field issues have to be taught in a limited way indoors," said Rogacki as the second week of the preseason was getting under way.

In addition to Lehr, the Golden Eagles will be relying on the defensive group of Tessa Tanner, Ashley Sanderson and Genevieve Cookinham to use their experience

from last year to support keeper Lily Winward in the defensive zone.

In the midfield, Rogacki said he will be looking to run the game through the trio of Lauren Gallant, Leah Davignon and Olivia Keenan.

Up front, McLean will have the support of returning players Emily Watson, Sydney Irons, Lexi Shute and Aly Pichette.

The Golden Eagles will be returning to a regular Division III schedule this year, with two games against Plymouth and single games with Campbell, Trinity, Hopkinton, Bishop Brady, St. Thomas, Derryfield, Laconia, Pelham, Lebanon, Bow, Inter-Lakes, Kearsarge and Belmont.

The season is scheduled to open on Friday, April 15, at home against

Campbell at 4 p.m. The Golden Eagles will be at Trinity on Monday, April 18, at 4 p.m. and at Plymouth on Tuesday, April 19, at 4 p.m. and return home to host Hopkinton on Wednesday, April 20, at 4 p.m.

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

## Numbers up for Gilford baseball program

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford baseball team has a new coach and he is hoping to build on an increased interest in baseball as the new season gets under way.

"The offseason has been extremely encouraging as interest in Gilford baseball has spiked to having an abundance

of kids trying out," said first-year head coach Michael Giovanditto. "Also, the emergence of a very strong sophomore class has the future looking bright as we look to gel as a team."

The Golden Eagles will lean on a trio of returning players to lead the way. Senior Riley Marsh will see time at first base, shortstop and

on the mound, classmate Anthony Aguiar will patrol centerfield and sophomore Gavin Clark will play at third base and pitch in on the mound.

Seniors Ben Muthersbaugh and Cameron Reardon and sophomore Tanner Keenan will be counted on to help carry the load in their first seasons on the varsity team.

"We are looking to

set a new fundamental standard with Gilford baseball," Giovanditto said. "Our expectations are to improve from last season and to develop our student-athletes into solid people on and off the field."

After a COVID-inspired regional schedule last season, the Golden Eagles will be going

back to a traditional Di-

vision III schedule. The schedule will include single games against Hillsboro-Deering, Inter-Lakes, White Mountains, Mascoma, Somersworth, Newfound, Campbell, Winnisquam, Newport, Raymond, Prospect Mountain, Kearsarge, Belmont, Berlin and Hopkinton.

The season was scheduled to open after dead-

line on Monday and Wednesday and will continue on Friday, April 15, at White Mountains Regional at 4 p.m. and on Wednesday, April 20, at home against Mascoma at 4 p.m.

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

## PETS OF THE WEEK

### Coco

Looking for a fun, outgoing pup to keep you on your toes? Coco is your gal! This silly, active girl is the life of the party you never knew you needed. She's social and spunky, with the energy and smarts to back it up! Due to a few insecurities, Coco is in our behavior program. Check out what she's working on below!

Coco's strengths: smart, social, and motivated by food and toys, this little pup has a lot going for her!

What needs some improvement:

Coco can be nervous about her resources being taken from her such as food and toys. We have been working to teach her that people approaching her food bowl and other high value items means that good things happen and we aren't there to take her stuff away. So far, she is making great progress!

What Coco is working on: Coco is learning that she does not have to fear her resources being taken from her. She can also get a little uncomfortable with restraint, so she is working on building positive associations with handling.

What Coco needs in an adopter: Coco is looking for someone who is patient and has lots of love to give! She's a really sweet girl that needs to be shown that her fears in life aren't so scary after all. Through an adopter willing to continue down the path of positive experiences and training, Coco will grow up to be a lovely dog!

Adoption information-

Kids: no kiddos

Cats: no feline friends

Dogs: Coco may do well on some supervised doggie playdates, but is not ready to go home with another dog due to her insecurity around food and toys.



### Lina

Miss Lina. She is an adorable little cat looking for a quiet home where she can learn to trust and accept attention from her human friends. She might benefit from having another cat to help her warm up, but with the right patient human she should flourish.



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# Brace takes helm for Gilford softball team

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — It's been a while since there's been a varsity softball coach for Gilford not named Joan Forge.

But, this year that's the case, as the long-time Gilford mentor has stepped away from the diamond and Lisa Brace takes over for the Golden Eagles. She was most recently the JV coach for Gilford and also volunteered with Forge for years prior to that.

"Practices have been going great so far,"

Brace said of the pre-season. "The girls have a great bond and are eager to work, improve and have fun every single day."

The good news for Brace is that she has a lot of familiar faces back on the diamond, though the Golden Eagles will have to fill the big shoes left in the pitching circle after last year's graduation of Ella Harris.

Jaiden McKenna will return to play behind the plate, while Madison Cusello at third base and Millie Caldon at short-

stop are back to anchor the left side of the infield, while Maddie McKenna returns to play second base and returner Jess Gannon is likely to see some time at first base, as well as in the outfield.

Lauryn Nash-Boucher, Madison Hazelton, Hannah Gannon, Marlow Mikulis and Maura Hughes are also all back to vie for time in the outfield. Newcomer Grace Kelly will also vie for time in the outfield and at first base.

Sadie Lydick will be taking over the pitching

duties for the Golden Eagles.

"Our goals for this season are to continue improving, having fun and winning some games along the way," Brace stated.

After last year's COVID-related regional schedule, the Golden Eagles are scheduled to return to a normal Division III slate this season. They are scheduled to play single games with Hillsboro-Deering, Inter-Lakes, White Mountains, Laconia, Mascoma, Somersworth,

Newfound, Lebanon, Winnisquam, St. Thomas, Raymond, Prospect Mountain, Kearsarge, Belmont, Hopkinton and Berlin. The Golden Eagles haven't seen the majority of those teams since the pre-COVID 2019 season.

The season kicked off after deadline against Hillsboro-Deering and Inter-Lakes and will con-

tinue on Friday, April 15, at White Mountains, Monday, April 18, at home against Laconia and Wednesday, April 20, at home against Mascoma, all with 4 p.m. scheduled start times.

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

# Ice-Out declared on Lake Winnepesaukee

LACONIA — Ice-Out on Lake Winnepesaukee was declared at 5:20 p.m. Friday, April 8. Official Ice-Out on New Hampshire's largest lake is determined from air by Emerson Aviation, and indicates when the M/S Mount Washington can leave her winter dock in Meredith and motor to all four ports on her normal route, in Center Harbor, Alton Bay, Wolfeboro, and Weirs Beach.

Ice Out has become a rite of spring in New Hampshire, a sign that the waters are nearly ready for warm weather activities. It also is a sign the M/S Mount Washington will soon begin her season, which runs

from May to October.

This year is especially significant, as Ice Out also marks the beginning of the M/S Mount Washington's 150th Anniversary Season. To commemorate the historic ship and this milestone, Rhythm Craft Cider is launching a new cider that is made using frozen apples, appropriately called Ice Out. Making cider with frozen apples gives the cider a unique flavor profile and is an innovative new addition to Rhythm Craft Cider's selection of hard ciders.

"Our experience with Rhythm Craft Cider is one of a number of collaborations we're

working on to bring New Hampshire-made products to our passengers," said Jared Marajo, Mount Washington Cruises Director of Sales and Marketing. "It really exemplifies the potential that businesses have to create new products and tell unique stories when we work together."

For the launch, Rhythm Craft Cider partnered with New England-based artist Kat Maus, owner of Kat Maus Haus Illustration and Design, to create the label featuring an original image of the M/S Mount Washington. Maus specializes in vintage-style travel posters, and her illustration of the Mount has been

commissioned by Mount Washington Cruises to create 150 hand-numbered posters in celebration of the 150th anniversary.

Rhythm Craft Cider's Ice Out cider will be available to passengers on the M/S Mount Washington this spring.

Visitors to the Lakes Region can experience Lake Winnepesaukee from the water on one of Mount Washington Cruises daily narrated scenic cruises, special dinner cruises, Sunday brunch cruises and special events. For tickets and information, go to [cruisenh.com](http://cruisenh.com) or call Mount Washington Cruises at (888) 843-6686.

## HIGH SCHOOL SLATE

Thursday, April 14

GILFORD  
Boys' Lacrosse at Kearsarge; 4  
Girls' Tennis vs. Prospect Mountain; 4

Friday, April 15

BELMONT  
Baseball vs. Kearsarge; 4  
Girls' Lacrosse at Bow; 4  
GILFORD  
Baseball at White Mountains; 4  
Boys' Tennis vs. Littleton; 4  
Girls' Lacrosse vs. Campbell; 4  
Softball at White Mountains; 4

Saturday, April 16

WINNISQUAM  
Baseball vs. Newfound (Robbie Mills); 1  
Softball vs. Newfound (Odell Park); 6  
Track at Newfound; 10

Monday, April 18

BELMONT  
Baseball at Campbell; 4  
Girls' Lacrosse vs. Campbell; 4  
Softball at Campbell; 4  
GILFORD  
Boys' Lacrosse at Hillsboro-Deering; 4  
Girls' Lacrosse at Trinity; 4  
Girls' Tennis at Profile; 4  
Softball vs. Laconia; 4  
WINNISQUAM  
Baseball at Berlin; 4  
Softball at Berlin; 4

Tuesday, April 19

BELMONT  
Track at Winnisquam; 4  
GILFORD  
Boys' Tennis vs. Bishop Brady; 4  
Girls' Lacrosse at Plymouth; 4  
Track Home Meet; 4  
WINNISQUAM  
Track Home Meet; 4

Wednesday, April 20

BELMONT  
Baseball at Inter-Lakes; 4:30  
GILFORD  
Baseball vs. Mascoma; 4  
Boys' Lacrosse at Campbell; 4  
Boys' Tennis at Prospect Mountain; 4  
Girls' Lacrosse vs. Hopkinton; 4  
Girls' Tennis at Kearsarge; 4  
Softball vs. Mascoma; 4  
WINNISQUAM  
Baseball at Bishop Brady; 4  
Softball at Bishop Brady; 4

Thursday, April 21

BELMONT  
Girls' Lacrosse vs. Laconia; 4  
GILFORD  
Girls' Lacrosse vs. Bishop Brady; 4

All schedules are subject to change.

# LRAA Gallery hosting presentation on oil painting

TILTON — The public is invited to attend a presentation by Dee Lessard on Oil Painting April 18 at 6:30 p.m. at the Lakes Region Art Association Gallery.

Art and creativity have always been at the core of anything Lessard has put her hand to doing! Oil painting has become a time to escape to the place where time stands still. Loving all the challenges that comes with it, she continues to paint while being involved in local and national art groups.

Lessard resides in Manchester with her husband Guy and their miniature schnauzer, Rosie. She runs and operates a small hair salon there too.

Up until recently, she served (for several years) on the Board of the local art group, MAA (Manchester Artists Association) and was also the Gallery Director at East Colony Fine Art in Manchester.

Her work can be seen at several local and national online galleries and art shows.

Membership opportunities are open to all with multiple membership levels: Supporter: \$35/year Participating Member: \$50/year Patron: \$100/year.

Visit our Web site for more information: [www.LRAANH.org](http://www.LRAANH.org)

Lakes Region Artist Association, 120 Laconia Rd, Tanger Outlets Suite 300, Tilton, NH Open 10 a.m. – 6 p.m., Thursday through Sunday 603-998-0029.

# Gilford resident inducted into Honor Society at Dean College

FRANKLIN, Mass. — Dean College is pleased to announce that Damon Shute of Gilford has been inducted into the following honor societies for their academic achievements: Chi Alpha Sigma

Founded in 1865, Dean College is a private, residential college located in Franklin Massachusetts, 45 minutes from Boston, Massachusetts, and Providence, Rhode Island. Dean College offers baccalaureate degrees, associate degree programs, as well as a robust schedule of part-time continuing and professional education credit and certificate programs throughout the calendar year.

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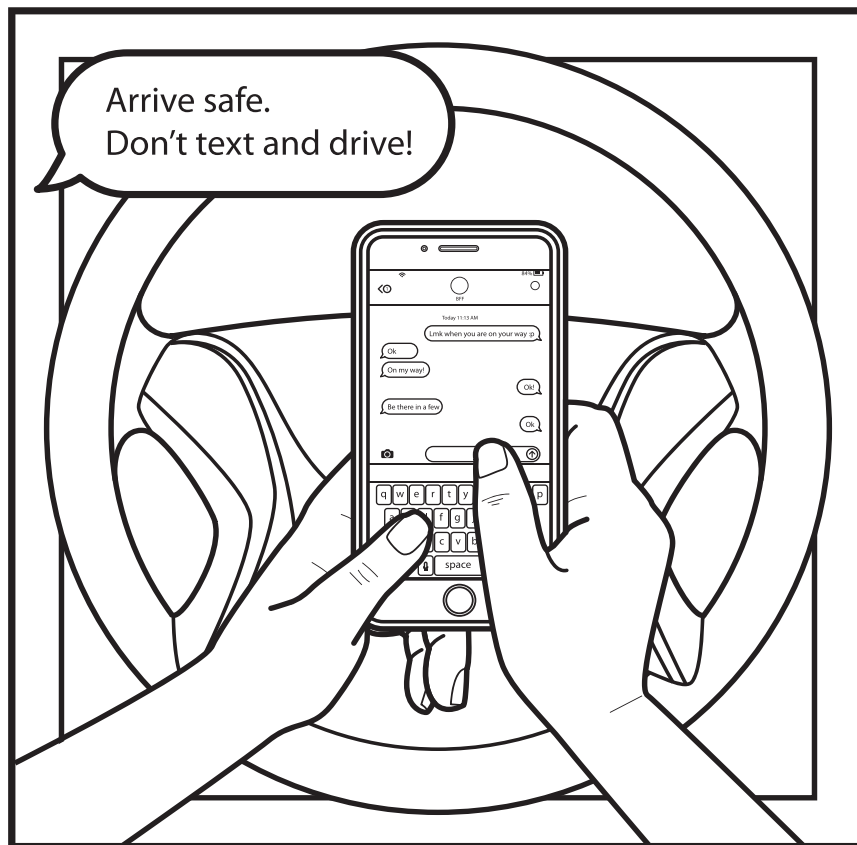
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**Creative Coloring**

Celebrate Distracted Driving Awareness Month. Color in this picture to create your own masterpiece.

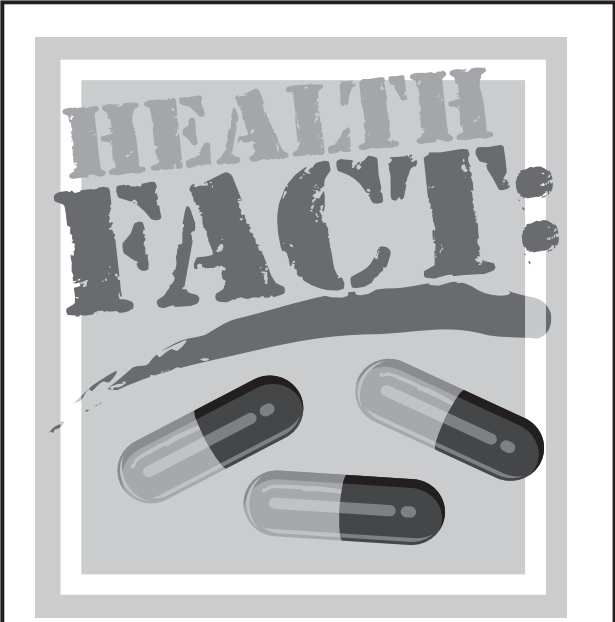


**THIS DAY IN...**



**HISTORY**

- **1111:** HENRY V OF GERMANY IS CROWNED HOLY ROMAN EMPEROR.
- **1870:** THE METROPOLITAN MUSEUM OF ART IN NEW YORK CITY IS FOUNDED.
- **1997:** TIGER WOODS BECOMES THE YOUNGEST GOLFER TO WIN THE MASTERS.



IN 1958, THIS THREE-POINT DEVICE WAS INVENTED BY NILS BOHLIN. IT HELPED TO MAKE DRIVING EVEN SAFER FROM EARLIER VERSIONS.

ANSWER: SEAT BELT

**New Word**

**CAUTION**

care taken to avoid danger or mistakes

*How they SAY that in...*

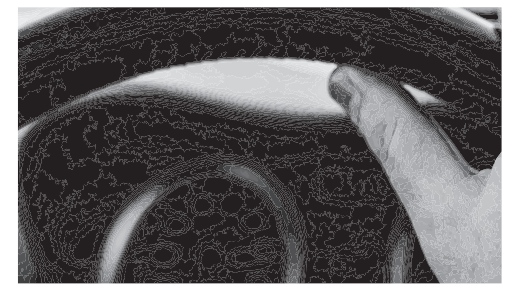
- ENGLISH:** Road
- SPANISH:** Carretera
- ITALIAN:** Strada
- FRENCH:** Route
- GERMAN:** Straße

**Did You Know?**

DRIVERS SHOULD BE MINDFUL OF ALL RULES OF THE ROAD AND OBEY TRAFFIC SAFETY OFFICERS.



**GET THE PICTURE?**



Can you guess what the bigger picture is?

ANSWER: STEERING WHEEL

⊙ \* ☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

**CRYPTO FUN**

Determine the code to reveal the answer!

Solve the code to discover words related to lawn care. Each number corresponds to a letter. (Hint: 1 = E)

- A. 20 6 18 1 16**  
Clue: Cuts grass
- B. 18 1 1 23 15**  
Clue: Unwanted plants
- C. 21 1 16 10 26 11 26 7 1**  
Clue: Feed greenery
- D. 11 3 4 23 15 12 3 24 1**  
Clue: Visual features of a yard

Answers: A. mower B. weeds C. fertilize D. landscape

**SUDOKU**

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

Level: Intermediate

**Here's How It Works:**

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

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

ANSWER:



# Kimayo to perform at Gilford Community Church



Kimayo

On Saturday, April 30 at 7 p.m., singer-songwriter Kimayo will perform at Gilford Community Church (GCC), a donation-based musical concert that is part of her tour, 'My Queer Faith.'

"The vision is to perform at open and affirming spaces of faith and share my life journey of faith and sexuality," she said.

Noting she has lived in Gilford throughout the pandemic, Kimayo said she began to attend services at GCC in January, at which time she discussed her ideas for a tour with Pastor Michael Graham.

"Michael was super receptive to the idea, and his vision for the community felt completely aligned with my desire to reach people," she said.

Originally from Massachusetts, Kimayo began to write music and play the guitar her freshman year at the University of New Hampshire in 2008. Prior to that, she played the trumpet for eight years in secondary school and also sang. In 2019, she elected to pursue music full-time with the release of her debut album, Phoenix: The Acoustic Sessions, which was recorded, mixed,

and mastered by Sam McArthur at The Greenhouse recording studio.

Describing her musical style as folk-pop, Kimayo said her tour reflects her desire "to cultivate connection, solidarity, and hope through love and creative expression."

"To be human is a most beautiful and painful experience," she explained. "Embracing it fully and stepping into the 'more' is the best way I know to show gratitude for this gift. The 'more' is scary, and it is so worth it. May we all live into the 'more'."

In welcoming Kimayo to perform at GCC, pastor Michael Graham said her concert reflects "a long history of outstanding music."

"Aside from live music during our Sunday services, we have hosted a number of concerts, including performers like Peter Mayer, Bob McCarthy, Pemigewasset Choral Society and the NH Master Choral," he said. "We have a state of the art sound system, and the sanctuary is a wonderful acoustic environment."

The concert with Kimayo is donation-based and takes place on Saturday, April 30. Doors open at 6 p.m. with the

concert scheduled from 7 to 8 p.m., followed by coffee and pastries downstairs and the chance to meet Kimayo and purchase merchandise. To learn more about Kimayo, or hear her sing, visit [kimayomusic.com](http://kimayomusic.com)

Located in Gilford, NH, GCC is an inclusive, open community with a broadly ecumenical spirit that welcomes people from all denominational and cultural backgrounds. Viewable live on YouTube, services take place at 10 a.m. on Sundays at 19 Potter Hill Rd., Gilford.

To learn more about GCC, visit [gilfordcommunitychurch.org](http://gilfordcommunitychurch.org).

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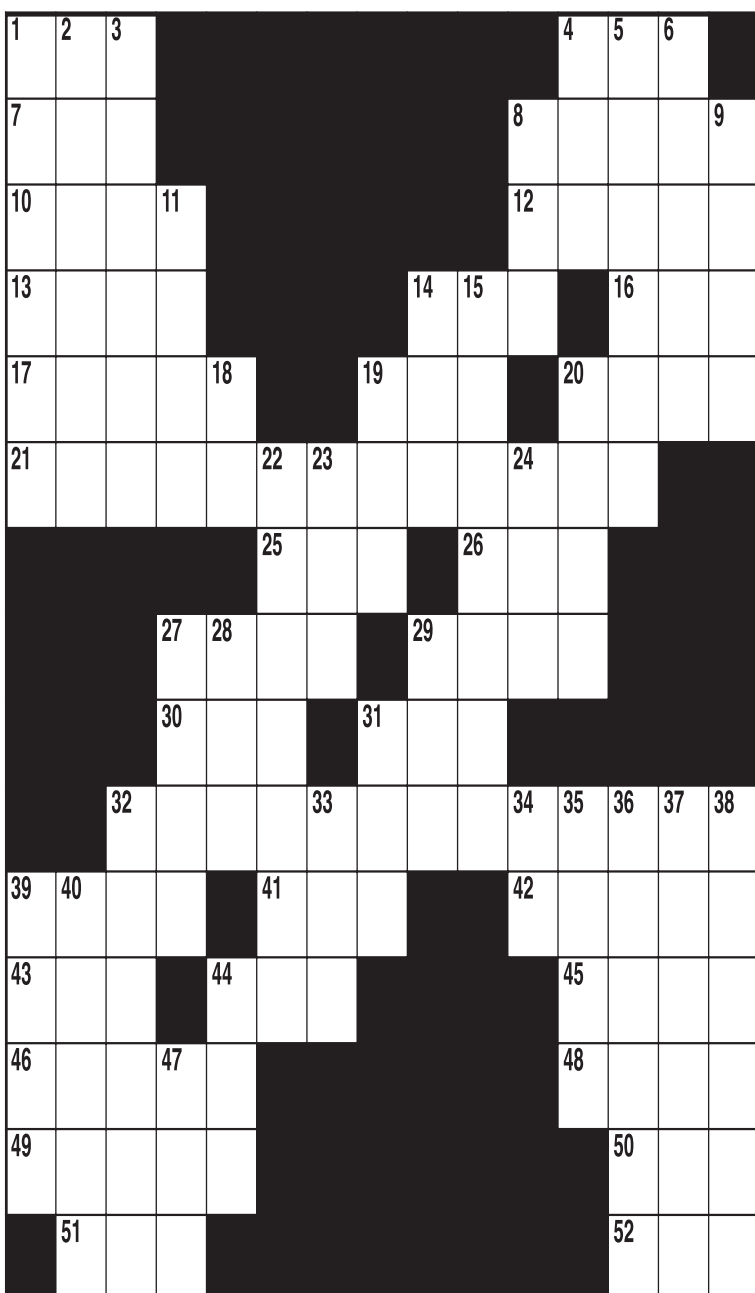
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## TAKE A BREAK



- 46. Excessive fluid accumulation in tissues
- 48. Nocturnal insect
- 49. Challenged to perform
- 50. Thus far
- 51. Famed NYC arena
- 52. Commercials

### DOWN

- 1. Small, purple-black fruit
- 2. Baltimore ballplayer
- 3. Highly seasoned sausage
- 4. Split pulses
- 5. Northwestern Mexico town
- 6. Edible fruit
- 8. Upper-class southern young woman
- 9. Sums up
- 11. The most worthless part
- 14. Dash
- 15. Sufferings
- 18. Clearinghouse (abbr.)
- 19. Indian title of respect
- 20. Poems meant to be sung
- 22. Actor Cooper
- 23. Luke's mentor \_\_\_-Wan
- 24. Clumsy person
- 27. Figures
- 28. Polish Baltic coast peninsula
- 29. Old cloth
- 31. Explosive
- 32. Automobiles
- 33. 007's creator
- 34. The Volunteer State
- 35. Old Irish alphabet
- 36. Japanese city
- 37. Portrayed emotion
- 38. Observers
- 39. Mimicked
- 40. Polite reference to a woman
- 44. Male parent
- 47. Peter Griffin's daughter

### ACROSS

- 1. Runs PCs
- 4. An entertaining, eccentric person
- 7. Small, faint constellation
- 8. Indigo bush
- 10. Not excessive
- 12. African antelope
- 13. A way to fly a glider
- 14. Tough softly
- 16. In the course of
- 17. Early Mesoamerican people
- 19. A way to drop down
- 20. Mistake!

- 21. Housing developments
- 25. Baseball stat
- 26. No (Scottish)
- 27. Type of cuisine
- 29. British Army infantrymen (abbr.)
- 30. Marry
- 31. Buffer solution
- 32. Legendary rock band
- 39. Recording industry show
- 41. A way to consume
- 42. Lake in Botswana
- 43. Political action committee
- 44. Field force unit (abbr.)
- 45. Very eager

## GREEN THUMB WORD SEARCH

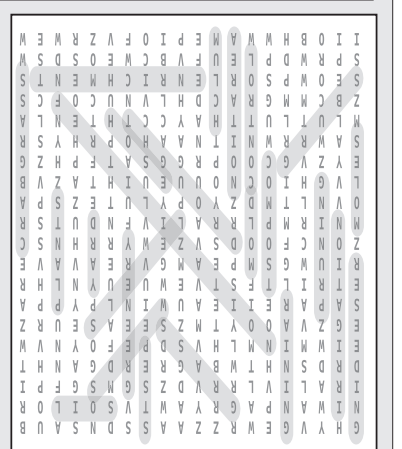
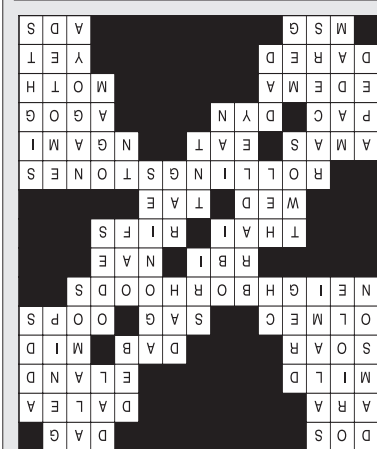
G H Y V G E W R Z Z A A S S D N S A U B  
N I W A N P A G R Y A W T V S O I L O R  
I R A L I V L R R V D Z S G M S G F P I  
D R D S N H T W B A G R E R D G A N H T  
E I W M I N M L H V S D P E F O Y N V W  
E G Z V A O O Y T M Z S E E A S E U R Z  
S A P A R E I I E A U W I N L P Y P P A  
E T R I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

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

## GREEN THUMB WORD SEARCH

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## This Week's Answers



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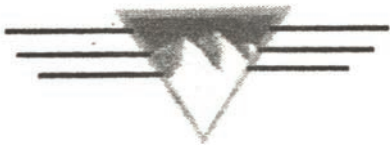
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# More Help Wanted

## BREAKFAST

(Continued from Page A1)

tables around the hallway with posters, information packets, and other materials.

Elyse Singh, Isla Hogan, and Hailey Carsen offered different maple treats such as candy and baked goods. They found different recipes and made a little book with these recipes written in their own words with sources. They said they worked together on the project itself mostly during school then created them at home. They made batches of their goodies the night before and served them during the event.

All three all said they had a lot of fun during this project.

"You get to go home and make it yourself, so it's fun," Hailey said.

Stella Paltanavich did her project on the Asian long-horned beetle, an invasive insect species that damages hardwood trees such as maples.

"I've heard of them before," Stella said. "I really like learning about them and talking about them."

She did most of her research online and found different images of them to present. She said it was a fun project.

During the presentation she said people would ask questions and learn about the beetles.

Chase Thurston did his project on different maple sugaring tools. He said he got a lot of information online and learned a lot from Mrs. Bolduc.

"It's actually pretty cool when you learn about it," Chase said.

He said he liked presenting his project to people and the whole event.

"It's just fun to get together with my friends and do this with them," Chase said.



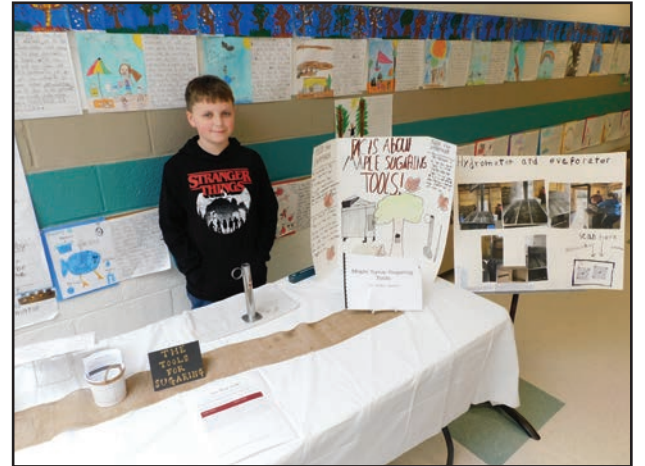
Families enjoyed a pancake breakfast at Gilford Elementary School with syrup made right in the school's sugar shack.

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Fourth grader Stella Paltanavich did her project on the Asian long-horned beetle.



Fourth grader Chase Thurston did his project on different maple sugaring tools.

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At right: Families toured GES' sugar shack during the pancake breakfast.



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**GILFORD POLICE LOG**

The Gilford Police Department reported the following arrests during the week of April 4-10.

- Amber D. York, age 40, of Gilford was arrested on April 7 for Resisting Arrest or Detention.
- Velvet Elaine Weeks, age 51, of Laconia was arrested on April 7 for Breach of Bail and Loitering or Prowling.
- Carter Rumery, age 19, of Meredith and Giana R. Castro, age 19, of Franklin were arrested on April 9 for Unlawful Possession of Alcohol and/or Intoxication.
- Katelyn Cushing, age 23, of Northfield was arrested during the same incident for hosting an Underage Drug or Alcohol Party. A juvenile, age 16, was also arrested for Unlawful Possession of Alcohol and/or Intoxication.
- Jose A. Silva Fernandes, age 51, of Seabrook was arrested on April 9 for DUI-Impairment.

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