



THURSDAY, MARCH 25, 2021

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Voucher bills could hit taxpayers in the pocketbook

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — “Legislation around schools this year is unbelievable,” said Governor Wentworth Regional School District Superintendent Kathy Cuddy-Egbert when giving her legislative report to the school board on March 8.

She continued, “It’s just one bill right after the other; most are around school choice and vouchers, and I am concerned about some of them.”

Legislators recently rescinded HB20, a school choice/voucher bill, after feedback ran 5-1 against it. The bill is put aside for the time being, giving lawmakers the opportunity to come

up with a more palatable version. It was immediately followed by SB130 (local sponsors Sen. Jeb Bradley and Rep. Glenn Cordelli).

“If the money the bill is talking about goes where it is meant to go, it will cost the district \$1.5 million, and that’s just [taking into account] the homeschoolers. It doesn’t count the students in public schools,” Cuddy Egbert said.

Cuddy Egbert said she and School Board Chairman Jack Widmer had a Zoom meeting with legislators, who seemed to think having fewer students leave the public schools would save money; however, if, for example, 50 students leave from among all the schools, that does not translate into being able

to simply reduce a teaching position.

HB 455 (local sponsor, Rep. Glenn Cordelli)—parents can enroll students in schools of their choice.

“We have several tuitioned students from other districts,” said Cuddy-Egbert. “Without charging tuition I’m not sure what it would do to our district. It would have to be based on adequacy grants...that definitely means [a loss] of thousands of dollars.”

HB 182 (local sponsor Glenn Cordelli) concerns approval of course work at other approved schools, said Cuddy-Egbert, which she felt would take away the school board’s authority to make those decisions. The costs would be apportioned among

schools in cooperative districts and subject to review every five years.

“We would probably have constant negotiation,” she said.

“I’m not sure where it is coming from,” commented school board member at large Krista Ahear.

In her view, the “efforts to take away from public schools” seem to take away local control.

The superintendent noted that if money the district already has is given to students for attendance elsewhere it “will hit taxpayers very hard. The fiscal notes are not correct. It looks like it’s not going to cost the public a lot of money, but it is. Certain costs are fixed.”

SEE BILLS, PAGE A9



JOSHUA SPAULDING

BROGAN SHANNON of Kingswood earned First Team All-State honors in his senior year.

Shannon earns First Team All-State honors

Ethan Arnold also earns Honorable Mention for Kingswood boys

BY JOSHUA SPAULDING
Sports Editor

REGION — Teams throughout the region recently concluded the season and a number of boys’ basketball players earned All-State honors from the New Hampshire Basketball Coaches Organization.

For the Division II boys, Kingswood senior Brogan Shannon earned First Team honors, where he was joined by Player of the Year Dylan Khalil of Sanborn, Jake Dumont of Pelham, Demarco McKissic of Laconia, Matt Lamy of Bow and Calvin Bates of Lebanon.

Second Team honors went to Mike Pitman of Pembroke, Wyatt Davis of Con-Val, Ben Mattioni of Oyster River, Griffin Wheeler of Merrimack Valley, Jackson Stone of Lebanon and Max Galbraith of Hanover.

Kingswood’s Ethan Arnold and Plymouth’s Griffin Charland both earned Division II Honorable Mention. They were joined by Shaun Lover Jr. of Bow, Zach Jones and Jake McGlinchey of Pelham, Rob Haytayan and Matt Dias of Hollis-Brookline, Karsten Hansen and Braeden Falzarano of Lebanon, Keegan Paradis and Cole Smith of Coe-Brown, Jared Khalil of Sanborn, Kayden Roberts of Laconia, Ryon Constable of Milford, Ben McKean of John Stark and Eli Gove of Merrimack Valley.

All Defensive Team honors went to McKissic, Falzarano, Dylan Khalil, Davis and Jake Herrling of Pelham. Dylan Khalil was also presented the Jack Ford Award while Dan Murray of Milford was named Varsity Coach of the Year and Don Gutterson of Milford was named Sub-Varsity Coach of the Year.

In Division III, Jackson Ruelke of Belmont was named the Player of the Year and was joined on the First Team by Phil Nichols of Winnisquam and Jalen Reese of Gilford, along with Christ Stanchfield of Kearsarge, Ben Seiler of Mascoma and Brandon Elrick of Hopkinton.

Avery Hazelton of White Mountains earned Second Team, where he was joined by Colson Seppala of Conant, Josh Krafton of Raymond, Jake Kidney of Monadnock, Dylan Rice of Campbell and Owen Milchick of Hopkinton.

Honorable Mention was given to Nate Sottak and Jamison Gaudette of Belmont, Anthony Robbins and Jacob Seavey of Winnisquam, Malik Reese of Gilford, Tyler Hicks of White Mountains and Malaki Ingram of Newfound. They were joined by Sam Carl of Kearsarge, Mike Cavanaugh of St. Thomas,

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Prospect announces winter sports award winners

BY JOSHUA SPAULDING
Sports Editor

ALTON — Prospect Mountain High School wrapped up the winter sports season with a winter sports awards ceremony, which was held last Thursday during the final period of the school day.

The NHIAA Sportsmanship Award is presented to two players from each team.

For the unified basketball team, the winners were Madelyn Kelley and Liam White while the alpine skiing winners were Abagael

Swenson and Amber Fernald.

For the varsity boys’ basketball team, the winners were Ian Sandhage and Ethan Howe while Ethan Capsalis and William Bassett were the winners for the JV boys’ basketball team.

For the varsity hoop girls, Jiana Kenerson and Payton Everett were the winners while for the JV girls’ hoop team, Maren Rayno and Shannon Kelley were the winners.

Individual team awards were also presented.

For the boys’ varsity basketball team, Michael Perry was named the Most Valuable Player, Christopher Cox was presented the Coaches Award and Alexander Ludwig was named Most Improved Player.

For the girls’ varsity basketball team, Hannah Capsalis, Cassidy Kelley and Julia Leavitt were all presented with the Coaches Award.

Reese Burke was named the Most Valuable Player for the alpine ski team, Grace Simensen was named Most Improved Play-

er and Amber Fernald was presented with the Coaches Award.

For the unified basketball team, Benjamin Cormier was presented with the Best Shot Award, Jillian Nason was named Queen of the Key, Makayla Richard was presented the Coaches Award and Andreas Argiropolis was presented the Charles Barkley Award.

Nathan Archambault was named the Most Valuable Player for the boys’ JV basket-

SEE WINNERS, PAGE A9



COURTESY

Artists of the Month

After a long period of time and unable to meet because of Covid-19, members of The Lakes Region Art Association, following the guidelines of wearing masks, and social distancing, were finally able to gather on Monday, March 15, for its monthly meeting. One of the scheduled events is member artists bringing to the LRRR Gallery their most recent art, and/or photo to be voted the best by members. Each winner will then have their work on display for a month at area banks, and other institutions, for public viewing. Voted the best for the Month of March are, back row, L-R: Pat Edsall, Sally Hibberd, Sherwood Frazier, Duane Hammond, front row, L-R: Gail Brunt, Barbara McClintock and Martha Aucoin. The LRAA and Gallery is a non-profit 501 C-3 organization. Its goal is to support and promote artists and photographers. The gallery is located in the Tanger Outlet Mall, 120 Laconia Rd., Suite 132, Tilton.

Alton Parks and Recreation

Egg Hunt Activity Kit
Alton Parks and Recreation is sponsoring an Egg Hunt Activity Kit free for Alton residents. Pre-registration is required in order to reserve your kit. Kits include eggs, candy, toys

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and activities, and will be available for pick up on March 26 from 3-5 p.m. at the B&M Park, located off of Depot Street. A surprise guest may be there too to say hi. If you are unable to attend the March 26 pickup time, pre-registered kits will be available at the Parks and Recreation office from March 29-April 2 at reserved pick up times. Please register in advance by contacting parksrec-asst@alton.nh.gov with your last name and age of participant(s); or call the office at 875-0109 to sign up for this free program.

Alton Rec Esports

The Alton Parks and Recreation Department is sponsoring a new program called Esports. Age divisions are 8-12 years; 13-18 years and 18+ years. Participants will compete with other

players from Alton, and local New Hampshire communities. Beginner and competitive options are available. The Spring League, lasting six weeks, includes your choice of the following games: Madden21 (Football); Super Smash Bros; Rocket League 1v1; Fortnite 1 v 1 and Fortnite 2 v 2. Registration closes on March 29; \$25 for the Spring season. Games begin the week of April 12. More information and registration is available at the Alton Rec Esports page at <https://www.ggleagues.com/organization/alton-rec-esports>. Players will need to provide their own hardware, programs and internet connection to participate. For more information, please visit info@ggleagues.com or contact parksrec@alton.nh.gov; 875-0109.

Exercise Classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes for local residents. Connect with us as we help motivate you to move, be active and have fun. Classes are held live through Zoom, computer and internet access is required. Participants must register in advance to receive the class session link. Contact 875-0109 or parksrec@alton.nh.gov for more information.

Weight Training- Adults of All Ages- Mondays and Wednesdays from 1:30-2:30 p.m. Pre-register before your first class at parksrec@alton.nh.gov.

Movie March- Review Every Monday during the month of March,

Alton Parks and Recreation is presenting a movie review topic. Find a movie that relates to the theme, watch it, and let us know your favorite quote by that Thursday. All participants will be entered into a Movie Kit raffle! At the end of each week on Friday, a winning name will be picked for a Movie Kit (Popcorn, Box Office Candy and Popcorn Bucket). To send your quote and be entered into the raffle or for more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or call 875-0109. Below is the schedule for the Movie Topic each week. Click the link next to the topic if you need help finding the perfect movie:

March 29 – Based on a Book <https://www.bookbub.com/blog/best-movies-based-on-books-all-time>

LRMHC receives Lakes Region Children’s Auction Grant Funding

LACONIA — Lakes Region Mental Health Center (LRMHC) was re-

cently awarded a grant from the Greater Lakes Region Children’s Auction that will help support the agency’s ongoing efforts to respond to the growing need for mental health services for children.

For the past year since the COVID-19 pandemic began, many aspects of children’s lives have been deeply affected. From transitioning between varying schedules of remote learning, missing out on many traditions and having to stay home and secluded from their friends, it’s not surprising that we are seeing an increase in service requests for youth who are feeling increased anxiety, depression and an overwhelming sense of isolation due to the pandemic,” says Maggie Pritchard, CEO of Lakes Region Mental Health Center.

A recent Centers for Disease Control and Prevention report shows that hospital emergency

departments are seeing a greater proportion of children and adolescents with mental health problems. Between July 2019 and June 2020, Lakes Region Mental Health Center emergency services staff treated 88 children in the emergency room at Lakes Region General Hospital. Between June 2020 and December 2020, that number almost doubled in half the time, to 154 children during that period.

“Many children and teens have been out of school since last March and as schools begin to reopen more fully, I anticipate that we will see an increase as schools begin to identify kids who need mental health services. The majority of kids we are seeing report symptoms of anxiety and depression, and their caregivers report struggling with managing behaviors or maintaining a structure within the home envi-

ronment,” said Charlotte Hassett, Director of Child & Family Services at Lakes Region Mental Health Center.


“We are so grateful for the support from the Children’s Auction,” said Hassett.

This funding will help us build the necessary resources that are needed to expand and enhance our children’s programming.

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.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

Cheers to 25, with Many More To Come!



In 2020, Alton Home and Lumber, AKA Reuben's Store proudly celebrated 25 years of service to our communities. We had big plans to celebrate however those plans came and passed with the global pandemic.

Twenty-five years ago in 1995 my mother Dorothy Wentworth and myself purchased Alton Home and Lumber. Being able to own and operate a business in the same community that I grew up in has been very fortunate. For me, I was blessed to have shared 20 years working side by side with Dorothy, aka Dottie. Dottie stood tall behind the counter and everyone enjoyed her honesty and daily debates with me about the store, politics and daily happenings in the community. Even if it ended with either one or both of us walking away shaking our head, more so me than her.

Many of you may remember we started out small, with just utilizing the two small front rooms of the building. Over the years, we expanded the store enabling us to offer a large variety of product lines and services to our customers. We have fond memories of hand cutting down Christmas trees to sell, to now personally hauling in 200 trees each year, with all of the proceeds going directly to the employees proudly for 25 years. In 2000 we started selling hay and brought in Poulin Grain. Should you drive by the store, it may look small however there is now roughly 13,000 square feet of merchandise... something for everyone's needs. Everyone is always welcome to stop in and take a walk around and explore all the odds and ends we offer. We have the old school feel, but will the modern supplies.

Fourteen years ago, Alicia Housel started working here as a summer job. What started out as a summer job, Alicia learned the store, its customer needs, and earned her business degree while working full time. She became my right hand and is now manager and finance officer of Alton Home and Lumber.

Over the years our goal and mission is to always appreciate our customer base and to give back to the communities that support us. Being a Mom-and-Pop store in a small community, we only exist because of our customers coming through our front door. Whether it is changing windshield wipers in the pouring rain, giving hay rides on a frosty Light up Night, staying open a little later to help a customer get their furnace up and running, or receiving a pumpkin grown by a customer's child who received their free package of seeds from us to grow. No matter what we strive to help our community.

With that said, Alicia and I discussed different ways to say thank you to our customers and communities who have stood beside us for the twenty-five years. In the end, we decided there was no better way than to donate \$2,500 to each of the following ten organizations from our surrounding communities: Alton Community Services, Alton American Legion Post 72, Alton Community Church, Life Ministries Food Pantry of Wolfeboro, Alton Scouts, St Vincent DePaul of Gilmanton and Barnstead, New Durham Food Pantry, Masonic Lodge of Alton, and the Town of Alton Police and Fireman's Associations. Each one of these organizations have shown perseverance, compassion, and dedication to their community throughout the years. The most valuable asset to any business is its employees. We thank all current and former employees for their service throughout the years to our customers and communities. You are and have been an integral part to Alton Home and Lumber


We have seen many customers come and go, some moving closer to children and grandchildren; new families moving into the area to raise their children in this great community. We have come to know many of our customers and families by helping them make their vision of a new deck, lawn or home project come to life. It is very rewarding, and look forward to continuing to do so. Once again thank you to our customers and community for the years of support!

Reuben Wentworth
Alicia Housel

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The Baysider is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. ISSN: 1945-5836. USPS 024921 periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Baysider, P.O. Box 729, Meredith, NH 03253.

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PUBLISHED BY SALMON PRESS**

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New Belmont business hopes to reach community through comics



Peter Swain, owner of Repetes Comics & Collectibles, with the popular character Hellboy.

BELMONT — The Lakes Region has a new destination for comics and pop culture memorabilia with the recent opening of Repetes Comics & Collectibles at 141 Main St. in Belmont.

Centered between the Lakes Region and Concord, the new store, which celebrated its grand opening on March 16, is worth a

trip. Packed with quality comic books, vintage toys, and unique local art, Repetes is guaranteed to have something to make everyone stop in their tracks and say “Oh, wow...that’s cool!”

Owner Peter Swain and his partner, Jeanne Blair, are artists and longtime collectors of comic books and related memorabilia. They are



The Lakes Region has a new destination for comics and pop culture memorabilia with the recent opening of Repetes Comics & Collectibles at 141 Main St. in Belmont.

excited to have the opportunity to share their passion for comics and art with the whole community.

“We are lucky to work with a dedicated network of small businesses. We work together, and are like a small family,” they explain. “That’s how we are able to stock our store with fresh, new

items, and we are always looking for new, local artists to display their work.”

Swain has been repairing and restoring vintage toys and movie props for years, as well as creating one-of-a-kind decorative tables with comic book and movie themes.

Blair is an art teach-

er who shares a love for comic books based on art and reading.

“Comics offer fantastic illustrators, plus out-of-this-world fiction,” Blair says. “It’s the perfect combination!”

She hopes to offer classes at the store in the future.

A giant mural, an extensive collection of

comics and related merchandise, and life-size sculptures, including the Creature from the Black Lagoon, are sure to capture your attention when you pay a visit to this unique new store at 141 Main St.

For more information, please visit www.repetes.org.

New organization serving veterans in the Lakes Region

REGION — The Lakes Region Veterans Coalition (LRVC) was recently formed as part of the Veteran Administration’s (VA) Together With Veterans (TWV) Rural Suicide Prevention Program. It is comprised of local veterans and community leaders working to implement a Veteran-focused suicide prevention program in the Lakes Region. The Partnership for Public Health and the Gilford-based Patriot Resilient Leader Institute, which runs the Camp Resilience program for military, veterans, first responders and their families; have partnered to administer the LRVC. The LRVC leadership team also includes representatives from the NH

Army National Guard, New Hampshire Veterans Home, Veterans of Foreign Wars, Manchester VA Medical Center and District 1 VA Vet Centers.

The goal of the VA’s TWV program is to enlist Veterans and local partners to join forces to reduce Veteran suicides in rural communities. This is because the suicide rate for Veterans is significantly higher than that for the general population and is even higher in rural areas where

access to care is limited. The LRVC is following the TWV’s guiding principles by ensuring that the program is Veteran-driven, collaborative, evidence-informed, and community-centered.

The LRVC’s first initiative is a “Buddy Check Coffee” program. It is a chance for Veterans to reconnect with other Veterans. Veterans who register for this program will receive a \$5 gift card for a coffee shop as will their Veteran buddies. The only

requirement is that the Veterans get together, either virtually or in-person, and have a conversation to reconnect after the long pandemic lockdown. Veterans can also connect with another Veteran they do not know and will receive a \$10 gift card if they do so. The goal of this effort is to encourage anyone

who served in the military who may feel isolated due to the pandemic or other reasons, to get re-engaged with the Veteran community.

If you are interested in learning more about the LRVC or if you want to participate in the “Buddy Check Coffee” program, you can do so at www.LRVCNH.org.

Also, the LRVC welcomes any Veteran or other concerned citizens who want to get involved in helping Veterans in the Lakes Region. If you are interested, you can get more information at the LRVC Web site or you can contact the LRVC at INFO@LRVCNH.ORG.



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Celebrating strong women

March is Women’s History Month, which includes International Women’s Day that took place on March 8. This may seem like a new progressive holiday; however, it stems back to 1909, when the Socialist Party of America, organized a day for Women on Feb. 28 in New York. One year later, the International Socialist Woman’s Conference announced that a day for women be held each year.

Fast forward to 1917 in Russia, where, on March 8, women were given the right to vote. In 1975, the holiday was adopted by the United Nations.

The long and the short is that this day is a day to celebrate women past, present and future. With that said our staff chose to highlight the women that we feel have had a standout role in influencing how our world operates today. The list was endless, therefore naturally hard to choose, so in order to prevent a 200-page editorial we narrowed the list down to our favorites.

Social reformer Emmeline Pankhurst founded the Women’s Social and Political Union in 1903 to campaign for the parliamentary vote for women in Edwardian Britain, ‘Deeds, not words’ being its motto. Pankhurst is described as a charismatic leader and powerful orator, Pankhurst rallied thousands of women to demand, rather than ask politely, for their democratic right in a mass movement that has been unparalleled in British history. The battle did not come without consequences, she endured 13 imprisonments, leading her name and cause becoming known throughout the globe.

At the age of 15, Claudette Colvin was arrested at the age of 15 in Montgomery, Alabama when she refused to give up her bus seat to a white woman. This event gave the famous Rosa Parks the courage to do the same. Colvin was one of five plaintiffs involved in the federal court case filed by civil rights attorney Fred Gray in 1956, in which they challenged bus segregation. The outcome was that a judge ordered that the local laws in regards to bus segregation were unconstitutional. To find Colvin’s name in a history book is rare. This in part because she was an unmarried teenager who apparently was with child. Colvin went on to become a nurse’s aid.

In an interview in 2005, Colvin said, “I feel very, very proud of what I did. I do feel like what I did was a spark and it caught on.”

As for recognition, Colvin said, “I’m not disappointed. Let the people know Rosa Parks was the right person for the boycott. But also let them know that the attorneys took four other women to the Supreme Court to challenge the law that led to the end of segregation.”

Colvin’s family has been trying since 2016 to have her recognized and honored in the National Museum of African American History and Culture. Colvin was not invited officially to the opening of the museum in 2016.

Marie Curie is the next on our short list. Curie was a Polish and naturalized-French physicist and chemist who was the first to delve into radioactivity. Curie who was born in 1867, was the first woman to win a Nobel Prize, and the only person to win it two times. Collecting several firsts, Curie was the first woman to become a professor at the University of Paris. In a time when most women spent their days in the home taking care of their children and husbands, Curie had to smash several ceilings for her own advancement. Curie was known for her honesty and moderate lifestyle. All of her prize money, she donated to scientific research and refused to copyright the radium-isolation process so that her fellow scientists could continue research unhindered. In 2011, Poland and France declared the year would be “The Year of Marie Curie.” She became the first woman to be entombed on her own merits in the Pantheon in Paris in 1995.

In 1933, Anna Eleanor Roosevelt turned the position of First Lady from benign symbol to an active and intellectually vigorous power center. Roosevelt served as the United States Delegate to the UN General Assembly from 1945 to 1952. Roosevelt was the topic of much controversy for her outspoken nature, especially in regard to civil rights for African Americans. She was the first, First Lady to hold regular press conferences, host a weekly radio show and to speak at a national party convention. She was so bold to even disagree with her husband on certain policies. After her husband’s death, Roosevelt spent her remaining years in active politics. She was the first chair of the UN Commission on Human Rights and chaired John F. Kennedy’s administration’s Presidential Commission on the Status of Women. Roosevelt was nicknamed the “First Lady of the World.”

Last but not least is Agent 355, who was instrumental to the Patriot cause during the Revolutionary War. Agent 355 was a part George Washington’s Culper Spy Ring. With the fear of a trip to the gallows in the back of her mind every day, Agent 355 managed to continue to help get crucial information to the General. Unlike the women we mentioned before, Agent 355 used her role as a quiet unassuming woman to make monumental gains that led to our freedom today. The identity of ‘355’ is not yet known, however she is referred to as ‘lady’ 355 in Washington’s code book. The only direct reference to ‘355’ was from ringleader Abraham Woodhull (known as Samuel Culper, Sr.) to Washington in which Woodhull described her as “one who hath been ever serviceable to this correspondence.” We hope that one day her true identity will be discovered.

While we pay homage to strong women who have done incredible things, this does not negate the influential women we come into contact with in our everyday lives. As women we don’t have to smash ceilings or gain notoriety to make a difference. We can be positive, powerful and influential in our everyday lives which in turn creates a domino effect that can last years after we’re gone.



ELISSA PAQUETTE

The colors of spring

Crocuses signal spring at Spider Web Gardens in Tuftonboro.

Letters to the Editor

Who rules?

To the Editor:

Who holds the reins of government? Are We the People well read and self-determining to understand what our elected representatives of this democratic republic are doing? No, most people do not even know the names of their “representatives” nor do they know what’s really going on, and that’s the biggest problem we

have!

Our representatives should look for our ideas and input to address the discussions between all parties and represent us. Instead, they listen to lobbyists and rich special interests whose greed is destroying our Nation and planet.

We the People must be actively involved in order for our representative government to work for us. Only then can we

thank ourselves and our representatives for our republican form of government. A house divided against itself will fall, and We the People are ultimately most impacted by what happens.

The Pledge of Allegiance is a prayer that concludes with “liberty and justice for all,” and that has to start in every town. The Barnstead Declaration asserting the Right to Local

Self-Government, recognizing the Rights of Nature and the protections of health, safety and welfare. Information can be found on the Web site for the NH Community Rights Network (www.nhcommunityrights.org), a non-profit group of volunteers who promote the fundamentals of community rights.

Douglas Darrell
Center Barnstead

Really, Ron Johnson?

To the Editor:

Just when we think we’re making progress. We’ve just gotten rid of the brain-dead in chief and one of his brain-dead minions pops up. The residents of Wisconsin need to give some serious thought about re-electing Ron Johnson. They deserve better than a Senator who’s afraid of anyone with dark skin. No tanning this summer in Wisconsin. It might make Ron uneasy. It’s more than dark

skin. He defended the white riot on our Capitol, saying they were good Americans who loved this country and would never break the law. What does he call it when the doors and windows of the Capitol were all smashed to pieces so Ron’s little band of patriots could break and enter the People’s Building. Once inside, they went looking for Mike Pence because they wanted to hang him for following the law. Nancy, I guess,

only deserved a bullet because she’s a Dem. Tell you what, Ron. I’m feeling very patriotic so maybe you’d like it if a few of us Patriots go to your home (you won’t need to be there) we’ll just break down your doors, smash all the windows and steal whatever piques our curiosity and of course we’ll feel free to urinate and defecate all over your home, walls and all. I assume you won’t have any problem with our

behavior, after all every single thing I just mentioned was done to the People’s House and you went on TV to defend the behavior. Maybe what I proposed for your home sounds terrible, but I never even suggested injuring or killing anyone. Not like your patriots who love this country and our laws did. They really showed love to the police, didn’t they?

Barbara Noel
Barnstead

Thank you, Alton

To the Editor:

This past year presented unique challenges to our community and school; but obstacles were met head on with strength and optimism. While the impact of Covid was felt in vary-

ing degrees by everyone, we are making our way through it by supporting each other and practicing patience.

I wanted to reach out to the residents of Alton to say “thank you” for your unwavering sup-

port of the school and the District amidst uncertain times. Your affirming vote to support the education of our children was heartwarming and remarkable.

The administration, school board and staff

will continue to work tirelessly to earn your confidence and respect as we implement the best possible education for the children in Alton.

Pamela Stiles
Superintendent
Alton School District

Grateful for voters supporting fair redistricting

To the Editor:

Thanks to all the voters in Alton, Barnstead, Belmont, Gilford, Gilmanton, Meredith, and Tilton that passed the warrant articles requesting fair redistricting. Many other towns in New Hampshire passed similar measures.

New Hampshire voters have used the democratic process to show their preference for voting districts to be designed in a fair, non-partisan manner during meetings that are open

to the public. Towns with at least 3,290 residents should have their own New Hampshire House district, with one or more representatives from that town, as our New Hampshire Constitution requires it.

Your supportive vote on these articles sent a message to New Hampshire legislators that fairness, openness, and non-partisan processes are crucial to democracy in New Hampshire.

Now it’s up to the Special Committee on Redis-

tricting to follow the advice of voters. Our job, as voters, is to ensure that Governor Sununu, party leadership, and the Special Committee on Redistricting listen to our demands.

As members of the Open Democracy Team, we thank you for passing the warrant articles on fair redistricting. If you would like to join us in defending democracy go to OpenDemocracyNH.org/volunteer.
Jane Westlake
Barnstead

Don House
Belmont

Brian Beihl
Alton

Johnna Davis
Gilford

Lew Henry
Gilmanton

Jim McFarlin
Meredith

Lucinda Hope
Tilton

The “It’s a dog’s life” Department, and what this place was like



COURTESY — BEN HAUBRICH
A bobcat with a gray squirrel, already dead from the classic cat-bite to the neck.

Good manners regarding dogs is just one of those learning by doing things, I guess. If your dog and a visitor’s dog go for each other’s throats, the visit probably wasn’t a great idea, for the people or the dogs. I mean, who has any fun, with all that nervous twitching (the people), not to mention the growling (the dogs).

This kind of situation gets talked about a lot, but doesn’t seem to

get visited much when it counts, like before a dog-inclusive visit. I mean, “Communications 101” could cover most of this stuff.

“I usually travel with my dog,” for instance, gives the other person plenty of wiggle-room. So does the one I like most to hear, “You and your dog are welcome.”

+++++

Figuring that there must be a gazillion publications and websites on this subject, I nosed around, and sure enough, there were. After lots of sampling, I settled on “DogEtiquette.info,” which had this opening sentence in its mission statement:

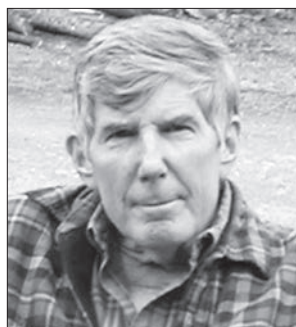
“There are no bad dogs” (which yes, can’t help myself, I’m using these next words, begs for the last part of the sentence), and then:

“Dogs do not have a sense of what is right and what is wrong according to human social values.” Now, this would seem to belong in the “Duh” category, but still, there it is, for all who forget.

And that’s plenty when it comes to people who should not be allowed to have dogs,

and let’s add them in with people who have a five-second attention span and swiftly become unaware of where their dog is and what it’s doing. Okay, I’m on a rant here.

Anyway, all of the sites I visited had, as basic rules: (a) pick up after your dog, particularly in public places; (b) keep your dog on a leash; and (c) don’t let it greet other dogs or people without invitation.



By JOHN HARRIGAN
COLUMNIST

These amount to basic politeness. There was
SEE NOTEBOOK, PAGE A6



A dog (mine) silhouetted in the setting sun, almost but not quite a show-stopper.

SCHOOL ADMINISTRATIVE UNIT #49 CHILDFIND NOTICE

It is the responsibility of the Governor Wentworth Regional School District (Brookfield, Effingham, New Durham, Tuftonboro, Ossipee and Wolfeboro) to seek and identify children who may have an educational disability. If you suspect that a child has a disability, please call the school in the town in which the child resides and ask to make a referral. For youngsters of middle or high school age the referral should be made to Kingswood Regional Middle School or Kingswood Regional High School. If you have questions, please call the Special Education Director at 569-5167.

Kingswood Regional High School is seeking to contact students with educational disabilities who have left school prior to graduation or turning twenty-one years of age. The school would like to invite these students to return to school. For additional information, please contact the Diagnostic Prescriptive Teacher’s Office at 569-2055.

Stone Wall Repair

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Tony Luongo
707-2727

**The Annual Meeting for
Copples Crown
Village District will be
held April 10, 2021
10AM at the garage,
81 Mountain Dr
New Durham.
2015CCVD@Gmail.com**

ALTON SCHOOL DISTRICT Kindergarten Registration for 2021-2022

Attention all Parents/Guardians of Incoming Kindergarteners:

Alton Central School will be holding their Virtual Kindergarten Screening, via video conferencing, on Friday April 23, 2021, between 8:00AM to 2:00PM. The child must be present for the conference and must be 5 years of age by September 30, 2021. Please have the following required documents available to send electronically:

- Your child’s birth certificate
- Immunization records
- Proof of residency (tax bill, recent utility bill, etc)
- Picture of your driver’s license
- Last physical of your child

Please contact Sonya Kelly, by April 16th, at 603-875-9302 to set up an appointment.

TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE

TUESDAY, APRIL 6, 2021

7:00 PM @ NEW DURHAM TOWN HALL

Norway Plains Associates on behalf of
The Town of New Durham & Russel Weldon

You are hereby notified that a virtual Zoom Public Hearing will be held by the New Durham Planning Board on Tuesday, April 6, 2021 at 7:00 pm. The hearing is regarding an application submitted by Norway Plains Associates on behalf of The Town of New Durham & Russell Weldon for properties located at 1 and 15 Birch Hill Road Map 250 Lots 001 and 015. The applicants are requesting a Boundary Line Adjustment. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom application please contact Robin McClain at ndlanduse@newdurhamnh.us or the Planning Board.

The properties are located at 1 and 15 Birch Hill Road , Map 250 Lot 112 & 113.

TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE

TUESDAY, APRIL 6, 2021

7:00 PM @ NEW DURHAM TOWN HALL

Brenda and Frank Conery

You are hereby notified that a virtual Zoom Public Hearing will be held by the New Durham Planning Board on Tuesday, April 6, 2021 at 7:00 pm. The hearing is in regards to a Conditional Use Permit submitted by Varney Engineering on behalf of Brenda and Frank Conery. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom application please contact Robin McClain at ndlanduse@newdurhamnh.us or the Planning Board.

The property is located at 112 Jenkins Road, Map 119 Lot 014.



Law Offices of Kurt D. DeVyllder, PLLC

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NOTEBOOK

(continued from Page A4)

a time when you didn’t have to remind anyone about manners and the Golden Rule. Now, you do.

+++++

Sorry, I just cannot let this subject pass without a final thought (and shot) on a time-worn topic, which is hitched-out dogs.

First, let’s get rid of generalities. There are many instances in which hitched out dogs are just fine. They have food, water, and shelter. They do not bark. They sleep with one eye cocked for their returning humans. Often, neighbors keep an eye out for them and indeed, sometimes sub for their human parents.

There are many exceptions to what passes for the rule.

That said, if there is one complaint at the top of the list of what I’ve heard all these years, from my first years in the Nashua area to statewide news coverage and then, ultimately, to newspapering north of the notches, it’s the sad, so awful situation of hitched-out dogs.

The problem is that, even under the best of circumstances, they bark. And it’s for a reason. They’re lonely, anxious, bored. Dogs, like coyotes, wolves, and dogs everywhere, are social animals, meaning that they hang out with other dogs, or us. They are not meant to be alone, and when they

are, they are dismal souls indeed.

+++++

A couple of weeks ago I received a phone call from a reader in Alton Bay concerned about a bobcat’s screeching.

This persisted into broad daylight, and security cameras caught frames of a small bobcat definitely on the prowl. The caller expressed concerns that the young cat might be motherless or in distress.

First of all I said that I’m no expert, which I certainly am not. But this is, or was, mating season for bobcats, which are well known to emit unearthly screeching and wailing at this time of year.

Half a dozen notes and letters on this seasonal treat have come my way over the years, each nonetheless enjoyed. To this reader I said, in sum, sit back and enjoy the sound, if not the show.

+++++

The first Europeans to come here, other than the Norwegians a thousand years ago and the Portuguese fishermen curing their salt-cod since who knows when, were not exactly bent on studying wildlife. They were in a totally unfamiliar world, and in the case of the colonists, unable even to find food.

Frequently bewildered by what they saw and heard, they did their

best to cope based on what they had left behind. For those afraid of the dark to begin with, the screeches in the night, from owls to bobcats, must have been beyond bounds.

Even the early naturalists tended to lump things together, as did town historians. Here is what Helenette Silver, who thoroughly scrutinized both, has to say in the “Wildcat” section of her classic book “History of New Hampshire Game and Furbearers” (1957, New Hampshire Fish and Game Department):

“The variety of names by which the cats were known, and the lack of differentiation...has always been confusing. Most historians refer in-

discriminately to ‘wildcats,’ ‘lynx,’ great gray cat’ and ‘Siberian Lynx,’ regardless of where they were found.”

To my amazement, this book, long out of print, is available on line.

It is, by all definitions, a classic. For those who long to know the European view of what this place was like when the colonies took hold, here is one of the better among the few.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Letters to the Editor

Getting along

To the Editor:
Thank you, George Floyd; I really never thought of myself as a racist, then I saw a white police officer stuff your life out like a spent cigarette. Truly, I became sick at that sight; thank you for waking up my soul. I know that hate, for people of color, in this country is real. After all, I became a young man when living and growing up in the South. The one time in my life I stood up for a person of color was then, returning to the Sixth grade, after my parents reconciled from a separation.
Mother and her children returned to Chapel Hill after eight months in New England; it was 1963. The Principal stated how glad she was to see me return to her elementary school; she was happy I made it back, since there were only two openings left for the

sixth grade. Mother and I had concluded my paperwork, and were ready to leave, when a woman with her son both of color came into the office. When asked what they wanted by the principal, the woman stated she was there to enrolled her son in the sixth grade. The principle said there were no openings left for the sixth grade, I called her politely, out on that lie, mother agreed she had said there were two opening and I had just taken one, which left one. You have heard the expression “if looks could kill.” Well, the rest of that school year, I was the dog in the doghouse. Please note, that school had no people of color before that year.
So, I spent the next 57 years thinking I was not a racist, I would do the right thing when the time came to do so. I did not do enough on

racial issues, I did join peace marches in the sixties, anti-war marches in the seventies, believed war was wrong but was willing if called I would serve in the military after all my dad fought in WW II both brothers in Vietnam, and a grandfather in WWI, plus uncles and aunts all served in some capacity. I was never called to serve and was classified 1A though-out the remainder of Vietnam. After high school, I went on to college, when done with education, I moved out from my parents’ home and one of my first jobs was tending an all-night Gas station in Lawrence Massachusetts, in a rough neighborhood. This period in my life taught me a lesson, which I wish I had paid closer attention to.
Jobs then, like now, were hard to find I was over qualified for working at a filling station and

not qualified enough (no experience) to teach which is what I studied for in college. But when offered a position working the third shift, I took it. Hours were 10pm to 7 a.m., met a lot of different people, but I never had a problem with people who spoke Spanish, Asian, or who were of color, the only people who gave me a hard time were the white younger crowd, they robbed the station more than one time, I was mugged in the line of duty. Long story cut short here, I moved to other careers choices, after just under a year, but here I repeat, it was white people who attacked another white person It was not the people who are disadvantaged in our society, attacking me, they probably looked at me and said, ‘he’s just trying to get along.’ In my life, I have not done enough for

those who did nothing to hurt me. I did not take away from that job at that time, what I now see was the lesson. While being a white person, I’ve had privilege, I got an education because it was expected of me, I don’t recall going out of my way to hurt others but have not done a lot to help those less blessed than I. Sure I added change to the cans for 9/11 relief, the family burned out, in the next town over, not willfully broken laws, paid my taxes, helped the Saint Jude fund, those kinds of things, but I never have advocated for the rights of blacks to vote, until now. I do not believe it will help New Hampshire to suppress the vote by changing the hours, effecting working people, or any other little minded schemes the Republicans in Concord will come up with. So, when you hear the

way, you will be voting here in this state will be changed, ask if the change being made is for the better, or is it to hurt and hold people back. Get involved, make sure everyone who can legally vote can, would you want that right taken away from you because one political party is afraid, they will lose, the party with the best Ideas should be the party in power, not the party in power who needs to keep it for the sake of being in power.
FYI: That sixth grader who I stood up for now has his PHD, is a professor, also to his credit is a famous author with several books to add to his accomplishments. I write letters to the Editor which brings me great joy to share.
John Q. Henderson
Barnstead

Congregational Church of North Barnstead, UCC, journeys with Jesus

BARNSTEAD — The Congregational Church of North Barnstead, UCC, invites you to join us for our journey through Holy Week to Easter, led by Pastor Nancy Talbott, online via ZOOM. These worship services may be accessed through our worship link at our web-

site: ccnorthbarnstead.com. “Whoever you are, wherever you are on your life’s journey, you are welcome here,” at CCNB.
Palm Sunday, March 28, at 10 a.m., Jesus Journeys to Jerusalem.
“But the donkey, tied to a tree as usual, waited. Then he let himself be

led away. Then he let the stranger (Jesus) mount. Never had he seen such crowds...I hope, finally, he felt brave...as he lifted one dusty hoof and stepped, as he had to, forward.” Poet Mary Oliver. With Scripture and beautiful music, we will celebrate Jesus’ entrance into Jerusalem.
Maundy Thursday, Service of Tenebrae, April 1, at 7 p.m. Shadows and Sorrow. “Then he (Jesus) poured water into a basin and began

to wash the disciples’ feet and to wipe them with the towel that was tied around him.” +John 13:5. Join us and listen to quiet music, Pastor Nancy’s message, and prayers before Jesus goes to the Garden of Gethsemane. There he is betrayed and taken away to be crucified. We invite you to light a candle to be extinguished as the service ends in silence and darkness.
Sunrise Service, Sunday, April 4 at 7 a.m. on

a glorious, sandy beach. After 3 days of waiting, we will watch the sun rise in glory over turquoise water as we sense Jesus’ Resurrection.
Easter Celebration Service, Sunday, April 4 at 10 a.m. He is risen, Alleluia!
Mary Magdalene and the other Mary went to the tomb and found it empty. “But the angel said to the women, ‘Do not be afraid: I know that you are looking for Jesus who was crucified.

He is not here; for he has been raised.” +Matthew 28: 5-6.
We at CCNB care deeply for our worship of and service to God and our ministry to others. For more information about our church and worship, please visit our website: ccnorthbarnstead.com You are welcome to join us every Sunday at 10 through our worship link. You will be glad you did!


HELP WANTED
Maintenance Laborers-
Town of Alton Grounds and Maintenance and Cemetery Departments, Seasonal, 40 hours per week, \$13.42/hr. Duties include: turf maintenance; landscaping; mowing; weed trimming, and trash removal. Valid NH Driver's License, Background Check and physical exam required. Applications available at Alton Parks and Recreation Department 875-0109 or www.alton.nh.gov. Positions will remain open until filled.
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Leave a message and play telephone tag.
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PET OF THE WEEK
Isn't Duke the cutest! He is a hound dog who loves to sniff, run and explore, and would love to go on long on-leash hikes! Duke is currently working on sharing his food and basic manners. He would do best in a quiet home with adult humans, can do well with some dogs but can be picky about his dog friends, but cats and small animals would just be too much fun to chase. An ideal home for Duke would be understanding of hound traits and personality, work on his manners with positive reinforcement, and able to keep him mentally and physically exercised.

DUKE



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Red Anchor Wellness brings lifestyle medicine to Lakes Region

GILFORD — Melissa Morrison, APRN, FNP-C, Certified Health Coach and Gilford resident, is excited to officially announce the opening of her health coaching and wellness practice, Red Anchor Wellness. Red Anchor Wellness is now open and accepting clients who are ready to commit to a change in their health.

Red Anchor Wellness (R.A.W.) is Melissa's way of pairing her ten years' experience in nursing, three years as a family nurse practitioner, and now as a certified health coach, with her passion for caring for others in a meaningful, holistic, personal and sustainable way.

Morrison is devoted to helping her clients take complete control of their "wellness" through sustainable lifestyle changes that prevent, mitigate, and even reverse chronic disease. Wellness is different to each individual and will be treated as such. There is no "one size fits all" wellness program.

Lifestyle medicine focuses on behavior modifications that include nutrition, physical activity, stress management, sleep hygiene, mindset and so much more!

Morrison uses her experience, knowledge, and skills to create the ultimate health coaching partnership with her clients. She takes the time to get to know each client on a personal level, looking at their current physical and mental health; their emotional state; their support system; how, where and with whom they spend most of their time and how it all plays into their wellness. She works in tandem with her clients to bridge the gap between where their wellness is now and where it needs to be.

She does not replace a client's primary care provider (PCP); rather, she serves as an extension of that care and keeps complete, open communication with their PCP.

Morrison states,

"Having open communication with my client's PCP is an important part of my service. It allows that client-provider relationship to have a continuity of care that can sometimes be limited by time."

Whether the health goals are client or PCP driven, Morrison and Red Anchor Wellness is there to step in to create the action plan to achieve and sustain them, along with the support and accountability needed on that journey.

"I created Red Anchor Wellness because there is a dire need for exceptional lifestyle medicine by professionals who are passionate and excited to be the change agents in their client's lives," she shares. Preventive medicine and sustainable lifestyle habits that focus on overall wellness is just the beginning of optimal health delivery."

Morrison's passion is to help people make small, feasible, and sustainable changes in their



Melissa Morrison

lifestyle that will lead them to better overall health. This is no quick fix. She works with her clients to change their habits and behaviors to live a healthier life.

Morrison concludes, "I'm looking for the clients who want to be empowered...who want to be held responsible and accountable because they want to change

their lives. I love helping my clients who want to become the best versions of themselves and doing so in a fun and supportive way."

Red Anchor Wellness is located in Gilford, but Morrison is happy to meet clients wherever they would feel most comfortable. She is also able to chat on the phone or meet online via Zoom

for those who are not comfortable with face-to-face meetings at this time.

To learn more about R.A.W., visit RedAnchorWellness.com or call 570-573-4277. You can also follow R.A.W. on Facebook or Instagram at @redanchorwellness.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Alton Mountain Road	N/A	\$50,000	R.F. Bollinger Construction LLC	Ryan L. Heath LLC
Alton	Drew Hill Road	N/A	\$498,000	Jones Fiscal Trust and Rhona B. Jones	Mary S. Fisher and Derek L. Stemple
Alton	3 Drew Hill Rd.	N/A	\$107,000	Daniel W. Lawrence	Jones Fiscal Trust and Rhona B. Jones
Alton	13 Loon Cove Rd.	Single-Family Residence	\$1,885,000	John M. Bomboff	Chingju J. Chang
Alton	Roberts Cove Road	N/A	\$159,933	Daniel W. Lawrence RET	Perillo Fiscal Trust and Dwaine Perillo
Alton	156 Roger St.	Single-Family Residence	\$458,000	Rodger L. Matthewsman and Sarah M. Johnson	Sarah M. and Kristian T. Johnson
Alton	11 Swan Lake Trail	Single-Family Residence	\$45,600	Daniel and Shaina Laurin	Danielle E. Conway RET
Barnstead	22 Dunbarton Dr.	Single-Family Residence	\$262,000	Christopher E. and Gretchen A. Casey	Craig H. Orlando
New Durham	New Durham Ridge	N/A	\$362,533	Harold C. Sanborn RET	Read Hertel Fiscal Trust

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

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

ALTON POLICE LOG

ALTON — Alton Police Department responded to 148 calls for service during the week of March 7-13, including two arrests.

-1 Male Subject was arrested for Driving After Revocation or Suspension.

There was 1 motor vehicle summons arrest.

There were 3 Motor Vehicle Accidents.

There were 2 Thefts reported on Mt. Major Highway.

There were 4 Suspicious Person/Activities reported on Nutter Drive, (2) Frank C. Gilman Highway & Hamwoods Road.

There were 18 Motor Vehicle Stops and 4 Motor Vehicle Complaint-Incidents.

There were 117 other calls for services that consisted of the following: 2 Assist Fire Department, 1 Stolen Property, 2 Employment Fingerprinting, 6 Assist Other Agencies, 2 Pistol Permit Applications, 2 Animal Complaints, 1 Juvenile Incident, 3 Domes-

tic Complaints, 5 General Assistance, 4 Alarm Activations, 2 Highway/Roadway Hazards, 1 Sexual Assault, 1 General Information, 2 Vehicle ID Checks, 1 Harassment, 1 Untimely, 1 Littering/Trash Disposal, 1 Sex Offender Registration, 1 Civil Matter, 1 Wellness Check, 1 Breach of Peace, 2 Criminal Mischief, 1 Community Program, 1 Disabled Motor Vehicle, 56 Directed Patrols, 1 Motor Vehicle Lockout, 3 Medical Assists, 11 Property Checks and 1 Paperwork Service.

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Comfort Keepers

Seniors and kitchen safety: Tips for the “Heart of the Home”

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A kitchen is often the central gathering place in the home. Family dinners, special occasions and time shared together all happen in the heart of the home.

Making sure the kitchen a safe, happy place is important. On a daily basis, many of us spend time in our kitchens, and it is easy to forget that the kitchen can be a place where dangerous accidents are not uncommon – especially for seniors.

When it comes to senior adults and kitchen safety, the numbers show where potential issues can occur:

- The National Fire Protection Association reports that three in 10 home fires start in the kitchen, more than any other room in the house.

- The Centers for Disease Control and Prevention reports that 76 million cases of food-borne illness occur each year, including 5,000 fatal cases. Older adults, due to a natural decrease in their immune systems, can succumb to food poisoning more easily and have a harder time fighting it off if they do.
 - Kitchens are also areas with high fall-risk areas: items stored out of reach, slippery floors, and the likelihood that meals are carried to eat in another room.
 - The Federal Emergency Management Agency (FEMA) reports that people over the age of 65 have a 2.7 times greater risk of dying in a kitchen fire than the general population.
- For those that want to ensure that the kitchen is as safe as possible for their senior loved ones,

there are three key areas to consider:

- Fire prevention and safety – The primary cause of kitchen fires is unattended food – seniors should never leave the kitchen when food is cooking. Automatic shut-off devices are a great tool to help seniors that have memory issues but like to spend time cooking. Loose clothing, kitchen towels and pot-holders can all catch fire if too close to the stove, so it is good to be mindful about fabric near flames. And, on a regular basis, a qualified electrician should check wiring and outlets to ensure safety compliance – this is a common cause of fires in older homes.
- Foodborne illness prevention – Because of the ways our bodies change when we get older, foodborne illness can become a much more serious issue. This

can be prevented by properly storing food, checking fridge temperatures often, properly reheating food, cleaning old items out of the fridge and pantry often and checking expiration dates.

- Reduce fall risks – When seniors need to reach an item, whether stored too high or too low, it can cause a balance issue that may lead to a fall. Keeping cooking items within reach is critical. Clutter on counters should be removed, bright lights are helpful, and the heaviest objects should be stored at waist level. Water is often a problem in the kitchen – possible issues include spilled water from the sink, leaking refrigerators and pipe leaks. Spilled water can make kitchen floors slippery, so adding mats and checking water sources often is important.

The kitchen can be a joyful place in the home, with intentional action to minimize the risk of accident or illness. Being safe in the kitchen is not just common sense - and revisiting safety tips for the kitchen is never a waste of time.

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About Comfort Keepers

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Bank of New Hampshire voted Best Commercial Lender, Best Local Bank for Small Businesses

LACONIA — Bank of New Hampshire was voted Best Commercial Lender and Best Local Bank for Small Businesses in NH Business Review’s 2021 Best of Business (BOB) Awards. NH Business Review readers casted more than 4,700 online votes to select this year’s BOB Awards recipients, which included nearly 100 businesses across New Hampshire in a range of business-to-business categories. Bank of New Hampshire, along with all 2021 BOB Awards winners, will be celebrated during NH Business Review’s Best of Business (BOB) virtual awards party on April 1.

“At Bank of New Hampshire, we have

been dedicated to our customers, our communities and their futures for 190 years,” stated Chris Logan, Executive Vice President - Chief Operating Officer for Bank of New Hampshire. “As we celebrate this milestone year, it is an honor to be recognized statewide for our commitment to delivering innovative solutions and exceptional service as both a top local bank and commercial lender. We are celebrating being awarded Best Local Bank for the 9th consecutive year, which is a testament to our ability to remain safe, strong and secure even in the midst of these challenging times.”

“The annual BOB

awards recognize the hard work of businesses that provide outstanding products and services throughout the Granite State each year,” said Jeff Feingold, editor of NH Business Review. “Congratulations to Bank of New Hampshire, and the rest of the 2021 winners,

on this well-deserved acknowledgement.”

To learn more about the 2021 Best of Business Awards, and for a full list of winners, visit nhbr.com/BOB-Awards.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth man-

agement 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.

“How do you eat an elephant?”

ALTON — “How do you eat an elephant?” is the headline for this article, suggested by Rotarian, David Countway, as he and his fellow Rotarians listened to the talk by Tim Broadrick, Superintendent of Schools, and Pam McLeod, Alton School Board, about the gigantic task before them on the ‘Shared Central Offices Services Plan’ at the weekly Alton, Barnstead, New Durham Rotary Club Thursday AM meeting.

“Our pre-approved objectives, authorized by a two thirds public vote, is to reduce costs, consolidate and

combine central office operations under the leadership, command and control of a single Superintendent and Director of Human Resources for Alton Central School, Barnstead and Prospect Mountain High School,” said Broadrick.

Under a ‘Memorandum of Understanding’ (MoU) last May, the two boards agreed to combine central office services over the next three years, and perhaps beyond. The combined services include alignment of K-12 curricula, improved efficiency of operations and cost re-

duction.

Because of this action, next year the school district will save about \$125,000 system wide.

“No longer will there be a need to pay the salaries for three superintendents at \$90,000 each, or each school have its own technology director, network administrator, database/system expert and a support technician in each school, plus their own financial, student information, learning management, communications, email and web domain software,” he added.

All these changes do not mean that each school will lose their autonomy or the right to self-govern; it however makes it far more controllable and less costly for group purchasing, eliminating redundancies, in-house services,

providing food, health and special education, plus student transportation, legal services and school sports. School board member Pam McLeod stated, “This master schedule required a lot of hours of hard work, with a period of transition beginning in July, and in three years be evaluated for renewal, perhaps.”

How do you eat an elephant? Indeed!

Both Guest Speakers were introduced by Program Director, Rotarian, Aimee Terravechia.

Rotary is a non-political, non-religious, 501 C-3 worldwide service organization dedicated to improving and saving lives. For information on membership, contact Membership Chair, Duane Hammond, 569-3745.

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centerbarnsteadcc.org
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Day service 8:30am Alton Bay Gazette, Alton, NH
10 am Worship Service
20 Church Street, Alton
Our services are live streamed on YouTube
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Powerhouse Theatre Collaborative announces inaugural 2021 season

LACONIA — Powerhouse Theatre Collaborative, the new theatre program at the Belknap Mill, is excited to announce the planned lineup for its inaugural 2021 season, sponsored by Spectacle Live. While it's an abridged season due to the pandemic, the 2021 slate will give Lakes Region audiences an idea of the types of theatrical productions and collaborations that Powerhouse will be producing. Serving as the resident theatre company at both the Belknap Mill and the Colonial Theatre Powerhouse will be producing a "Mill Series" and a "Colonial Series." The 2021 "Colonial Series"

STRATEGIES FOR LIVING

will be sponsored by RE/MAX Bayside and The Taylor Community.

Powerhouse is starting its "Mill Series" with two Covid-safe events, a Zoom New Play Festival in April sponsored by The Taylor Community and Chisholm Persson and Ball, PC, and an outdoor Park New Play Festival in Rotary Riverside Park in May sponsored by TS Event Productions and The Dow Realty Group. These festivals are produced in collaboration with Community Players of Concord. More than 30 community theatre participants will be in each of the festivals as serving playwrights, directors, and

actors!

In August, Powerhouse hopes to present its first Colonial production, "The Dinner Party," a lesser known play by America's comedic master, Neil Simon. Directed by Powerhouse Producer Bryan Halperin, the play will be produced in collaboration with Community Players of Concord.

In September, in commemoration of the 20th Anniversary of 9/11, Powerhouse will hold a reading of Anne Nelson's 9/11 play, "The Guys," sponsored by Boothby Therapy Services and The Prior Family. In this touching play a fire captain seeks the help of

a writer in crafting eulogies for his men lost at the Twin Towers.

November brings the first large-scale community theatre production at the Colonial when Powerhouse will produce the Pulitzer Prize winning masterpiece, "Our Town" by Thornton Wilder.

"'Our Town' is my favorite play, being all about celebrating community in small town America, we couldn't resist putting it in our inaugural season as we try to build a theatre community in our town," says Halperin.

"Our Town" is sponsored by Lovering Volvo Meredith and The Soucy

Family, and will audition in late August.

The season will wrap up in December with a collaboration with NCCA at Jean's Playhouse, sponsored by Melcher and Prescott Insurance and Misiaszek Turpin, PLLC Architecture/Planning. The Colonial stage will be the place for "A Christmas Carol: The Musical Ghost Story," an adaptation by Joel Mercier, Producing Artistic Director of NCCA.

Powerhouse is dedicating its inaugural season to David Bownes.

"David was instrumental in getting us involved in the Colonial. He was a tireless ad-

vocate for the Colonial rehabilitation project, a dedicated advocate of the Belknap Mill and a passionate supporter of, and participant in, community theatre in the Lakes Region. We want to make sure his contribution is recognized," says Halperin.

Follow Powerhouse through the Belknap Mill and Colonial Theatre websites, on Facebook, or contact powerhouse@belknapmill.org for more details on these productions and other opportunities to get involved or become a sponsor.

No greater love

BY LARRY SCOTT

When John Ernest opened fire at the Chabad of Poway (CA) Synagogue Saturday morning, April 27, 2019, it memorialized a Passover celebration the congregants will never forget. CNN reported that Lori Kaye, aware of what was about to happen, "jumped between the gunman and Rabbi Yisroel Goldstein, sacrificing her own life to save the spiritual leader."

As Rabbi Goldstein reported on NBC's "Today Show," "I was face-to-face with this murderer, terrorist, who was holding a rifle and look-

ing straight at me. That's when he fired, blowing off my right index finger and severely injuring my left index finger." Goldstein heard a loud bang, quickly turned and saw Lori stretched out on the floor ... and by her side, a gentleman, also unconscious. Her husband, a medical doctor, had come to her aid and when he realized who she was, he fainted.

The carnage could have been much worse. Oscar Stewart, a congregant and U. S. military veteran, charged the terrorist but survived unscathed only because the young man's gun had jammed. Nineteen-year-old John Ernest fled but was captured a short time later.

Isaac Jarvis of Concord Christian, Yann Yonkeu of Holy Family and Sean Moynihan of Sunapee.

Matt St. Cyr of Groveton, Cam Clermont of Lin-Wood, Landon Bromley of Littleton, Anthony Frisk of Gorham and Corey Bemis of Woodsville all earned Honorable Mention and they were joined by Jason Stockbower and Maxx Spinelio of Portsmouth Christian, Carson Rancourt of Colebrook, Ama Phoubaykham and Owen Hayes of Newmarket, Jesse MacGlashing of Pittsfield, Mike Picard of Epping, Harper Flint of Sunapee, Arth Patel of Hinsdale and Zach Douville of Franklin.

All-Defensive Team honors went to Joseph Tsepas of Hillsboro-Deering, Cooper Peavey of Mascoma, George Jallah of Kearsarge and John Jacobsen and Milchick of Hopkinton.

Rock was presented the Jack Ford Award while Jaryd Peicuch of Raymond was named Varsity Coach of the Year. Belmont's Greg Deschuiteneer was named Sub Varsity Coach of the Year for Division III.

Parker Paradise of Littleton and Elijah Flocke of Woodsville earned Division IV First Team honors, where they were joined by Player of the Year Karl Yonkeu of Holy Family, Owen Tower of Newmarket, Owen Finklestein of Epping and Jah Gordon of Pittsfield.

Second Team honors went to Littleton's Josh Finkle, Groveton's Julian Kenison and Woodsville's Cam Tenney-Burt. They were joined by

Passover is a celebration that was well established by New Testament times. Originally slated to memorialize Israel's exodus from Egypt, Jesus' Passover in AD 33 marked the final such celebration with His disciples and for them Passover took on a dramatic, new meaning.

Only a few days earlier, the Jewish Sanhedrin, the ruling council of men who had religious jurisdiction over the people of Israel, met to decide what to do with the troublesome Rabbi from Nazareth. The meeting was a farce. They all knew what they were going to do; it only remained for them to justify their actions. And Caiaphas, the High Priest, gave them that, ostensibly to protect against an insurrection led by Jesus and his followers. "It is better for you that one man die for

the people," he stated, "than that the whole nation perish."

Consequently, then, and apparently without a single voice raised in His defense, they sentenced their Messiah to death by crucifixion. And everyone, it seems, except for Jesus' followers, cheered. The Council congratulated themselves on a job well done, the Romans guaranteed the peace, and the Pharisees threw a party.

Happy days are here again, or so they thought. But hold on, boys; there is more to come!

Three days later a disturbing rumor surfaced, and suddenly these men realized they had made a colossal mistake. An empty tomb, a report from Roman soldiers stationed at the place of Jesus' burial, and eyewitness reports, at one point from over five hundred people, verified

the unbelievable: Jesus, just as He had predicted, lived again! "If in this life only we have hope," reported the Apostle Paul, "we are of all men most miserable. But now is Christ risen from the dead." Jesus was back!

Jesus said, "Greater love has no one than this, that one lay down his life for his friends." Words cannot convey our gratitude for the

men and women who, like Lori Kaye, have willingly given their lives to protect us. And that goes for Jesus as well. His sacrifice, voluntarily given on our behalf, ensures that, if we have the courage to welcome Him as the Lord of our lives, the promise of eternal life – and heaven – is guaranteed. Thank God for Jesus!

You want to talk about it? Hit me up at rlarryscott@gmail.com.

BILLS

(continued from Page A1)

Widmer, also a member of the New Hampshire School Boards Association's position is that the "state's attempts to destroy public education is not a wise thing to do...It is an opportunity for the state to shirk its responsibilities."

In his view, "the governor is great dealing

SHANNON

(continued from Page A1)

Shea Zina of Mascenic, Tyler Herbert of Monadnock, Nate Krafton of Raymond, Xander Ford of Fall Mountain, Zack Coombs of Hillsboro-Deering and Gabe Rock of Mascoma.

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Second Team honors went to Littleton's Josh Finkle, Groveton's Julian Kenison and Woodsville's Cam Tenney-Burt. They were joined by

WINNERS

(continued from Page A1)

ball program, while Eli Kriete was named Most Improved Player and Dillon Miller was presented with the Coaches Award.

Erin Rawnsley, Abigail Breuer and Aijah Thoroughgood were

all presented with the Coaches Award for the JV girls' basketball team.

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

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Osborne’s Agway sponsors “Tap into Maple” program at Prescott Farm



LACONIA – Now more than ever, Lakes Region residents and visitors are eager to connect with nature. Prescott Farm answers that call every Saturday in March with the “Tap into Maple” series.

Local businesses and organizations help make these programs possible through Community Connections Program sponsorships. Osborne’s Agway Winnisquam is the “Eco-Partner” sponsor for the Saturday, March 20 Tap into Maple programs.

Jude Hamel, Prescott Farm Executive Director, is grateful to the team at Osborne’s for demonstrating their support of the organization’s mission.

“When businesses partner with us, they help to ensure that our programs are both high-quality and accessible to community members,” Hamel said. “Especially during the last year of social isolation and economic uncertainty, Osborne’s Agway and our other business partners help signal to the broader community: what happens at nonprofits like Prescott Farm is important to the community and worth our investment. We couldn’t be more grateful for their support.”

Osborne’s Agway Winnisquam (527-3769) is located at on Daniel Webster Highway in Belmont and has the equipment and expertise to help novice maple tappers get started.

During Saturdays in March, visitors to Prescott Farm can attend one of the 90-minute Tap into Maple sessions. Programs begin on the hour and run from 10 a.m. – 3 p.m. The cost is \$12 per person and free to members of Prescott Farm. Sessions are 100 percent outside, with mandatory masks and social distancing. Groups will be strictly capped at 10 participants so pre-registration is strongly recommended.

Additional program and registration information is available at prescottfarm.org, or by contacting ahession@prescottfarm.org or 366-5695.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with more than 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

NOTES FROM WINDY HOLLOW

A gentle favor

BY VIVIAN LEE DION
Contributing Writer

Life changing decisions can be difficult. Our vacation home in Florida is a place for family and friends, where we participated in club house activities, and enjoyed the pleasant winter weather. Things changed when taxes increased, other expenses mounted up and the pandemic hit. We knew downsizing was the answer to our dilemma. Ray and I agreed it was time to sell. After two years on the market, we accepted a reasonable offer, and the negotiations

were done. Finally, we signed a purchase and sale agreement.

You can imagine my surprise when the title company called and said the buyers wanted to schedule a closing at 6 p.m. on a certain date. Mrs. P., whose title is Escrow Agent, responded by saying, “The time requested is too late for her office because she works long hours and the 6 p.m. appointment request is just too far-reaching. During the telephone call she asked, “Mrs. Dion, I see by the contract that your home address is New Hampshire. Are you traveling after

closing?” I said, “Yes.” She continued, “Let me call the buyer back and see if we can schedule an earlier time.”

According to the Internet, “A title agent generally acts as a combined agent of all the parties involved in a real estate transaction.” As bestlawyers.com reports, “The title company that you choose can greatly influence the closing process. It can determine whether a property sale/purchase will be successful or not.” Our realtor, from Southern Homes, had the upmost confidence in the title company, and several of

our friends and neighbors highly recommended the agency. It took nearly half an hour for Mrs. P. to call back. “Everything is all set for 3 p.m.”

Time slowly crept by and we continued to keep our place spotless while clearing out possessions. We donated items to Goodwill and carefully chose a minimum amount of items. Thankfully, Ray’s cousin, Ron, who lives nearby agreed to take my portable sewing machine and a tool box back to New Hampshire. About a week later, the realtor called to say that buyers

wanted to close a week earlier and still keep the closing time at 3 p.m. After several calls between the realtor and Mrs. P., I learned that paperwork at the lawyer’s office was not completed and the original closing date would remain.

Lastly, a welcomed text from the realtor asked if we would agree to the original 11 a.m. closing time. I believe Mrs. P. graciously handed us a gentle favor because she was concerned about our trip to New Hampshire after the closing.

Selling property is like a fine choreo-

graphed ballet. No one is the star, and everyone should be professional, and composed because all parties want the closing to be comprehensive and accurate. In my heart, I feel that we had an angel working on our side with her gentle favor. Many thanks for the kindness of a lady whose thirty years experience in title work helped us during the stressful time in the sale and closing of our home.

Vivian Lee Dion of New Durham is a writer and speaker be reached at twindyhollow@metrocast.net.

Think you’re protected? Think again!

ALTON — “Every time you turn on your computer, laptop, or smart phone, etc. and it says, or you believe: You Are Protected, it may not be so,” said Josh Monaco, Director of IT for the town of Alton, who was also he Alton, Barnstead, New Durham Rotary Club Guest Speaker last Thursday.

His passion is cybersecurity, cyber defense, and dealing with the

threats and attribution of cyber-attacks.

He updated Rotarians on the Solar Winds attack and stated, “After a full year, it’s still a major problem.”

The Solar Winds attack infiltrated over 60 thousand companies, schools, hospitals, local, state and our national government, plus other entities around the world.

“Even your own personal computer, and e-mail servers are vulnerable to hacking,” said Monaco.

“There are many cyber criminals out there and it’s an ongoing struggle trying to keep up with them and I need to constantly ‘patch’ systems against intrusion to keep the town of Alton’s governing bodies secure,” he added.

He also advised that those of us who have a computer and a smartphone stay vigilant by checking on your systems’ security to make sure that they are up to date. For example, Malware is now being developed to attack small businesses which then crafts very believable offers that look like it came from the business when, in fact, it’s coming from the hackers.

“You must have strong passwords, too. No more simple ones, like 1234, which are much too easy for hackers to crack. And be aware that Operating Systems have a ‘shelf-life’ and an eventual loss of security; like Windows XP and Windows 7, for instance, that Microsoft has stopped supporting,” Monaco concluded.

Alton has had its fair share of attempted hacks on the town’s systems, but thanks to Josh, all

have been ‘patched’ and prevented. Josh was introduced by Rotarian Aimee Terravechia at the club’s weekly Zoom meeting.

Rotary is a non-profit, non-religious, non-political service organization dedicated to saving and improving lives both locally and globally. For information on membership, contact Membership Chair, Duane Hammond at 569-3745.

Green Heron to perform for Belknap Mill’s Virtual Coffeehouse Concert Series

LACONIA — The Belknap Mill’s 3rd and final concert of the 2021 Bell & Brick Virtual Coffeehouse Concert series is pleased to welcome Green Heron on Thursday, March 25 at 6:30 p.m. Ensuring a high quality musical experience, we are pleased to be working with The Greenhouse Recording Studio and NH Music Collective. You can Livestream this concert on the Belknap Mill’s Facebook Page and YouTube Channel.

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

Wayfarer Coffee Roasters and Hermit Woods Winery will offer special concert promotions the day of and during the show that will be available through the following weekend. The code for this special offer will be streamed during the concert. Find a comfy spot on the couch, grab your favorite tea, Hermit Woods wine, brew or Wayfarer coffee and enjoy the show!

For more information, please contact Tara Shore at operations@belknapmill.org.

Welcome back to the library!

BARNSTEAD — Oscar Foss Memorial Library will begin moving into phase 3 of our Covid Reopening Plan.

Effective April 6, patrons will be able to visit the library without an appointment. Capacity will be limited to six people at a time and the Children’s area will remain closed during the week. Visiting hours will be as follows - Tuesday and Wednesday noon-6 p.m., Thursday and Friday 5-8 p.m. Families with children can visit and browse the children’s area by appointment on Saturdays between 10 a.m. and 1 p.m. We will also continue to offer curbside pickup Tuesday and Wednesday from 10:30 a.m.-12:30 p.m. and Thursday and Friday from 12:30 to 2:30 p.m. We will also offer senior hours on Friday between 2 and 5 p.m.

Please note that visits will be for browsing and check out only and will be limited to 30 minutes. The meeting room remains closed to the public. Computer and printing services will continue to be by appointment. CDC approved masks are required to enter the building.

For more information, visit our Web site at oscarfoss.org or call us at 269-3900.

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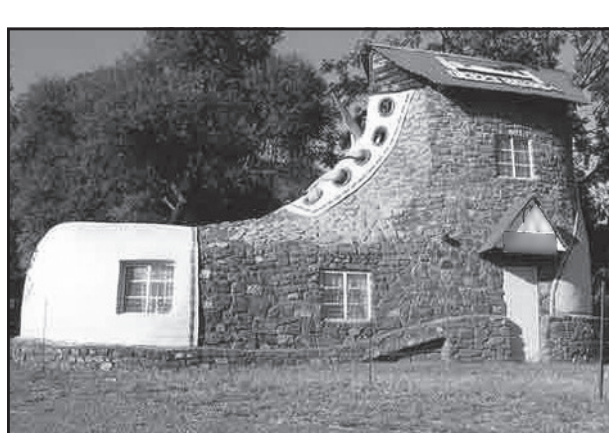
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Barnstead Elementary School

PART-TIME CUSTODIAL POSITION

Immediate opening

Hours are 7:00 a.m. to 12:00 p.m. for the 2020-2021 school year.

Please contact Mike Hatch for more information or an application at 269-5161 ext. 312

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

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For more information or an application, please call Shawna Smith at 269-5161 ext. 320

Barnstead Elementary School

FULL TIME READING TEACHER

Reading/Writing Teacher Vacancy. Teacher Certification preferred. Experience in Fountas and Pinnell Leveled Literacy Intervention and Lucy Calkins Reading & Writing, and a love of literacy a must.

Please send the following information: Letter of Intent, Resume', Three (3) Current Letters of Reference, Transcripts and copy of N.H. Certification, to:
Timothy D. Rice, Principal

Barnstead Elementary School
91 Maple Street, P.O. Box 289
Center Barnstead, NH 03225
(603) 269-5161





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Local employer receives statewide award for new lactation room

LACONIA — Lakes Region Community Services (LRCS) is dedicated to meeting the needs of its nursing mothers. As an effort to improve workplace breastfeeding policies, they constructed a new lactation

room in their Laconia office and were recently awarded the 2021 Breastfeeding Friendly Employer Award by the New Hampshire Breastfeeding Task Force in recognition of their commitment to establish and maintain comprehensive, high-level lactation support for their employees.

In 2019, LRCS was one of ten businesses in the state of New Hampshire awarded a grant to create a supportive space for working mothers of infants from Keene State College's Public Health faculty in cooperation with the New Hampshire Department of Health and Human Services, Division of Public Health

Services. With grant funds matched by LRCS and project management lead by Dave Emond, VP of Operations, in just a few months, the agency was able to renovate and construct a state-of-the-art lactation room for its employees, and families who participate in childcare classes offered by the LRCS Family Resource Center. The room features a comfortable chair, sink area for washing equipment, locked storage space for breast pumps, a refrigerator for the temporary storage of breast milk, books, and other resources for working mothers.

"The feedback we received was immediate

and powerful: mothers returning to work, or planning to start a family in the future, felt recognized and appreciated," said Joleen Welford, Director of Employee Relations. "As a large workforce, we continue to identify barriers and increase our efforts to support our employees."

"We believe strong families lead to healthy communities," noted LRCS President and CEO, Becky Bryant. "We are honored to be the 2021 recipient of this award and are hopeful that this comfortable, accessible room will help mothers returning to the workplace."



Joleen Welford, Director of Employee Relations (right), accepts award from Joyce Kelly, Chair, New Hampshire Breastfeeding Task Force (left).

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To apply: please send a cover letter, resume and references to: RMAA, P O Box 1756, Conway, NH 03818 or email: terricon@roadrunner.com

SHAKER REGIONAL POSITIONS OPEN

Shaker Regional School District is seeking to fill the following positions as soon as possible:

District Wide

Social Worker

Speech Pathologist – 3 days/week

Speech Pathologist – Full Time

Belmont Elementary School

Classroom Assistant – 6 hrs/day

General Special Education Assistant – 5 ½ hrs/day

General Special Education Assistant – 6 hs/day

1:1 Behavioral Assistant (4 positions)

1:1 LNA

Canterbury Elementary School

1:1 Special Education Assistant

Belmont Middle School

1:1 Behavioral Assistant (2 positions)

Belmont High School

1:1 Behavioral Assistant

Please visit the Human Resource Department section of the District website, www.sau80.org, for more information and to apply for available positions.

Lakes Region Scholarship Foundation deadline is April 1

Scholarship deadline approaching soon. The deadline for filing applications for a scholarship through the Lakes Region Scholarship Foundation is fast approaching. All scholarship applications are due by April 1. Pictured with application in hand is LRSF Assistant Director, Amanda Dudek.

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GILFORD — The Lakes Region Scholarship Foundation, which has been serving the scholarship needs of students of the area for 65 years, announced that the deadline for scholarship applications for the 2021-2022 school year is April 1.

Executive Director, Karen Switzer noted, “Anyone interested in a scholarship to pursue education beyond high school is advised that all paperwork must be filed by that date. She said that scholarships are available online through their website: lrscholarship.org. These applications may be downloaded and filed online or downloaded and printed out to fill in by hand and mailed to the LRSF office.”

Assistant Director, Amanda Dudek added that applicants should make sure to read over the instruction sheet that is also posted on the website, as there is additional paperwork which must accompany the scholarship application. A large percentage of the LRSF scholarships are limited to students from the Gilford, Laconia, Belmont high schools or residents of Gilford, Laconia, Belmont area, however, there are exceptions, which are also listed on the LRSF Web site. If anyone has a question, they may contact the LRSF office at 527-3533 or email them at scholarship@lrscholarship.org.



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