

Belmont unified falls to strong Berlin team in semis



Keegan Donovan of Belmont puts up a shot in action in Berlin last week.

BY JOSHUA SPAULDING
Sports Editor

BERLIN — With a spot in the unified basketball championship game on the line, the Belmont Raiders traveled north to Berlin on Monday, March 8, for a semifinal battle.

While Belmont put up a fight, the Mountaineers proved to be too

much and walked off the court with the 48-12 win and the trip to Bow for the championship game.

Roger Belanger and Randy Belanger combined for the first four baskets for the Mountaineers, with each putting in two baskets for the 8-0 lead. Belmont got its lone basket of the first quarter on a three-point-



Christian Marrone fires off a shot during action last week in Berlin.

er from Christian Marrone to make it 8-3.

Randy Belanger and Roger Belanger each hit two more hoops in the first quarter while Ross Belanger added a basket

for the Mountaineers and Berlin had the 18-3 lead heading to the second quarter.

Roger and Randy Belanger scored all of the points for the Mountain-



Kyle Adams shoots the ball during action last Monday in Berlin.

ers in the second quarter, with Randy Belanger getting the scoring starting and scoring Berlin's first three baskets and Roger Belanger finishing out the scoring with

the final two baskets.

Sandwiched in the middle was a basket at the other end of the court from Keegan Donovan.

SEE BELMONT, PAGE A7

Voters head to the polls for local elections

BY BRENDAN BERUBE
EDITOR

REGION — The continuing, if diminished, threat of COVID-19 failed to deter voters throughout the Winnisquam region from making their way to the polls last Tuesday to cast their ballots in this year's annual town elections.

In Belmont, Ruth Mooney was voted onto the board of selectmen, garnering 336 votes to 176 for opponent George Condodemetraky. In the only other contested race, David Dunham and Sharon Ciampi were handed the two open seats on the planning board, beating out John Froumy.

Only three candidates — Kenneth Ellis, Mark Roberts, and Justin David Borden — submitted their names for the four open seats on the budget committee in Belmont, so they will be joined by write-in Ciampi, who was also elected cemetery trustee. David Caron will fill a vacancy among the Trustees of the Trust Funds, while Teresa Elliott was elected a library trustee. Gary Grant and Kevin Sturgeon will assume the two vacant seats on the planning board, and Nikki Wheeler elected a supervisor of the checklist.

All articles on Belmont's warrant passed, with the exception of Articles 2 (a petitioned request for a zoning change) and 25, which asked voters whether they would support a 50 percent reduction in the amount deposited into the Conservation Fund from Land Use Change taxes. The town's operating budget for 2021 will be set at \$8,264,371.

The 325 voters who turned out in Northfield elected Mark Hubbell to the board of selectmen in the only contested race, awarding him 168 votes. He was followed by David Bacon with 50 votes, Carl Barlett (44), Manuel Pimentel, Jr. (24), and Jason Gerhard and Jesse Garland with 14 each. Roland Seymour was elected Treasurer, and Deborah A. Tessier Trustee of the Trust Funds.

First Baptist Church of Belmont hosting free meal

BELMONT — The First Baptist Church of Belmont is pleased to announce that it will be hosting a free “Drive Thru” supper on March 20 from 4:30-6 p.m.

Community members are welcome to drive through the church parking lot where volunteers will happily bring them their dinner, consisting of baked chicken, baked beans, carrot salad, and dessert. Multiple volunteers have stepped up to ensure that the food will be cooked in a clean, ServSafe environment.

Pastor Andy Barnes was pleased to note that the members of the church had stepped up in a big way to offer a third drive thru meal this season.

“We had one in May, where we served 144 meals to the community, 135 meals in July and 120 in November,” Barnes said. “We had a lot of fun getting to see our neighbors and friends. I hope to be able to serve as many people as last time.”

The meal is free to anyone and will be delivered to their car directly.

For more information, please contact the church office.

The First Baptist Church of Belmont is a 210-year-old congregation that keeps one foot in the traditional forms of worship, and one in the more modern forms. Our multi-generational body of believers is continually seeking a closer relationship with Jesus Christ, our Savior.

The mission of the church is to share God’s love and His Word through worship, outreach, and fellowship activities for the glory of our risen Lord and Savior Jesus Christ.

The church gathers at 10 a.m. to worship during the summer. Worship is also Live Streamed Via the church Facebook page at each Sunday.

The art of Hearts for Heroes

TILTON — Jackie Sandstrom, Chair of Lakes Region Art Association art program to create hearts via art in recognition of the heroes who have been constantly on the ‘front line’ serving and saving the lives of Covid-19 victims, and to show our appreciation to US veterans who’ve served America, reports...

“Now in its fourth week, we’ve received over 60 submissions of heart artwork. Our objective is to create many images of hearts each with a message of gratitude towards all the doctors, nurses, first responders and our military veterans in

‘Hearts for Heroes’ painting by Roumiana Adams, one of seven very impressive paintings she has produced to show her appreciation for all the hard-work and dedication of the nurses, doctors and first responders dealing with the Pandemic, and for our military veterans too, Her art is on display at the Lakes Region Art Association/Gallery, Tanger Outlet Mall, Suite 132, Tilton, Thursday-Sunday 10 a.m.-6 p.m.

COURTESY

SEE ART, PAGE A7

Dan Osetek promoted to Vice President, Commercial Lending Team Leader for MVSB



Dan Osetek
MEREDITH — Dan

Osetek has been promoted to Vice President, Commercial Lending Team Leader for Meredith Village Savings Bank (MVSB), overseeing the leadership and development of their commercial lending team as well as employees who aspire to become commercial lenders.

"Dan is a remarkably, steadfast, and dependable colleague who has been invaluable to this

organization for more than seven years," said John Swedberg, Senior Vice President & Senior Commercial Loan Officer at MVSB. "His expertise and considerable background with two decades of commercial lending experience has been invaluable to our team and organization and we are lucky to have him."

Osetek joined MVSB as Vice President, Commercial Loan Officer

in 2014 with 12 years of commercial credit and commercial lending experience. He previously served as the Assistant Vice President, Commercial Relationship Manager for Northway Bank. He has spent years traveling throughout the Lakes Region, the Mount Washington Valley and surrounding communities to help companies of all types and sizes achieve their business goals. He offers a variety of lending solutions for business owners looking to purchase or expand their commercial real estate, those who need to buy equipment, vehicles, or other big-ticket items, or those seeking a flexible line of credit to help them run their business more effectively.

Osetek holds a Bach-

elor of Science in Business and Accounting from Bridgewater State University. He is a committed volunteer in his community and currently serves as Treasurer of the Wentworth Economic Development Corporation (WEDCO), and Glade Chief with Granite Backcountry Alliance, where he is responsible for coordinating and maintaining backcountry access ski and snowboarding trails in Mount Washington Valley. In the past, he was President of the Mount Washington Valley Habitat for Humanity. He and his family reside in Conway.

Unlike a stock bank, Meredith Village Savings Bank is a mutual savings bank that operates for the benefit of its

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

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Belknap Mill announces new Web site

LACONIA — The Belknap Mill is proud to announce the launch of its new website at: www.belknapmill.org. The new site features a streamlined, modern design, improved functionality, and easy access to essential information for the community to learn about our history, programming, and upcoming events!

Johanna Halperin, the Mill's Powerhouse Theatre Producer and Jill Desruisseaux, the Mill's Marketing and Communications Coordinator worked together to create a more comprehensive format for the website, encompassing the Belknap Mill's many initiatives in one easy to navigate location. Visitors can find information on our newest program, Powerhouse Theatre Collaborative, photographs of the 2020 restoration and renovation of the third floor event space, and a full list of virtual or in-person special events and annual programming.

"We are thrilled to debut the Mill's new Web site to all who are looking to understand

the breadth and depth of programming the Belknap Mill actually offers," said Desruisseaux. "The Mill has such a diverse array of information to share with those looking to host a wedding or event, or learn about our award winning Industrial Heritage Program, the Historic Laconia Scavenger Hunt, Arts in the Park Summer Concert Series and so much more!"

The official unveiling of the website will take place at the 2021 Belknap Mill's Virtual Annual Meeting on Wednesday,

March 17 at 9 a.m. The link for the meeting can be found now at www.belknapmill.org.

About The Belknap Mill The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and a center for award-winning cultural and educational programs. Your donations and membership support our mission and enhance programming for the Lakes Region community.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 1-8.

Colby M. Mudgett, age 18, of Franklin was arrested on March 2 for Theft By Unauthorized Taking in an amount greater than \$1,500 and Criminal Mischief.

Daniel J. Trombley, age 35, of Laconia was arrested on March 2 for Hindering Apprehension or Prosecution.

James Joseph Smith, age 18, of Laconia was arrested on March 3 for Disobeying an Officer and Operating Without a Valid License.

Crystal M. Merchant, age 37, of Laconia was

arrested on March 3 for Driving After Revocation or Suspension (subsequent) and Breach of Bail Conditions.

Bret Michael Spaulding, age 25, of Laconia was arrested on March 4 for Driving Under the Influence-Impairment.

Benjamin Charles Geddis, age 33, of Northfield was arrested on March 5 for Domestic Violence-Assault.

Connor J. Smith, age 26, of Belmont was arrested on March 6 for Driving After Revocation or Suspension.

Robert E. Leroux, age 48, of Gilford was arrested on March 6 for Driving After Revocation or Suspension.



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Amy Mavris promoted to AVP Marketing Communications Officer for New Hampshire Mutual Bancorp



Amy Mavris

MEREDITH — Amy Mavris has been promoted to Assistant Vice President, Marketing Communications Officer for New Hampshire Mutual Bancorp (NHMB), leading companywide marketing projects,

supervising a three-person communications team, overseeing digital and print communications, the Mutual Benefits program, public relations, and social media.

“Amy is a natural leader with the warmth, empathy, direct communication style valued in a manager,” said Cindy Hemeon-Plessner, Senior Vice President and Marketing Officer for New Hampshire Mutual Bancorp. “For the last several years she has been the communications and marketing lead for all major company-wide projects, excelling as an

independent contributor and team member; planning way in advance and then making necessary changes at the very last minute. She has excelled in this role.”

Mavris, like many NHMB employees, started as a seasonal teller when she was in high school. She has worked in many areas of the organization – the branches, loan operations, risk management – and she brings that perspective of internal and external customers to her work in communications.

In 2013, Mavris joined the Marketing department

as the Marketing Communications Manager. Two years later, she became responsible for overseeing marketing communications for all of New Hampshire Mutual Bancorp. In 2016, she was promoted to Customer Experience Officer and she managed the development and maintenance of product materials, customer feedback analysis, and social media for Meredith Village Savings Bank, Merrimack County Savings Bank, and NHTrust Wealth Management.

Mavris has previously served as a planning

committee member for the Granite United Way Central NH Day of Caring and is a 2019 graduate of Leadership Lakes Region. She holds a Bachelor of Arts in Business Management from Regis College, and is a 2007 graduate of the Northern New England School of Banking. She is also a member of the New England Financial Marketing Association.

New Hampshire Mutual Bancorp, a mutual holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings

Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in New Hampshire. This strategic partnership has positioned the Banks to leverage each other’s strengths. They work together to advance a shared vision of maintaining and enhancing their community banking standards and values. NHTrust Wealth Management joined as a third subsidiary of NHMB in 2015, combining MVSB and The Merrimack’s financial advisory divisions. NHMB combined assets total nearly \$1.6 billion.

Children’s Auction distributes nearly \$500,000 in grants

LACONIA — The Greater Lakes Region Children’s Auction (GLRCA) is proud to announce that it has distributed grants totaling \$494,430 to 62 area nonprofit organizations.

Grants will be used by local nonprofit organizations to fund wide-ranging programs that support children and their families. These programs address needs that are vital to the well-being of children in our communities, including food and housing insecurity and related emergency assistance; afterschool programs, recreation, education and the arts; childcare and related family resources; and health-

care, including victim outreach and support and preventative health and wellness training.

Jaimie Sousa, GLRCA board chair, is very proud of this year’s Auction results, noting “2020 was such a difficult year for so many people in the Lakes Region. The GLRCA Distribution Committee found that the request for assistance was greater than ever; particularly for basic needs that so many of us take for granted – food, shelter, clothing, safety. Each year we ask our community to come together and help their friends and neighbors. We weren’t sure what to expect during the pandemic, but the

generous people of the Lakes Region didn’t let us down. Thank you again to everyone who played their part to raise funds that make a direct impact in the lives of local children.”

Due to COVID-19 health and safety measures, there was no check distribution ceremony this year. Instead, each nonprofit organization received personalized award letters informing them of their grant amount.

The next round of GLRCA grant applications will begin in the third quarter of 2021. For more information about the GLRCA application and funding process,

visit our Web site, <https://www.childrensauction.com/applyforfunding>.

Many thanks to the hundreds of community members, sponsors and local businesses who donated and bid on items, volunteered their time and effort and participated in various fundraising activities, including the It’s for The Kids Community Challenge. We couldn’t have done it without you. You are all #ChildrensAuctionChampions!

This year marks the 40th anniversary of the Greater Lakes Region Children’s Auction! Plans are underway to celebrate four decades

of helping nonprofits support our local children and families in need. Want to learn more about the Auction and how you can help? Visit us at <https://www.childrensauction.com/>. Follow us on Facebook: <https://www.facebook.com/ChildrensAuction/>. On Instagram: <https://www.instagram.com/childrensauction603/>.

About the Greater Lakes Region Children’s Auction The Greater Lakes Region Children’s Auction is an annual event held every December in central New Hampshire. Countless volunteers and donors have turned the Auction and

its many fundraising events, including the It’s for The Kids Community Challenge, into a major annual campaign. In the 40 years that the community has come together for the Auction, more than \$7 million has been raised for local charities, all through volunteer efforts, community donations and corporate sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information about the Auction, the nonprofits it supports and how you can help, visit [ChildrensAuction.com](https://www.childrensauction.com).

Free parenting course and support group to begin this month

LACONIA — Parenting is no easy task, and parenting a second time can be even more difficult. More and more children are being raised by their grandparents and other relatives, both inside and outside of the child welfare system. Typically, such responsibility is met with little to no outside support for the caregiver in navigating the needs of the child in their care.

To help bridge the gap between caregivers and community supports, The Family Resource Center of Central New Hampshire, in partnership with the New

Hampshire Children’s Trust, provides a program, Kinship Navigation, which is specifically tailored to the needs of these families. This program is foundational in providing free, confidential services for emotional support, education, and guidance to relative caregivers and offers information, referrals, and follow-up services to promote independence and enhance the quality of life of the families served.

“An important aspect of the Kinship Navigation program is the monthly support group. We encourage relative

caregivers to connect to talk about struggles, celebrate successes, and bring validation and encouragement in this shared experience,” said Melissa Shadden-Cyr, Kinship Navigator.

The support group meets the last Monday of every month from noon – 1 p.m. via Zoom, and is co-facilitated by Tricia Eisner, Kinship Navigator from the Greater Tilton Area Family Resource Center.

In addition to this program, The Family Resource Center also offers a free, eight-week course via Zoom called Parenting a Second Time

Around (PASTA). Topics covered in the series include child development, discipline, self-care, rebuilding a family, living with teens, legal issues, and advocacy. PASTA begins Wednesday, March 17, from 6-8 p.m.

Registration for the eight-week PASTA series and the ongoing monthly Kinship Caregiver Support Group can be done online at www.lrcs.org/parentedregistration.

The Kinship Navigation program continues to take new referrals. If you or someone

you know could benefit from this program, please contact 581-1576 or email melissa.shadden-cyr@lrcs.org.

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Ice safety tips

Naturally, warmer temperatures in the afternoon means the lakes, ponds and rivers will start to melt; however, the cooler mornings could be deceptive as to how thick the ice actually is. More people fall through ice this time of year than in any other.

We wanted to offer some awareness, and a reminder of what to do should you find yourself or anyone else in this unfortunate situation, albeit, completely unavoidable.

First, remember to stay calm. Try not to let the shock of the freezing water take over, it'll take your breath away and is painful, which is frightening. At this time, you will have roughly ten minutes before you get too cold to pull yourself out. Experts say to leave your winter clothes on and let them act as a buoy. These clothes tend to hold onto warm air and can help you float.

Next, turn back toward the direction in which you came and use solid ice to try to pull yourself out. The ice is likely thicker where you were just standing, meaning chances are it is strong enough to hold you while you pull yourself out. If you find that your clothes have trapped too much water, lift yourself up part way and lean on your elbows while the water drains out. You then want to extend your arms flat on the ice and start to shimmy yourself back onto the surface. Remember the two words "kick and pull."

If you do find yourself in a situation where ice could be an issue, carry an ice pick. Avid fishermen have been known to carry screwdrivers or nails on them just in case, as they make for better claws then gloved or bare hands.

Remember to stay flat when you are back on the surface, and don't stand up too soon, as you may cause the ice to crack again. Begin to roll away from the spot where you fell through to keep your weight distributed across the ice.

Once you are in the clear, get into dry clothes and a warm place immediately. Hypothermia kicks in roughly after 30 minutes of being submerged in ice water. Seek medical attention as your body may go into shock as the cold blood from your extremities can reach your heart, causing a heart attack.

If you are with someone who falls through the ice, do not get too close as you may be the next one to fall through. Instead yell instructions to them, on what to do, to get to safety and remain encouraging.


Reaching out to the victim without stepping onto the ice is best if at all possible. Use anything you can such as a pole, ladder or anything else that you can extend to them. If you can't reach the victim this way, try throwing them a rope or anything that you might be able to use to pull them to safety.

If none of the above are options, try to find something to float on so that you can reach the victim yourself. If a floating device is not available, do not walk upright to the victim, try instead to lay flat and roll out to the edge.

Whatever situation you are in, it will require fast action and quick thinking. The best advice is to be prepared with the proper knowledge and equipment if you do plan on spending time on the ice.

COURTESY

LRAA hosting Abstract Art for Beginners class
In this fun, beginner class you will learn to get creative with different mediums and subjects in abstract art. This four week class is held on Sunday from 1-3 pm starting March 21, 2021. This class will be held at the LRAA Gallery, 120 Laconia Rd., Suite 132, Tilton. This class is meant for age 16 years and up, class size is limited and pre-registration is required. Deadline for pre-registration is March 14, 2021. To sign up, please contact Krista Doran at 833-7795 or marblestudiosllc@gmail.com.



STRATEGIES FOR LIVING

If Mary had had an abortion

BY LARRY SCOTT

"If Mary had had an abortion," the sign posted on Facebook said, "we wouldn't be in this mess." To the two women holding up this large four by eight sign, it was hilarious. Fortunately, they hadn't made such a reference to the mother of the Prophet Mohammad. They would have been in deep trouble and might well have been threatened with death.

Christianity, however, is fair game in America. The media ignored the event so far as I can tell. No one seems to care, and some may even find it amusing. To millions of Christians, however, it is a sacrilege and evil.

No abortion was needed, of course; the Romans took care of that some 33 years later. They put Him down, but they couldn't keep Him down! Jesus arose from the dead. His message prevailed, His followers regained their faith, and the Church became a force for good.

But why the antagonism? Never, but never, will you see or hear of such an insult publicly displayed toward Islam, or Buddhism, or Judaism. These religious faiths are treated with respect, or at the most, with benign neglect. They, also, claim to be exclusive, but they do not indict non-believers with sin; neither do they claim the rest of the world is going to hell. But Christianity demands a personal surrender to the will of God. Perhaps this is why the Christian faith generates such gross and insensitive opposition.

And, yes, Christianity does claim to be exclusive. Furthermore, Christianity has the audacity (or the honesty) to proclaim that there is no solution to the sin problem apart from Jesus Christ. On one occasion, He said, "I am the way and the truth and the life. No one comes to the Father except through me." I know that sounds

self-serving. But Jesus wasn't being partisan; it's just the way it is.

The Bible gives us a number of pictures of both heaven and hell, but the bottom line is this. If we serve God on earth, we shall spend eternity with Him. That, however you visualize it, will be heaven. On the other hand, if we live without God on earth, we are going to spend eternity without Him. And that, however you visualize it, will be hell. You and I don't want to go there!

Our message is based on the conviction that sin is a major obstacle to a viable relationship with God. God has decreed, as a matter of justice, that sin must be punished -- by death. We each have sinned and therefore death -- that is, eternal separation from God -- is the divine judgment against each one of us.

But God "so loved the world" that He proposed a solution. He sent His

son -- through Mary -- and it is an honor to tell you Mary did not abort! The Perfect One -- the only human [Who was also Divine] to never have sinned -- lived to die in our place. Jesus did something about "the mess we're in." He gave His life that we might live.

We are not playing games here, and it is unconscionable to mock the life He lived and the sacrifice He made. If Mary had had an abortion, we would all be eternally damned. His death -- in our place -- was necessary to justify God's forgiveness. That was why the Apostle Peter said, "Salvation is found in no one else." Forgiveness, and heaven, is available to all, but it can be appropriated only through Jesus Christ. He is no joke! Don't treat Him like trash!

For more thoughts like these, follow me at indefenseoftruth.net.

North Country Notebook

Of ravens and chickadees, and earning a year in camp



By JOHN HARRIGAN
COLUMNIST



COURTESY

There are many photos of ravens, but few (to me) as appealing as this one, which presents the bird as slightly scruffy, which to me it is, with an almost sardonic look. (Courtesy instockphoto)



Ravens and chickadees would seem to be on opposite ends of the spectrum, yet they are always among what I first look for, the one most often way up high, and the other flitting from trees to feeders and back.

Because of where I live, on a high place on a ridge, I can see far around, and can often spot ravens as they ride air currents to make travel a little easier. Their timing this early spring makes me wonder if they're coming from the upper Androscoggin

watershed. They tend to show up around my place just after mid-day, and these days, I think, are polishing up their act on the crows, like off-Broadway, getting a good flap going here before they break off and go home to hoof it for the locals.

The chickadees, meanwhile, spend as much time cocking an eye skyward as they do charting a course to the

brief danger of the feeders and back. The danger comes in the form of a fox or fisher or any other carnivore that can steal around the snowbanks and leap up at an unguarded moment, or a hawk cruising through the undergrowth.

+++++

Once grown, the raven seems to know no such fear, perhaps one reason for its penchant

The etymologist can glean a certain delight in discovering, at best by field experience, that Native Americans developed various regional sound-alike words for the humble chickadee. This photo appeared in a New Hampshire Audubon feature on birds that might be hanging around your suet. (Jeff O'Keeffe, Audubon Photography Awards)

for play. I'm lucky to have watched this kind of horseplay, particularly when parents were teaching the kids to fly. If pressed to name a favorite bird, I guess it would be the raven, the chickadee coming in a close second.

A writer I've long admired, Bernd Heinrich, has lived among and studied ravens in the

wilds of Maine for many years. He has a camp often vaguely described by reviewers as "east of the Presidentials," which covers a lot of territory, but which I'd bet is not all that far (as the raven flies) from mine.

Heinrich figured out a way to spend a year in camp while someone else was paying for grub and the like, which is

the way to go. His first book, "Bumblebee Economics," led to many more, among them "Ravens in Winter" (1989), and "Mind of the Raven" (1999).

Here is a man who not only successfully bucked the American educational system but also pushed his physical abilities to the limit, first in marathons and then in endurance running. His book "Why We Run" gets into both the psychology and physiology of running, the former being, in my book, much the more difficult. The last time I checked, he was still running, competitively, at 81.

In trying to describe the running down of game, which in some cultures is still going on and in my younger years was still part of the culture here, various papers fo-

SEE NOTEBOOK, PAGE A5

Comfort Keepers

Malnutrition: A serious concern for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

We all know that we feel better when we eat well. Good eating habits, and being mindful of healthy eating goals, can improve mental and physical health, and give us the energy we need to do the activities we love.

Unfortunately, too many seniors are not having their nutritional needs met. Changes in our bodies as we age, and changing dietary needs, can make healthy eating more difficult for older adults.

One in three hospital patients is malnourished upon admission and almost one-third of U.S. patients (31 percent) experiences declines in nutritional status while in the hospital.

The health risks associated with malnutrition can be especially concerning for seniors. Symptoms can include:

- Weakened immune system
- Poor wound healing
- Muscle weakness
- Weight loss
- Dental issues
- If engaging in good

eating habits is a struggle, there are steps anyone can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns, they can also try the following tactics to get back on the right track:

Make meals a social occasion – Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can look like making something healthy and delicious for others or reaching out to people that love to cook healthy food and offering them your company.

Make healthy eating fit your budget – Good food doesn't have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.

Shop for healthy foods – Having a kitchen stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet.

Encourage people to ask for help – If someone you know has concerns about their ability to

plan healthy meals, shop for the groceries or if they just aren't getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

For those concerned about their nutrition, or the eating habits of a senior loved one, speaking to a medical professional is critical.

Comfort Keepers® can help

For seniors struggling to maintain healthy eating habits, Comfort Keepers caregivers can help with meal planning, grocery shopping, meal preparation and support for physician-prescribed diets. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance,

nursing services, and a host of additional items all

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hamp-

shire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Local residents named to Simmons University Dean's List

BOSTON, Mass. — The following local residents were named to the 2020 fall semester dean's list at Simmons University in Boston.

- * Rachael Violette, Belmont
- * Kayla Zarella, Laconia

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

About Simmons University

Located in the heart of Boston, Simmons is a respected private university offering more than 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a model of higher education that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation of the liberal arts. The result is a Simmons graduate prepared not only to work, but to lead in professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life's work. Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at <https://www.linkedin.com/school/simmons-university/>.

NOTEBOOK

CONTINUED FROM PAGE A4

cus on strategies for use and conservation of energy.

During their brief time as perhaps the freest colonists on the continent, the mountain men described the Indian strategy for running down prey (animal or human), which basically consisted of running in teams and by turns putting on bursts of speed, the whole business coming down, on average, to a steady fast trot or jogging pace, thus wearing out their quarry.

Heinrich, who looks like a tall guy with a lot of leg, was built to run, unlike me. Sure, I ran for years, but even in competition never managed much better than seven-minute miles. In my mind, centuries ago, at the mercy of my French-Irish genes, I'm laboring away in some peat-bog, cutting fireplace turf for the gentry.

Ravens are scavenging

gers par excellence, and like all raptors can spot and probably smell food from on high. Research and peer review are still underway on the smelling part.

In the woods I was taught to go quietly, never with conversation should anyone else be along, and always with pre-selection of footfall unless in travel mode. Clicks of the tongue in such circumstances suffice for communication. In this way, on a soft day for traveling, you can see and hear much you'd otherwise miss.

More than once, I've been stopped in mid-step by the "whoosh-whoosh" of wingbeats, and looked up just in time to see a raven coming along the treetops. On the most memorable of these moments, on a rain-soaked and super-soft day in a small hole in the softwoods, with no wind, the bird looked down and said "grouark!" in that gargling way, as in "What the hell are YOU doing here?", and flapped on.

Chickadees, meanwhile, followed along for most of the way, in

teams, no doubt, each according to its home. (Please address mail,

with phone numbers gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)



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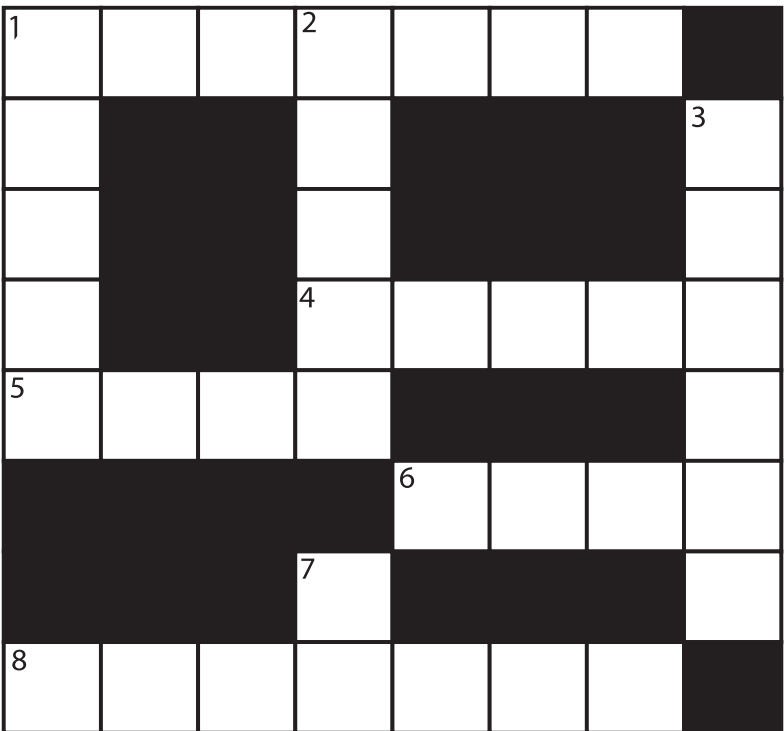
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Crossword Puzzle



ACROSS

- 1. Festive day
- 4. Sweet ingredient
- 5. Slang for “yes”
- 6. A story
- 8. Irish patron saint

DOWN

- 1. Joyous
- 2. From Ireland
- 3. ____ beef and cabbage
- 7. Area of a hospital (abbr.)

THIS DAY IN...



HISTORY

- **1762:** THE FIRST ST. PATRICK’S DAY PARADE IN NEW YORK CITY TAKES PLACE.
- **1941:** U.S. PRESIDENT FRANKLIN D. ROOSEVELT OFFICIALLY OPENS THE NATIONAL GALLERY OF ART IN WASHINGTON, D.C.
- **1963:** MOUNT AGUNG ON BALI ERUPTS.



THIS HOLIDAY HONORS A PATRON SAINT OF A EUROPEAN NATION, BUT IT IS WIDELY CELEBRATED AROUND THE WORLD.

ANSWER: ST. PATRICK’S DAY



GAELIC

culture and language associated with Ireland and Scotland



ENGLISH: Irish

SPANISH: Irlandés

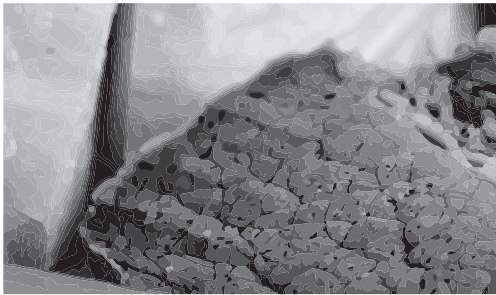
ITALIAN: Irlandese

FRENCH: Irlandais

GERMAN: Irisch



ACCORDING TO LEGEND, LEPRECHAUNS WILL PINCH ANYONE WHO IS CAUGHT NOT WEARING THE COLOR GREEN ON ST. PATRICK’S DAY.



Can you guess what the bigger picture is?

ANSWER: CORNED BEEF & CABBAGE



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to the workplace.
Each number corresponds to a letter.
(Hint: 8 = E)

A. 26 1 1 20 13 8

Clue: Place to work

B. 8 4 12 10 26 24 8 16

Clue: Boss

C. 12 22 24 13 9 8 13 21

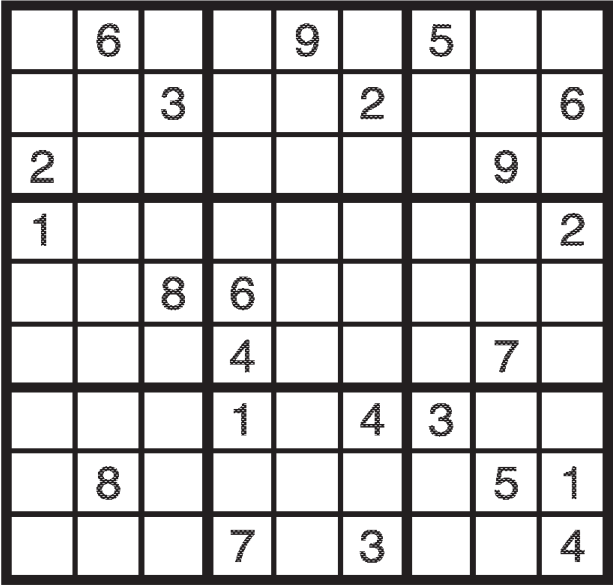
Clue: Compensation

D. 10 22 7 26 16

Clue: Work

Answers: A. office B. employer C. paycheck D. labor

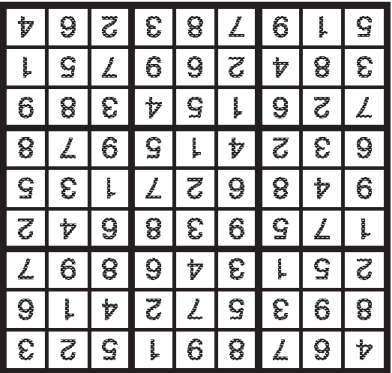
SUDOKU



Level: Intermediate

Here’s How It Works:

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



ANSWER:

More than 200 take part in Do-it-Yourself Winni Dip

REGION — The February and March fundraisers for Special Olympics New Hampshire involve water. In a typical year that water is either the Atlantic Ocean or Lake Winnepesaukee. Of course, 2021 is still far from being a typical year and the 2021 Winni Dip presented by Coca-Cola Beverages Northeast was conducted as a “Do-It-Yourself” event similar to last month’s Penguin Plunge.

More than distance usually separates these two fundraising events. While the ocean temperature this time of year hovers around 40 degrees, the Big Lake usually clocks in at just above the freezing mark. As a DIY event, this year’s Winni Dip saw participants in both the ocean and the lake as well as backyards, parking lots and beyond.

The Winni Dip is split into four categories; the Cool Schools Winni Dip for middle and high schoolers, the Law Enforcement Winni Dip for those in public safety, the 24 Hour MEGA Winni Dip for brave souls willing to dip 24 times in 24 hours and the Community Winni Dip for everyone else.

The decades-long bond between law enforcement in the Granite State and the athletes of SONH is evident on Winni Dip weekend. Nearly 100 members of law enforcement took part in this past weekend’s fundraiser. Many of these same officers also participate in the annual Law Enforcement Torch Run for Special Olympics New Hampshire as well.

The Winni Dip(s) are part of the SONH Winter Water Sports Series and are the most important fundraisers of the year for the more than 3000 Granite State athletes served by Special Olympics New Hampshire. Funds raised by the DIY Winni Dip will be critical to SONH programs moving forward and all funds raised by the Dip stay in the state.

As in past years, “dippers” registered online and raised funds via their social media channels and the online platform. Unlike past years, there was no gathering at the Margate Resort in Laconia. Special Olympics New Hampshire delivered a “Dip Tank” to participants. The tanks were filled with incentive items, snacks and other items from sponsors, and drinks from presenting sponsor Coca-Cola Beverages Northeast.

Dippers were asked to find their own water source and location to make their dip anytime March 6 or 7. Participants were reminded to follow all local and state Covid-19 guidelines and to remain safe while plunging.

“We appreciate the continued support that law enforcement shows for our athletes as well as the great turnout from several schools across the state” said SONH President and CEO Mary Conroy.

“We are beyond thrilled about the number of participants for this DIY event and can’t thank our donors and sponsors enough,” she continued.

More than 200 people took their Winni Dips across the state this past weekend. Some dippers were alone while others made their fundraising efforts in socially distanced groups.

“The funds raised from our Winter Water Sports will go a long way in getting our 3000-plus athletes back to activities as soon as it’s safe to do so,” according to Conroy.

More information about Special Olympics New Hampshire is available at www.SONH.org.

VOTERS

CONTINUED FROM PAGE A1

Article 15 on Northfield’s town warrant, a petitioned request that the board of selectmen obtain answers from the IRS as to the legitimacy of requiring that residents pay federal income tax, was the only article not to pass. There was, however, an amendment made to Article 6 — a request for funds to purchase equipment for the purpose of road maintenance — reducing the requested amount from \$154,000 to \$147,000.

Northfield’s 2021 operating budget will be set at \$3,633,652.

In Sanbornton, the only contested race on the ballot was once again for a seat on the board of selectmen. Bob Lambert emerged as the winner with 253 votes, while Scott Morrow and Glenn Frederick each received 31. Kate Osgood and Robert Presby were elected to the budget committee; Paula Grassie will join the library trustees; and Lynn Chong was elected a trustee of the trust funds. Both zoning amendments passed as well.

Sanbornton will hold its annual town meeting on May 15 at the field behind the old Town Hall.

Tilton’s Board of Selectmen will welcome a new face in Scott Rugles, who was elected to one of two open seats on the board, with 161 votes, along with incumbent Pat Consentino, who garnered 159 votes.

James Cropsey came in a distant third with 64 votes, followed by Anna Yasharian with 45, Dan Vinal, Jr. with 22, Robert Yanity with 19, and Brad Walther with 14. Write-in Bill Lawrence will join Debra Shepard and Judy Tilton on the town’s Budget Committee, while Janice Boudreau will serve as a Trustee of the Trust Funds, and Katherine Dawson will join the Sewer Commission. The three proposed zoning amendments put before voters as ballot questions also passed.

Results from Tilton’s Town Meeting, which took place Saturday morning, were not available as of our press deadline for this week’s edition, and will be reported next week.

ART

CONTINUED FROM PAGE A1

the Lakes Region, as a way to thank and recognize them for all they’ve done.”

Anyone who’d like to participate, artist or not, regardless of age, talented or not, to create a ‘Heart for a Hero’ is invited to do so. The LRAA Gallery has the art supplies you’ll need and an LRAA member artists there to assist you, at no cost, on Thursday-Sunday 10 a.m.-6 p.m., or do one or many at your home. Your ‘Heart for a Hero’ will be displayed on the gallery walls for the for the month of March, and then on to the NH Veterans Home,

Tilton, for the enjoyment of the veterans and staff. Some have really taken on the project with great gusto and submitted a number of paintings. One such inspired artist is nurse Roumiana Adams. She has produced seven ‘Hearts for Heroes’ paintings.

“We are so impressed and thankful for what she’s painted,” concluded Sandstrom.

The Lakes Region Art Association and Gallery is a 501(c)3 non-profit organization located in the Tanger Outlet Mall, suite 132, 120 Laconia Rd. Tilton. For information, contact: info@lraanh.org.

BELMONT

CONTINUED FROM PAGE A1

ovan of Belmont and the Mountaineer lead was 28-5 at the halftime break.

Berlin got the first three baskets of the third quarter, with Kolbe Delafontaine hitting the first hoop of the frame, followed by a hoop from Christopher Trask and another from Ross Belanger for the 34-5 lead.

Marrone drilled his second three-pointer of the night for the Raiders but Berlin came back with the next four hoops. Randy Belanger started the run with a hoop and Candice Howry followed with her own basket. Jeremy Howry hit a pair of baskets to close out Berlin’s scoring in the frame.

Marrone rounded out the overall scoring by hitting a hoop for Belmont, putting the Berlin lead at 42-10 heading to the fourth quarter.

Delafontaine hit the first basket of the fourth quarter for Berlin and Roger Belanger added the second hoop. Marrone drilled another basket for Belmont and Trask rounded out the scoring with a hoop for Berlin, securing the 48-12 win.

Randy Belanger finished with 16 points to lead the Mountaineers while Roger Belanger added 14 points. Marrone led the Raiders with 10 points on the afternoon.

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

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Edward Jones: Financial Focus

Financial checklist for new(er) parents

If you're a brand-new parent, or even if you've been one for a little while, you're no doubt filled with the many joys your child brings you. But as caught up as you are with the feelings and experiences of today, you also need to think about the future – specifically, the financial issues that accompany a growing family. What are some of the key moves you need to make?

Here's "checklist" to consider:

Establish a budget. If you're going to meet the additional expenses of a child, plus make progress toward other objectives, such as paying down debts, you'll need to know where your money is going. Setting a budget, and sticking to it, may seem difficult, but once you've gotten into the habit, it will become easier – and for many people, following a budget actually gives them more of a sense of control over their finances. Over time, expenses related to your children will change, so you'll need to adjust your

budget accordingly – for example, once a child is in school full-time, childcare expenses may drop, which could allow you to boost your savings.

Protect against the unexpected. If something were to happen to you, how would your child, or children, be affected? Even a family with two working parents can face serious financial difficulties if one of the parents were to die prematurely, or even just drop out of the workforce temporarily due to illness or injury. To help ensure your family could still stay in your home and your children could still afford to pursue higher education, you'll want to create an appropriate protection strategy involving both life and disability insurance. Your employer may offer both, but the coverage provided may not be sufficient for your needs, so you may need to purchase your own policies. And here's another protection-related idea: Try to build an emergency fund

containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. Without such a fund, you might have to tap into your longer-term investments to pay unexpected costs, such as a major car repair.

Prepare for high cost of higher education. You may already be thinking about sending your child to college. And it is indeed a good idea to start planning early because college is expensive, and it's getting more so every year. However, you can prepare for these expenses through a college-savings vehicle, such as a 529 plan. A financial professional can help you pick the investment, or investment strategy, that's appropriate for your needs. But whatever route you decide to follow, you won't want to wait

until your child is close to college age.

Keep long-term goals in mind. Even while planning for the costs associated with raising a child, including saving for college, you can't forget your other long-term goals. It isn't selfish to build resources for your own retirement – in fact, you'll ultimately be helping your family greatly by taking steps to maintain your financial independence throughout your life. So, during your working years, try to consistently contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. Having a child is obviously a life-changing event, and one with considerable financial challenges – but they can be manageable if you make the right moves at the right times.



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Financial Advisor
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PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

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

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Assistant Director of Campus Recreation
Chief Diversity Officer and Director of
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Facility Project Manager III
Director, Counseling Center
Counselor I
Building Service Worker (Custodian)
First Shift (5:00 AM - 1:30 PM) Monday - Friday
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Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

FACULTY:

Teaching Faculty (Non-Tenure Track), Management
Teaching Faculty (Non-Tenure Track), Education
Teaching Faculty (Non-Tenure Track), Secondary English Education
Teaching Faculty (Non-Tenure Track), Sales & Entrepreneurship
Teaching Faculty (Non-Tenure Track), Mathematics
Teaching Faculty (Non-Tenure Track), Criminal Justice
To view full descriptions of the positions and to apply,
please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

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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 hrs/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.

TOWN OF CENTER HARBOR
Code Enforcement Officer

The Town of Center Harbor is seeking a part time
(8 – 12 hours/week) Code Enforcement Officer. The
person in this role will work with a variety of people
in the community, including contractors, developers,
engineers, architects and others, providing information
on code issues as well as helping them to navigate
the Center Harbor Zoning ordinances. In addition,
this position will assist in resolving and understanding
issues related to various building, electrical, plumbing
and other codes and laws concerning building
construction. He/she will review both plans for proposed
construction projects and permit applications for
buildings and signs to ensure compliance with all
Center Harbor rules, issue permits, inspect buildings
and structures to ensure adherence to code specifications,
and enforce Town sign code, housing code and site
plan conformance. The person in this position will
work with the Planning and Zoning clerk for general
administrative support and office tasks, and other
duties as needed.

The ideal candidate will have at least five year's combined
education and experience in construction, building
inspection, plans review, or related field; the ability
to write reports and other correspondence; strong
interpersonal and verbal skills; and demonstrated
experience presenting information effectively and
responding to questions from individuals and groups
of people. Good math and technical comprehension
skills are required One relevant plans examination
or inspectors certificate issued by the International
Code Council is desirable at time of hire. Once
hired, within two years he/she must become certified
as a One and Two-family Dwelling Combination
Inspector. Valid driver's license is required. Pay
range is \$26.00 to \$35.00 per hour, depending on
experience. No benefits are included. Mileage is
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Apply today: Please send a letter of interest, including
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Applications will be accepted until the position is filled.



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Glenclyff Home

is accepting applications for fulltime

Licensed Nursing Assistant's

LNA I \$13.86 - \$16.07

LNA II \$14.95 - \$17.37

Direct Care \$5.00 per week

Full and Part Time Positions Available

To provide individualized direct care to psychiatric and/or developmentally delayed residents, including the care and maintenance of sanitary conditions of residents and surroundings: Works under the general direction of a licensed nurse.

LNA I - Graduation from high school or G.E.D. equivalent. No experience required. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.

LNA II - Graduation from high school or G.E.D. equivalent. Two years of experience as a Licensed Nursing Assistant. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.

State of New Hampshire benefit package
Health/Dental/Vision/Prescription plan
Single \$22/ 2-Person \$44/ Family \$66 (Bi-Weekly)

Michelle Booker, Director of Nursing
393 High Street, PO Box 76, Glenclyff, NH 03238
(603) 989-5226

Michelle.Booker@dhhs.nh.gov
Applications can be completed and benefits reviewed online at
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LNA
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*RN – Perioperative / M-S

*RN Nurse Manager

*RN – M/S Charge, Night Shift

*RN – Surgical Services Manager

*RN – E.D. Charge, Night Shift

*Speech/Language Therapist

*Multi-Modality Radiologic Technologist

PART-TIME

RN – M/S, Day Shift

PER DIEM

Cook

LNAs – RNs

Certified Surgical Tech

Patient Access Representative

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

Glenclyff Home

is accepting applications for fulltime

Registered Nurses I-III

Licensed Practical Nurses I-II

Salary Range: \$50,835.20 - \$71,052.80 Salary Range: \$45,177.60 - \$57,408.00
Additional 15% Enhancement on Salary Base (Not Included)

40 hours/week – All Shifts and Part-time Available

Direct Care an additional \$1,040.00
Add additional 2nd shift diff. at \$4,160.00
Add additional 3rd shift diff. at \$7,280.00

To provide professional nursing care to residents within an assigned unit and provide and support medical care as directed by medical staff and pursuant to objectives and policies of the nursing department and Glenclyff Home. Must possess and maintain a current license as a RN/LPN in NH. Salary and Position determined by years of experience and certifications.

State of New Hampshire Benefit Package!

Health/Dental/Vision/Prescription plan
Single \$22/ 2-Person \$44/ Family \$66 (Bi-Weekly)

Michelle Booker, Director of Nursing
393 High Street, PO Box 76, Glenclyff, NH 03238
(603) 989-5226

Michelle.Booker@dhhs.nh.gov
Applications can be completed and benefits reviewed online at
<https://das.nh.gov/hr/index.aspx>

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- The State of New Hampshire's outstanding benefits package which includes health and dental insurance, a retirement plan, and much more.
- Career advancement opportunities in the field of nursing.

A typical class schedule is

Tue, Wed, and Thu from 8:30 a.m. to 2:30 p.m.

however this is subject to change.

CALL or EMAIL NOW FOR MORE INFORMATION!

If you interested in joining our team
please contact Kelley Zogopoulos for more information.

Telephone (603) 989-5299
Email Kelley.J.Zogopoulos@dhhs.nh.gov



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Lift Maintenance Mechanic

Career Opportunity

If you are looking for an exciting career move, apply to Loon Mountain's current opening for a Lift Maintenance Mechanic. This is a full-time, year-round, fully benefited position. Work with an experienced and dedicated team to keep lifts maintained and inspected. Two to five years lift or mechanical experience preferred. Don't miss out; view a full job description and apply online at www.loonmtn.com/jobs



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This is a full time position in our Ashland store. Duties include assisting customers and contractors with product selection and order entry. Will train the right candidate. Basic computer skills required. Excellent customer service skills a must. Weekend hours on a rotating basis is required.

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Help Wanted

Sales position available. Harris Family furniture in Plymouth is looking for another person to join our sales team. Harris Family Furniture serves all of NH, providing quality furniture and mattresses backed by exceptional customer service. If you enjoy working with people in a comfortable environment, this job may be for you. Prior sales experience is helpful, but not a must. Call Russ at 603-536-1422 or email resume to harrisfurniture@myfairpoint.net.

Delivery position available. Harris Family Furniture in Plymouth is looking for delivery help. Job includes delivering furniture and mattresses to customers' homes, moving furniture and mattresses around on the store floor. If interested call Russ 603-536-1422 or stop by and pick up an application.

Office operations Manager wanted. Harris Furniture in Plymouth. This job includes, but is not limited to, order entry, receiving and generating purchase orders, answering phones if needed, and some bookkeeping. Must be willing to learn our computer software. Come join our team. Email Russ at harrisfurniture@myfairpoint.net or drop off resume at Harris Family Furniture in Plymouth.

Ashland Elementary School
2020-2021 School Year
VACANCY

Special Education Paraeducator

Terms: School-year, 7 hours per day

Qualifications: Seeking applicants who hold Paraeducator II certification through the NH Department of Education (or eligible for certification). Must possess strong communication skills, have the ability to take direction and be able to understand and assist with instruction. The successful applicant must meet all required conditions of employment.

Applications:
<https://www.interlakes.org/administration/human-resources> for a Support Staff Application

Please submit cover letter, resume, application and three letters of reference to:

Ashley Dolloff, Human Resources Director
ashley.dolloff@interlakes.org
or
103 Main Street, Suite 2
Meredith, NH 03253

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- Banquet Services (Set-Up)
- Banquet Server
- Beverage Cart Attendant

- Banquet Bartenders & Barbacks
- Bartender
- Facilities Maintenance (1st, 2nd & 3rd shifts)
- Restaurant Shift Supervisor
- Guest Services Assistant
- Line Cook
- Dishwasher
- Prep Cook
- Guest Activities Assistant
- Facilities Maintenance Manager

LCJ Management DBA Owl's Nest Resort provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability, or genetics.

In addition to federal law requirements, Owl's Nest Resort complies with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absence, compensation, and training.

Owl's Nest Resort expressly prohibits any form of workplace harassment based on race, color, religion, gender, sexual orientation, gender identity or expression, national origin, age, genetic information, disability, or veteran status.



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Laconia resident publishes first book

LACONIA—A Laconia resident has recently published her first book, a memoir.

Charlese Moses authored “Given to Submission: A journey of shame, truth, and forgiveness,” which tells the story of Moses’ painful childhood, leading up

to a traumatic experience in the military.

Moses grew up in both Massachusetts and Maine, as her parents were restless and moved frequently. Lonely and shy because she didn’t speak English in an English-speaking school, and insecure because

her parents were as rigid as her Catholic upbringing, Moses had a rugged childhood that also included several specific traumas.

After an impulsive, and brief, first marriage, Moses entered the United States Marines as a private. She was brow-

beaten by superiors and placed in an impossible situation. Her lack of self-esteem led her to make a decision she deeply regrets to this day. Given to Submission tells the story of the early part of Charlene’s life and how it led to the action she took in the military, for which she seeks forgiveness.

The book is the story

of a young woman butting her head against the odds as well as an apology. It will appeal to adults and young adults. Moses hopes reading it will help empower others.

“Given to Submission” was published by Janice Beetle Books and is available at janicebeetlebooks.com, in the Shop.

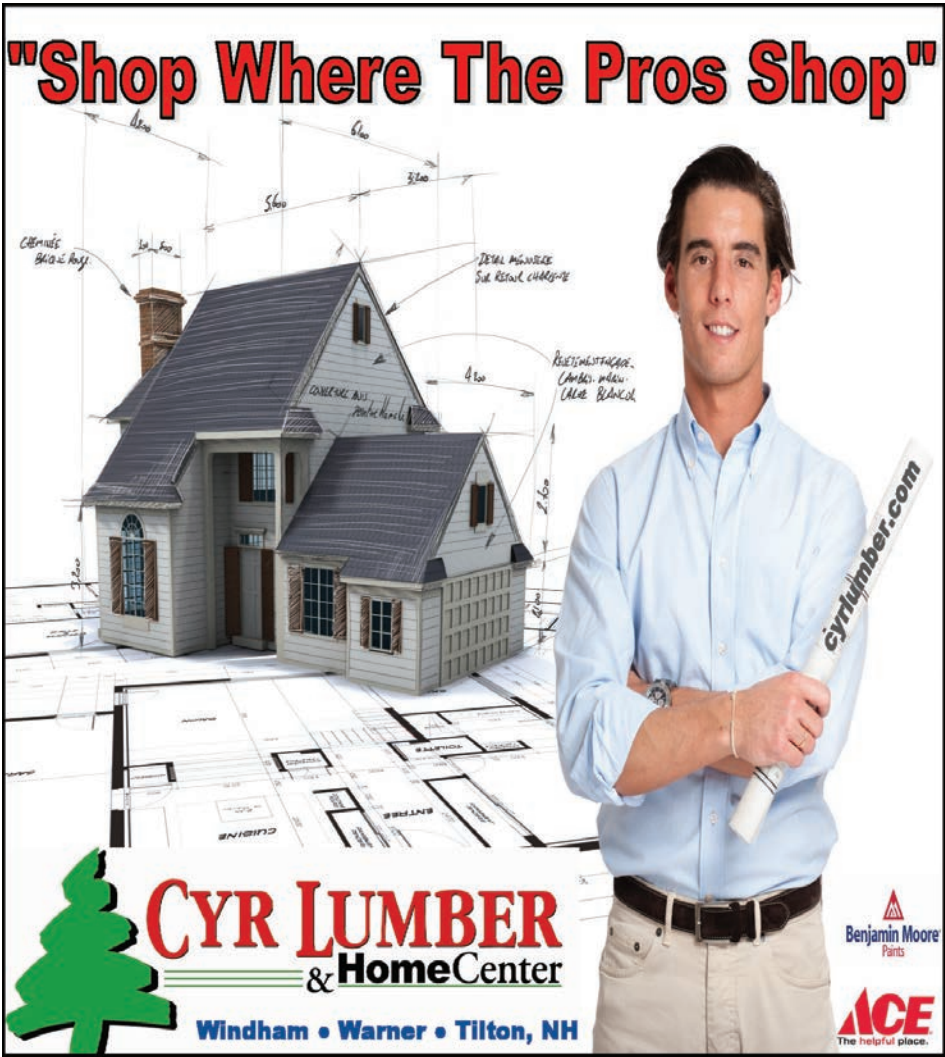
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Charlese Moses

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