THURSDAY, JANUARY 6, 2022

### Bulldogs have strong showing in inaugural holiday tournament



Colin Logan reaches down to make a save in his team's win over Pembroke-Campbell in the

### Voters will decide on proposed short-term rental ordinance

BY ERIN PLUMMER

mnews@salmonpress.news

Voters will decide on a proposed ordinance that would regulate short-term rentals.

The Planning Board is proposing an amendment to the zoning ordinance creating an ordinance for short-term rentals after several concerns had been raised on these rentals.

The draft ordinance was released on Dec. 27, and the first public hearing on the proposed ordinance took place on Monday (after press time).

According to the draft ordinance released on Dec. 27, short-term rentals would be defined as a rented dwelling unit for periods of up to 30 consecutive days for lodgers and guests or one that is offered for rent for 15 or more days in a calendar year. The definition includes dwellings that otherwise do not constitute a hotel, motel, or bed-and-breakfast.

Under the proposed ordinance, any short-term rental unit in any zone would require a conditional use permit issued by the board of selectmen. Applications requirements would include a site plan, floor plan, and information on septic systems, garbage storage and removal, and other information. It would also require certification from the fire chief that the rental meets life safety codes.

After receiving the application, the selectmen would submit it to the planning board for review and comment that would be sent back to the selectmen for their action.

The permit would be good for one year from issue date. It could be renewed for an additional year with the submittal of a conditional use renewal application to the selectmen within 60 days of the expiration

Notice of the conditional use permit application would be mailed to abutters within 14 days of the Planning Board or selectmen acting on it.

Under the draft ordinance the number of guests cannot exceed two people per bedroom plus two additional guests. Children under three-years-old would be counted as half a person when considering occupant load.

The maximum number of people allowed during 8 a.m.-midnight will be one and a half times the maximum occupant load. Guests as part of the maximum occupant load are also the only people that can be on the property from midnight to 8 a.m.

Sleeping will only be allowed in specific sleeping areas outlined in the application's approved floor

The ordinance also contains rules regarding parking, garbage, fire pits, noise, and others.

For the full text of the draft ordinance issued on Dec. 27, visit https://www.gilfordnh.org/resources/ Planning-Board-22. Copies of the draft ordinance can also be found Gilford town hall at the town clerk's office and the Department of Planning and Land Use during business hours.

The proposed ordinance will go before voters during the 2022 deliberative session and town meeting voting process.

Sports Editor

LACONIA — The Belmont-Gilford hockey team hosted the first Brady Sullivan Christmas Tournament over the vacation week at Merrill Fay Arena, welcoming Spaulding, Kearsarge-Plymouth and Pembroke-Campbell to town for three days of



Christmas Tournament in Laconia on Dec. 29.

The Bulldogs had a successful tournament, allowing three goals over the course of the three games and scoring 13 total.

"It was a success, everyone seemed to have fun and enjoyed it and want to come back," said B-G coach Jason Parent. "That's a step in the right direction.

"Brady Sullivan gave

going, they're a great organization," the Bulldog coach added.

The Bulldogs closed out the tournament with a 3-2 in over Pembroke-Campbell, in a game that ended a few seconds early after a Pembroke-Campbell player had to be helped off the ice following a hit behind the net.

The Bulldogs got an us the money to get it early centering pass from Aidan McKenzie that just missed connection in front and keeper Colin Logan made a few saves at the other end of the ice. Owen Guerin made a good run in the zone that was turned away and Dylan Flannery had a chance in the zone.

McKenzie had a bid denied and Evan Guerin

SEE **BULLDOGS** PAGE A10

### Some police programs ight restart in 2022

BY ERIN PLUMMER mnews@salmonpress.news

Police patrol activity increased in 2021 and a few police department programs might be restarting after the initial

onset of the pandemic. Police Chief Anthony Bean Burpee gave the board of selectmen an update on his department during the Dec. 22 meeting.

Bean Burpee said patrol activity had increased in 2021 over the previous year. As of Dec. 14, 2021, the department received a little over 16.000 calls for service with 550 arrests, 3.400 traffic stops, and they

investigated 223 motor

"We were a little bit reactive last year, out there during COVID and making traffic stops," Bean Burpee said, "but again we're back with our saturation details and have stepped up efforts in those areas."

Selectman Chan Eddy said from a personal

perspective he's noticed more people than usual seem to be driving carelessly, saying he wondered if distracted driving is a significant

Bean Burpee said he has experienced a lot of different forms of dis-

SEE **PROGRAMS** PAGE A10

### Town working on future PFOA mitigation at town hall

BY ERIN PLUMMER

mnews@salmonpress.news

The town will have to take action to mitigate PFOAs in the town hall water supply, a project that can be done using federal recovery funds.

During the Dec. 22 selectmen's meeting, Administrator Scott Dunn said he received a letter from the NH Department of Environmental Services in response to the PFOA study in the town hall's drinking water.

He said the DES wants the town to submit a groundwater management permit application and establish a groundwater management zone on the property with monitoring wells. Dunn said the results were "as I previously warned."

Dunn said they did learn the town can use some of its ARPA funds to do this.

"I've asked our con-



The Gilford selectmen met on Dec. 22 to discuss topics including future PFOA mitigation efforts for the town hall's water supply.

sultant to nail down exactly what DES is looking to do and come to us with a proposal on the cost of doing that," Dunn

He said he will come back to the board with further action.

Selectman Kevin Hayes asked what would happen if the town refused to do this and Dunn said they did try that.

"We tried that initially and put a warrant article in and the voters approved it so our argument for saying no went away," Dunn said.

In this process, the town got a grant to study the feasibility of connecting to Laconia's water system, but the results

indicated it would not be economically feasible.

The project will require drilling a new well and treating the water. A study on the project is being funded by DES and will give the town cost estimates for the project. The town can use some of its ARPA funding to take care of these issues.



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# Notes from the Gilford Public Library

Classes & Special **Events** 

Jan. 6 – Jan. 13

Thursday, Jan. 6 Geri Fit, 9-10 a.m. French, 4-5 p.m.

Friday, Jan. 7

Senior Sculpt, 9-10 a.m.

Bridge, 10:30-11:30 a.m. Preschool Storytime, 10:30-11 a.m.

Hand & Foot, 12:30-2:30

Advanced Conversational German, 2:30-3:30

Beginner Line Dancing, 4-5 p.m.

Monday, Jan. 10 Geri Fit, 9-10 a.m. Tai Chi. 10-11 a.m.

Babies & Co. Storytime, 10-10:30 a.m.

Mah Jongg, 12:30-1:30 p.m.

Motivational Monday, 1 p.m.

Renee Cupples, owner of The Yoga Loft in Belmont will share her tips to motivate you and jumpstart your Monday! Watch on our FB, You-Tube channel, and/or on our website.

Tuesday Jan. 11

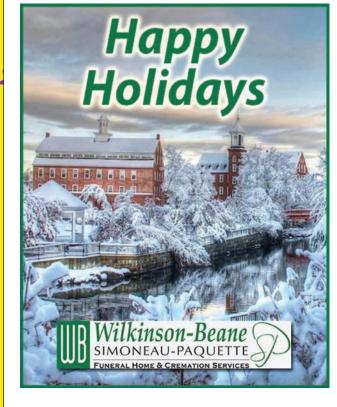
### Gilford Public Library Top Ten Requests

- "The Paris Detective" by James Patterson
- "Better off Dead" by Lee Child
- "Wish You Were Here" by Jodi Picoult
- "Criminal Mischief" by Stuart Woods
- "Fear No Evil" by James Patterson "The Wish" by Nicholas Sparks
- "The Midnight Lock" by Jeffery Deaver
- "Mercy" by David Baldacci
- "Atomic Habits" by James Clear
- "Never" by Ken Follett



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Senior a.m.

Bridge, 10:30 a.m.-12:30 p.m.

Preschool Storytime, 10:30-11:30 a.m.

Ted Talks Tuesday, 10:30-11:30 a.m.

Join us each month as we explore different topics through the ever popular Ted Talks. Discus-

sion and coffee will flow freely throughout the hour. In January, our first Ted Talk Topic is "The One Minute Secret to Forming a New Habit." You know how resolutions often go: you set a goal and start strong ... then the motivation runs out and feelings of frustration and shame creep in. The struggle is real - but what if it doesn't have to be? Sociologist Christine Carter shares a simple step to shift your mindset and keep you on track to achieving your grandest ambitions.

RSVP as space is limited. Intermediate Line Dancing, 4-5 p.m.

Wednesday, Jan. 12 Check out an Expert, 10 a.m.-noon

Chess Club for Beginners and Above, 10 a.m.-

Teen Early Release: Korean Game Party, 12:30-1:30 p.m.

Come get in the spirit for the Lunar New Year with some traditional Korean games! Learn to make your own ddakji, test your aim with tuho, and see if you can beat the dalgona candy challenge. Prizes and music have been chosen especially for you by students in Jeju, South Korea!

Early Release: Winter Mugs, 1:30-2:30 p.m.

Decorate your own winter mug to fill with hot cocoa! Sign-up required\*

Paint Group, 1-3 p.m.

Thursday, Dec. 30 Geri Fit, 9-10 a.m. Virtual Book Chat, 1 p.m. French Club, 4-5 p.m.



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- ☐ Consider buying an electric or battery operated snow blower rather than a gas model (you may get a pre-sea son deal)
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### Another record-breaking year for Mix 94.1 FM's Cash & Cans

Austin and Lily stopped by one of the many live broadcasts during Mix Cash & Cans week to make a donation. Mix 94.1 FM's Fred Caruso happily accepts.

REGION — Despite the on-going pandemic and economic uncertainty, the 35th annual Mix 94.1 FM Cash and Cans Money and Food Drive for the holidays had another record year. \$61,111.34 was raised along with thousands of pounds of non-perishable food, all donated to local organizations and non-profits to help those in need.

"When we started this in 1987, we never imagined it would grow into this," said founder Fred Caruso who, along with morning co-host Amy Bates, accepted listener donations by broadcasting at 18 central New Hampshire locations the week of Dec. 13-17. "It's amazing to me this fundraiser, in its 35 years, has always raised more than the year before, which enables us to help more people through the organizations that benefit from our listeners' generosity. And, we can't thank the business



community enough. Everyone was just so generous."

This year's campaign was jump-started by the sale of the ten-dollar, Mix Cash & Cans Prize Calendar.

"All those ten-dollar bills really added up," Caruso said. "We sold more than ever before, over 1,100, which generated over \$11,000 for Cash and Cans. And, the close to five-thousand dollars in prizes on the calendar, were all donated by area businesses and individuals. Our Funspot gift-card fundraiser generated

close to two thousand; Den Brae Golf Course donated one thousand dollars through a benefit golf tournament; we had a fun time during our last broadcast trying to match the two thousand dollars donated by Seufert Law and Grevior Furniture. And we did! Just amazing."

Caruso said donations ranged from \$6,000, to kids with their piggy bank money, to kids bringing in one canned good.

"And the kids at area schools raised more food than ever before. It truly is a grass-roots effort

and we thank each and every person and business who made a donation. We live in a magical area," he added.

All proceeds stay in our local area, benefiting the Twin Rivers Interfaith Food Pantry; Tilton/Northfield/ Sanbornton Christmas Fund; Meredith Food Pantry; Bread & Roses Soup Kitchen; Every Child Is Ours; St. Joseph's Food Pantry; Franklin Police Toys for Tots; Belmont Police Santa's 'Lil Helpers; The Santa Fund of the Greater Lakes Region; St. Vincent DePaul and Northfield/Tilton Congregational Church Food Pantry and American Legion Post 49's food basket program.

For more information about the Mix Cash & Cans Program, contact Caruso at fred@ mix941fm.com. Cash and Cans donations are year-round accepted through Venmo Mixcashandcans checks, made payable to Mix Cash & Cans. Mix Cash & Cans is a public service of Northeast Communications Corporation, a locally owned and operated Northeast Communications Radio Group.

### LRMHC to launch 24/7 Mobile Crisis Response Team

LACONIA — Lakes Region Mental Health Center (LRMHC), the community behavioral health center serving Belknap and southern Grafton counties, announces its launch of a 24/7 Mobile Crisis Response Team program which will significantly enhance the organization's Acute Services Program. Because it is a statewide initiative that will involve all ten community mental health centers, Granite Staters in the midst of a mental health crisis will be able to call a single, statewide number to be connected with mental health and addiction care professionals that can provide immediate access to crisis support via telephone, text, chat or by dispatching LRMHC's Mobile Crisis Response Team to respond to the person in crisis in the community. This initiative is an effort to make access to care easier and faster, reduce the overall number of suicides, opioid overdoses and other causes of preventable mortality, ensure improved outcomes for crisis patients, reduce hospitalizations and incarcerations, and become a first-responder crisis community resource for our region.

"Every community should have robust mental health crisis services so that mental health crises are treated like any other medical emergency: with people receiving the best possible care that helps them on a path toward recovery," said Maggie Pritchard, Chief Executive Officer at Lakes Region Mental Health Center.

Beginning on Jan. 1, individuals can call 833-710-6477 and be provided 24/7 phone support by trained clinicians who can to help resolve a behavioral health crisis, provide referrals to outpatient services or dispatch a Mobile Crisis Response Team to respond to a mental health and substance misuse crisis situation in the community.

Beginning on July 1, individuals will be able to call 988 for assistance with a mental health crisis, or you can contact the Rapid Response Access Point directly by calling 833-710-6477, by texting to 888-888-8888 or by visiting NH988.com.

The Lakes Region Mental Health Center, Inc.is designated by the State of New Hampshire as the community mental health center serving Belknap corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, famivides Acute Services to include Emergency Services and Mobile Crisis Response 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

For more information or to schedule an appointment, call 603-524-1100 or visit the Web site at www. lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for up-

### PD anticipating new equipment, programs

BY ERIN PLUMMER

mnews@salmonpress.news

partment is working on ing on Jan. 12 to accept \$18,000 in Selective Trafsome new programs and getting some new equipment, some of which was possible thanks to grant funds and donations.

During the Dec. 22 meeting, the board of selectmen approved accepting two grants and one donation that will go to toward the police department. They also heard an update on the department from Police Chief Anthony Bean Burpee.

The board approved a \$20,000 donation from the Jensen Benevolence Fund for the purchase of police sidearms and ac- CBRNE rescue vehicle. cessories. The board will another \$20,000 donation from the Jensen Benevolence Fund that will go toward kitchen renovations at the fire station.

The selectmen also approved an increase in the New Hampshire Department of Safety's grant to the police department for technology equipment in cruisers. The grant will increase from \$18,475 to \$28,036.

Approval was also given for accepting a Department of Safety grant of \$300,314 for the Belknap Regional Special Operations Group for a

Bean Burpee said The Gilford Police De- also hold a public hear- the Gilford PD received Enforcement Program (STEP) Grants for saturation patrols looking for intoxicated driving, distracted driving, and speed enforcement. As of that meeting, the patrols had just stared

for the 2022 fiscal year. They are also finalizing the order for the BearCat armored vehicle the department will be getting through a grant.

The department will be receiving new tasers after the start of 2022. They will also get new body cameras through

a new five-year program with Taser.

The department has finished all three phases of its three-year communication infrastructure upgrades.

The project included installing a repeater antenna on top of Walmart. Previously officers had a difficult communicating with dispatch while on portable radios due to the mountain blocking signals. The repeater gets around that block and helps officers when they are outside their cruisers in that area. An antenna and infrastructure were run from Gilford High School to the police station to help officers when they are inside the school buildings.

Bean Burpee they purchased Dragon Law Enforcement dictation software, which will allow officers to do reports by voice dictation. He said they will have some departmentwide training on the program.

Bean Burpee said the department will take part in a virtual reality simulation and officers will be trained on the program.

and southern Grafton Counties. A private, non-profit lies, adults and older adults each year. LRMHC proin Laconia and Plymouth for divorcing families.

dates and information.

#### GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Dec. 15 to Jan. 2.

Allan Nicholson, age 40, of Laconia was arrested on Dec. 17 for Operating After Certification as a Habitual Offender.

Natalie J. Bartlett, age 28, of Concord was arrested on Dec. 17 for Driving Under the Influence-Impairment.

Kristie L. Santy, age 42, of Belmont was arrested on Dec. 20 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Alexander T. Melewski, age 33, of Alton was arrested on Dec. 20 for Driving After Revocation or Suspension.

Christopher Bouchard, age 57, of Chichester was arrested on Dec. 22 for Driving After Revocation or Suspension.

Carah M. Marceau, age 27, of New Hampton was arrested on Dec. 23 for Disorderly Conduct, Resisting Arrest or Detention, and Obstructing Government Administration.

Corey A. Verrill, age 33, of Laconia was arrested on Dec. 23 for Domestic Violence-Simple Assault-Physical Contact.

Matthew Scott Alighieri, age 41, of Gilford was arrested on Dec. 24 for Violation of a Protective Order.

Leslie Ann L. Lovely, age 47, of Gilford was arrested on Dec. 27 for Driving While Intoxicated (subsequent) and

an Open Container vio-

lation. Charles M. Medlin, age 63, of Gilford was arrested on Dec. 30 for Driving Under the Influence-Impairment, Resisting Arrest or Detention, and Disobeying an Officer.

Dale Howard Curtis, age 59, of Gilford was arrested on Jan. 1 for Driving Under the Influence-Impairment.

Nicholas T. McKenney, age 28, of Allenstown was arrested on Jan. 1 for Driving After Revocation or Suspension (subsequent offense) and in connection with a warrant.

A 37-year-old male from Center Sandwich was taken into protective custody drug related) on Jan. 2.

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# OPINION

# Getting healthier this year? Some facts about the human body

The new year is here, and with that come New Year's resolutions. Many people view Jan. 1 as a new slate, a new beginning.

We hear the same resolutions every year — less screen time, workout more, eat healthy, kick smoking, kick sugar, reach out to friends and family more and to write more handwritten notes, to name a few. Most resolutions, however, come back to health. With that in mind, we thought it would be fun to get to know how our bodies work with some interesting facts in the new year, in hopes to give a new and different perspective to things you may want to change, or keep the same.

The largest bone in the human body is the femur, which can support 30 times the weight of a person's body. The femur is stronger than steel. Interesting to note a person's little finger contributes to 50 percent of the hand's strength.

It would take an individual who types 60 words per minute, eight hours per day for 50 years to type the human genome.

Messages from the brain travel along nerves at a speed of 200 miles per hour. If a person's DNA was uncoiled it would travel the distance of 10 billion miles, essentially from Earth to Pluto and back again

It takes roughly 200 muscles to take one step and a human skeleton renews itself every ten years. By the time we reach the age of 70, we will have consumed 12,000 gallons of water. Time to break out the scope, good or bad, there is more bacteria in the human mouth than there are people in the world.

We can detect taste in only a fraction of a second, faster than the time it takes to blink. Our taste buds rejuvenate new taste cells every two weeks. Our brain consists of 86 billion nerve cells that are joined by 100 trillion connections. That's a lot of wiring. The brain uses as much energy as a 10-watt light bulb.

The strongest muscle in the human body is the jaw muscle. The liver is the only organ in our bodies that can regenerate. If damaged enough though, the liver will refuse to function.

The lining in our stomachs is replaced every four to five days so as not to digest itself.

When someone sneezes, it could travel up to 100 mph. Our fingernails grow faster on our dominant hand.

An adult who weighs 150 pounds has a skeleton that weighs roughly 21 pounds. The average human will walk roughly 100,000 miles in a lifetime, comparable to walking around the earth four times.

On average, we have about five pounds of bacteria in our digestive systems. Blood circulates in our bodies roughly 12,00 miles per day, and a human heart beats over three billion times over the course of our lives.

Humans spend roughly 33 percent of their lives asleep, while a dog spends about 44 percent asleep. And forget about cats!

A person takes about 23,000 breaths per day.

The human eye can distinguish between approximately 10 million different colors.

Fingers do not have muscles that facilitate movement. The tendons in our fingers are moved by the muscles in our forearms.

We hope our fun and interesting facts will instigate a shift to a healthier lifestyle in the new year.



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The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.

THE GILFORD STEAMER
PUBLISHED BY
SALMON PRESS

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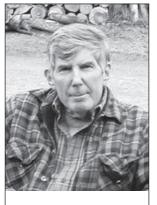
COURTESY PHOTO

#### **Curling champs**

Lakes Region Curling's Team Nine didn't miss a beat between the organization's last curling season, during Winter 2020, and the recently revived Fall league. The team (I to r), Keith Lion of Wolfeboro, Bob "Doc" Dougherty of Laconia, Blaise Masse of Lebanon, Maine, Dan Barnard of Melvin Village, and Dave Alessandroni of Wolfeboro, won its second championship in a row. The squad overcame a rocky start to take the league title in the last end of the final match of the season. Lakes Region Curling Association begins its Winter 2022 league in mid-January, with eight teams competing.

#### **NORTH COUNTRY NOTEBOOK**

#### Notes from all over the place, and the peopling of the West



By John Harrigan

Columnist

As 2021 drew to a close, many people who watch a lot of television must have been wondering about their own sanity. They could have been forgiven for thinking that they were seeing the same ads over and over, hour after hour, and day in and out.

They were. Under federal licensing permits for using public airwaves, stations agree to devote a certain amount of air-time to public service announcements, or PSAs. For TV stations in Maine, New Hampshire, and Vermont, these included PSAs for the Ad Council (a tremulous singer), clean water advocates (a petulant child), and a Girl Scout Boy Scout organization (indecipherable because the sound-mix was so bad).

Viewers were seeing the same "voluntary" ads over and over because stations were struggling to air as many of the free ads as possible before the year ran out. As the year ends, they struggle with a steadily closing window of opportunity to volunteer the requisite amount of free air-time. They select the easiest and most manageable of the lot to squeeze in as the year ends, and run the same ads over, and over, and over.

+++++

Whenever I see it, I wonder why television news producers fuzz the faces of so many alleged illegal entrants into the country. Increasingly, the faces of people at the Rio Grande are fuzzed out, and whenever we see comparatively rare footage from an incident on our own border up here in the frozen tundra, they are too.

Way back a half-century ago, I was taught that anyone in a public place is fair game for a photograph, and as far as I know the rules haven't changed. These desperate people are only accused of doing this or

that to evade or take advantage of the law, not guilty of it, and will have their day(s) in court.

What are they going to do, after all? Sue the media? As any American who's tried to bring suit in a foreign country knows, good luck.

If the TV industry is going to force viewers to sit through endless commercials, the least they could do is give awards out for the best and worst, and let view-

ers decide.

I'd give MacDonald's a big hurrah for its "working stiff" commercial, which shows a sound-asleep guy in the passenger seat snoozing away while his co-worker magnanimously orders coffee for two. Millions of wee-hour workers will empathize.

A big "boo," meanwhile, to news producers who were overly worried about White House groundskeepers blowing leaves and driving by with tractors and otherwise intruding on their precious packaging and placid background. It was a working-world situation, and you'd think the news crews would have reveled in it.

++++

In most years, many a small town can be forgiven for just not wanting to hear much from Concord, period. It's not that all news from the boys and girls under the State House Dome and in the Annex and the Legislative Office Building is bad, every year, year in and year out, but...

One thing the towns always do want out of Concord every single year in timely fashion, however, is the tax rate. The information goes south, more or less in timely fashion, and then the individual towns wait until the Secretary of State's office, or the state budget people, or for all we know the Governor's office, says it's "okay" or otherwise authorizes the "release" of the tax rate. Meanwhile, newspaper presses and TV crews are kept in constant vigilance for the authorized, sanitized, choreographed "release" of what is, after all, the people's news.

What would happen, we've always wondered, if the towns and the news media just decided to tell the state government pooh-bahs to go pound sand?

+++++



Courtes

Kids walking around a now-extinct lake at White Sands National Park in New Mexico left these footprints in the mudflats 22,000 years ago. (Courtesy Dan Odess, National Park Service)

Public relations lingo: "Good optics" means "good visuals," which is media advisor lingo for "good images," and producer lingo for "sexy," which comes down to the station-hype promo "Film at eleven!"

++++-

Crass class thought:
Every new "sustainable" lifestyle initiative seems to involve smalltown and countryside yeomen and serfs doing all the work while somebody else has all the fun.

The peopling of the Western Hemisphere--the how of it all---has long fascinated historians, and has been a favorite topic in this column. The most recent Ice Age, about 15,000 years ago, and the resultant locking up of so much of the Earth's water in the glaciers and the lowering of the oceans, and the emergence of the Bering Land Bridge, have long constituted the most convenient answer.

However, there have always been certain holes in this theory, which came across to many people as just a bit too neat and convenient. Sweet potatoes and to-bacco, for instance, seem to have switched hemispheres over the millennia, each ultimately being found where it theoretically did not belong.

Last year, a preliminary blitz of information indicated (and a more recent spate confirmed) that final evidence has surfaced indicating that the Bering Strait Land Bridge theory will no

longer work. Fossilized human footprints were discovered at New Mexico's White Sands National Park dating to 22,000 years ago, effectively throwing the 15,000-year Ice Age theory out the window.

It was in a precarious position anyway. Reports of a 35,000-year-old charcoal and hearth discovery in northeastern Brazil had cast all sorts of doubt, as had finds of Clovis points in Canada and the U.S. that made the timing of it all pushing plausibility.

Now, after the confirmation of the White Sands footprints, there is no doubt that archaeologists and anthropologists must re-think their theories. The footprints, originally made by teenagers and children in muddy areas around a lake, were found below and above strata containing aquatic plant seeds radiocarbon dated to 23,000 and 21,000 years.

The Cornell University archaeologist who led the footprint project seemed rueful about the long and often painful road that finally led to the old theory's defeat. "Scholars can question whether a stone or a bone artifact was actually shaped by humans," he said, "but there's no mistaking who made a human footprint."

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

**BULLDOGS** (Continued from Page A1)

made a run into the zone that was turned away. Logan made a couple of saves and PAC sent a puck wide of the net.

With 7:15 to go, the Bulldogs were able to get on the board, as McKenzie made a nice feed from behind the net to Owen Guerin in front and he buried the puck for the 1-0 lead.

It didn't take long for the Bulldogs to double the lead, as Brendan Folan sent a shot on net that was saved, but Evan Guerin was there to bury the puck and Belmont-Gilford was up 2-0 with 5:52 to go.

Adam Ribeiro and Andrew Rowleiy had chances that were denied by the PAC keeper and Owen Guerin and McKenzie also had shots stopped. Logan made a save in the net and Nathan Gerbig had a shot go wide of the net. Logan also made a diving save in the Bulldog net and McKenzie and Owen Guerin had late chances as the first period came to a close with Belmont-Gilford up 2-0.

The second period was divided in half, with ice made in between the two halves. Pembroke-Campbell

able to get on the board just about three and a half minutes into the first half of the second period to cut the lead to 2-1, but the Bulldogs didn't back down.

After bids from Flannery and Jaxson Embree, the Bulldogs got their third goal of the game with 1:33 to go in the first half of the second period, as McKenzie popped the puck home on assists to Owen Guerin and Folan for the 3-1 Belmont-Gilford took a late penalty and Logan made a save in net as the first half of the game came to a close.

PAC had a 1:15 power play to start the second half of the second period and Folan had a good clear to send the puck out of the zone. Logan turned away a couple of PAC bids before the penalty was killed off.

Evan Guerin had a couple of bids that were denied while McKenzie also had a shot saved and Logan kept the visitors off the board to close out the period, sending the Bulldogs to the third period with a 2-1 lead.

Logan made a number of early saves in the third period to keep the Bulldogs up by a pair of goals while Evan Guerin and Embree had chances denied at the other end.

With 11:03 to go in

the game, PAC was able to slip their second goal of the game in the net to cut the lead to one. After a Folan bid was denied, Belmont-Gilford took a penalty with 8:10 to go and after a couple of Logan saves, took another penalty that gave PAC a two-man advantage with 7:55 to go.

Logan held his own with a couple of saves before PAC went to the box to make it a short five-on-four power play and then a short four-onfour situation before a one-minute Belmont-Gilford power play. However, despite good chances from Owen Guerin, Embree and Evan Guerin, the Bulldogs could not score on the advantage.

Owen Guerin, Folan and Bradley McIntire teamed up for late chances, but the Bulldogs couldn't add to the lead and Belmont-Gilford had the 3-2 win.

"We're still short eight players, so it will be great to finally get everyone here," Parent

The Bulldogs will be back in action on Saturday, Jan. 8, at 4:20 p.m. at Lebanon and will host Kearsarge-Plymouth on Saturday, Jan. 12, at 5

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

(Continued from Page A1)

### Gilford High School honor roll

Gilford High School has released its honor roll for the first trimester of the 2021-2022 school year.

High Honor Roll

12th Grade: Claire Bartley, Eva Bondaz, Shealagh Brown, Rebecca Buttrick, Finn Caldon, Jack Cennamo, Anna Cook, Caitlyn Costa, Emily Crowell, Winter Cummings-Ames, Tristan Dow, Danielle Giardini, Nicole Green, Tyler Hazelton, Julianna Herbert, Laura Hughes, Ashley Kulcsar, Hale Kutuk, Alexander Landry, Van Langathianos, Avery Marshall, Aidan McBey, Riley McDonough, Jaiden McKenna, Molly McLean, Harper Meehan, Marlow Mikulis, Austin Normandin, Ethan Nowack, Samantha O'Rourke, Alainnah Penney, Mackenzie Roys, Reece Sadler, Mikaila Sanville, Christina Segalini, Maegan Shute, Madilyn Spaulding, Catherine Stow, Kate Sullivan, Aubrey Trent, Jasmyn Watt, Jacqueline Wright, Esther Wrobel

11th Grade: Alex Burnham, Jordyn Byars, Ryan Caldon, Samuel Cheek, Melody Gallant, Lauren Gallant, Patrick Gandini, Jonathan Gosselin, Sydney Irons, Michael Kitto, Gianna Knipping, Tyler Lafond, Riley Logan, Camryn Marshall, Madison Nash, Lauryn Nash-Boucher, Savannah Neuman, Harshil Patel, Christine Angelina Pingol, Jalen Reese, Ethan Roys, Ashley Sanderson, Joseph Schelb, Lexi Shute, Tessa Tanner, Avery Totten, Emily Watson, Taryn Wernig, Harrison Woolverton

10th Grade: Elizabeth Albert, Aiden Bondaz, Millicent Caldon, Caroline Colby, Sienna Diaz, Brendan Folan, Carter Forest, Caleb Giovanditto, Madelyn Guest, Caroline Guest, Ryan Guyer, Haukur Karlsson, Derek Kelly, Vivian Kennell, Abigail Kenyon, Brook Kimball, Eva Lacey, Rosabella Lesniak, Lily Locke, Colin Logan, Emma McBride, Andrew McDonough, Madelyn McKenna, Ellie Nicolas, Riley Powers, Isaiah Reese, Rhiannon Reinholz, Abigail Seal, Abigail Shute, Delilah Smock, Lydia Stefan, Benjamin Suranyi, William Wallace

9th Grade: Brendan Baldi, Rachel Beck, Clark Blackwelder, Jackson Blendowski, Patrick Brooks, Theodore Brown, Makenna Clayton, Anna Coapland, Mallory Daley, Georgia Eckhardt, Cassandra Israel, Ella Kelliher, Gracey LeBlanc, Anastasia Locke, Kaitlyn O'Brien, Lamija Pintol, Sophie Powers, Logan Rouse, Jacob Sanders, Kaegan Sanville, Alana Sawyer, Benjamin Selfridge, Jasmine Stewart, Brody Testa, Elliot Warren, Evan Wilson, Lilly Winward, Benjamin Wolpin

Honor Roll

12th Grade: Adreana Campo, Jaxen Cole, Madison Cusello, Joshua Dery, Cassandra Ellis, Kayla Foster, Dominic Gindoff, Dylan Gindoff, Maura Hughes, Cordelia Larivee-Ambrose, Alexa Leonard, Karina MacLeod, Riley Marsh, Bradley McIntire, Tylar McSharry, Aiden Montoya, Haven Montoya, Blythe O'Connor, Mitchell Pratt, Kylie Rector, Jack Segalini, Tristan Spaulding-Poulin, Zoltan Stefan, Mason Testa, Ruby Tinsley, Mitchell Townsend, Alex Waite, Ava Wallace

11th Grade: Chance Bolduc, Anna Comeau, Tyler Davignon, Andrew De-Carli, Carson DeHart, Hannah Donovan, Alexandra Fay, Hannah Gannon, Madison Hazelton, Brady Heyman, Luke Houle, Lacey Houle, Cole Howard, Stratford Kenny, Allison Kenyon, Autumn Maltais, Hailey McKenna, Caleb Nimirowski, Alysen Pichette, Jesse Powers, Lily Tierno, Maria Uicker, Izaak Walton, Taylor Zaccheo

10th Grade: Trisha Bradbury, Mara Bugnacki, Lee Cole, Grace Cook, Genevieve Cookinham, Mason Cotnoir, Kassie Gard, Brayden Gardner, Michael Guerin, Lily Hufschmid, Megan Hughes, Hayley Jeffreys, Scott Kulcsar, Vincent Marcella, Lilian Maynard, Kaylene Messer, Christopher Port, Tristan Reinhold, Jaimen Sawyer, Mya Shepard, Jovie Smith, Alden Townsend, Addy Wernig, Bridget Wilcox, Dylan Wright

9th Grade: Hunter Bell, Leah Davignon, Kyle Gandini, Andrew Gately, Cassidy Glaude, Kendal Heyman, Adam Kimball, Ava Lien, Luc Martin, Lila Miller, Andrew Mini, Carson Sadler, Benjamin Smith, Cailin Tarr, Abigale Taylor, Blake Zarta

#### ly now.

**PROGRAMS** 

tracted driving, especial-

"I think now people are just in a hurry to get places," Bean Burpee said. "We are running from one thing to the next, people are rushed, and there is probably nothing that I haven't seen go on in vehicles including people reading newspapers, eating bowls of cereal, people applying makeup, so they've done it all including talking on the cell phone."

Bean Burpee said they are looking at restarting the Citizens Police Academy and finishing the session that was canceled when the pandemic hit. The Citizen's Police Academy has not restarted since closing early because of the pandemic almost two years

"We started in February (2020) and we were two or three classes in when we canceled for COVID," Bean Burpee said. "We need to finish up that class and we've had a few individuals who reached out to us interested in doing that, so hopefully, depending on how we're moving into the new year with COVID, we'll hopefully maybe to start that back up."

The Volunteers in Police Service (VIPS) program is also getting stated back up again and the department has seven volunteers.

"They had taken some time off during COVID, but they're all back and working," Bean Burpee said.

The department also continues to host for different internship programs.

The department might also take part in a training exercise at Bank of New Hampshire Pavilion that was also put on hold. A few years ago, Bena Burpee said he started the process of working with the Department of Homeland Security on some tabletop training exercises centered around Bank of New Hampshire Pavilion. There were two tabletop exercises scheduled along with a full-scale exercise at the pavilion, but all of that was put on hold because of the pandemic. Bean Burpee said he is hoping

that can start up again in



2022

Courtesy Photo

Police Chief Anthony Bean Burpee gives an update to the board of selectmen.

### **Public Hearing Notice**

The Public Hearing for the 2022-2023 Shaker Regional School District proposed budget will be held Wednesday, January 19, 2022 at Canterbury Elementary School at 6:00 pm and Thursday, January 20, 2022 at Belmont Middle School at 6:00 pm.

Live broadcast available on the Shaker Regional School District YouTube Channel To access the YouTube channel visit SAU80.org

A Public Hearing Book containing information about the proposed budget is available on the district website, www.sau80.org or by contacting Kim Haley at 603-267-9223.

### New plastic collection event announced

The Laconia-Gilford Lions Club and the Green Sanctuary Committee of the Unitarian Universalist Society of Laconia will be collecting clean, green, SOFT plastics Saturday, Jan. 8 from 11 a.m. to 1 p.m.

Please set aside all your packaged wrapping from all this season's holidays to contribute to this effort. Each piece of soft plastic is sent to Maine to be repurposed into composite decking and outdoor furniture.

Our masked volunteers will be in front of the little white church at 172 Pleasant St. in Laconia on the second Saturday of the new year between 11 a.m. and

We would like to recognize the participation of the Laconia High School Interact Club and also the Gilford Hannaford's for serving as a way station.

Help keep our community clear of toxic soft plas-

Our last event realized 162 pounds of plastic. All those who stopped by should be proud of what has been accomplished. We thank you and extend best wishes for a healthy New Year.



When you invest, you incur risk

ing that, since the Great Depression, U.S. stocks have averaged

9.59% annual returns, according

to Morningstar Direct, an invest-

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#### What should you know about investment risk?

ment research service. However,

- there's no avoiding it. But the past performance can't guarantee concept of "risk" may be more exfuture results In any case, this type of risk is real, pansive than you realized. And by understanding the different types and it's a factor to consider when making your investment decisions. But you can't avoid all risk of investment risk and how these risks can be addressed, you can improve your skills as an investor. The most common perception of investment risk is simply the risk of losing money. When you invest in stocks and stock-based vehicles, such as mutual funds, there are no guarantees that your principal - your initial investment amount – will be preserved. Generally speaking, if you hold stocks or mutual funds over a period of vears, and even decades, you can reduce the likelihood of sustaining cause no one will pay the full price losses that could send your invest for your bond when they can buy ments' value to zero. Hopefully new ones at a higher rate the value of your investments will rise over time. And it's worth not-

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to inte 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 matur

by avoiding stocks and putting your money into other types of investments. Consider bonds, for example. When you purchase a bond, you typically receive regular interest payments and you get back your initial investment when the bond matures, provided the issuer doesn't default. But if interest rates go up and you want to sell your bond before it matures, you'll have to offer it at a "discount," be-

You can help manage this type of interest rate risk by owning a variety of bonds with different matur-

ities. When interest rates are rising, you can reinvest your short-term bonds at the new, higher rates.

And in a falling-rate environment, you can still benefit from your longer-term bonds, which typically pay higher interest rates.

Foreign or international investments also contain specific risks. When you purchase foreign stocks, you'll find that fluctuations in the value of currencies relative to the U.S. dollar can affect your returns. Also, international investments may carry political risk, since some foreign governments and political systems may change in ways that work against businesses in those countries. To contain these types of risk, you'll want to maintain an appropriate alloca tion of international holdings and diversify across regions.

Ultimately, your most broadbased defense against all types of risk is to build a diversified

portfolio containing U.S. stocks international stocks, corporate bonds, mutual funds, government securities and other investments it helps reduce the impact that market volatility can have on your portfolio if you only own one type of asset, such as domestic stocks. (However, diversification can't guarantee profits or protect against all losses.) And you'll also want your portfolio to reflect your individual tolerance for risk.

By being aware of the different types of risk, and taking steps to mitigate them, you can create a strategy that offers the potential to help you achieve your important goals, such as a comfortable retirement. And by doing so, you'll avoid the greatest risk of all: not investing for your future.

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BY HERB GREENE

Director Gilford Parks and Recreation

Senior Strides weekly walking program starts on Jan. 5 The Gilford Parks and Recreation Department is sponsoring a weekly

drop-in walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center beginning Jan. 5. Participants can track their progress or just walk for fun. Participants

are also encouraged to bring their own water bottle, as water will not be provided. There will be chairs available for participants to take a break as needed. There is no fee for this program and participants can register their first day. For more information, please contact the Parks

and Recreation Depart-

ment at (603) 527-4722

skating lessons The Gilford Parks and Recreation Department will be offering a fourweek session of Ice Skating Lessons for children ages four and up this January. Lessons will be led by professional Ice Skating Instructor, Jennifer Tondreau and will be held on Monday mornings from Jan. 10 – Jan. 31 (in the event a day is cancelled because of poor weather or ice conditions, it will be made

be 30 minutes in length and will begin at 9:30 a.m. Participants must provide their own skates and helmet. Registration forms are available in the Gilford Parks and Recreation Office or can be downloaded off the department's Web site at www.gilfordrec.com.

Cost: \$40 per participants

For more information, please contact the Gilford Parks and Recreation Office at (603) 527-4722.

Bolduc Park Cross Country Ski Program The Gilford Parks and Recreation Department will be offering four weeks of Cross Country Ski Lessons at Bolduc Park this winter. Lessons begin on Saturday, Jan. 8, and will continue through Jan. 29 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following Jan. 29). Lessons begin at 10 a.m. and rental skis may be picked up at 9 a.m. at Piche's Ski Shop! Registration forms are available at the Gilford Parks and Recreation Department, the department's Web site at www.gilfordrec.com, Bolduc Park and Piche's Ski Shop. Please mail, fax or drop off your registrations directly to Piche's Ski Shop.

Cost: \$100 per person includes rental equipment! \$50 per son if you have your own equipment!

If you have any questions, please contact Bob or Pat Bolduc 387-4202. (603)

Boston Celtics bus trip scheduled for March 1 The Gilford Parks and Recreation Department Moultonborough Recreation Department are co-sponsoring a Bus Trip to Boston to see the Celtics take on the Atlanta Hawks on Tuesday, March 1. The cost of the trip includes round trip motor coach from Moultonborough or Gilford and your ticket (section 324 of the balcony) to the game. Our deluxe motor coach will depart from Moultonborough Central School at 4 p.m. and the Gilford High School at 4:45 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. Please be sure to review COVID-19 restrictions for the Coach Company, TD Garden

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prior

and the City of Boston

to registering.

For more information, please contact the Gilford Parks and Recre-Department at (603) 527-4722 or visit their Web site at www. gilfordrec.com.



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**Cuke Roll** If this picture doesn't tell you how adorable I am then I don't know what will. Me and my adorable face came to NH Humane from living as a stray, so there is not much in the way of backgroud. I am FIV+, meaning I would need to be the only pet in the household or living with other FIV+ cats.

NH Humane Society 1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-953

#### **HIGH SCHOOL SLATE**

Thursday, Jan. 6

**BELMONT** Boys' Hoops vs. Laconia; 6 **GILFORD** 

Unified Hoops vs. Berlin; 3:30 WINNISQUAM Girls' Hoops vs. Fall Mountain; 7

Friday, Jan. 7

BELMONT Boys' Hoops vs. Mascoma; 6 Girls' Hoops at Mascoma; 6:30 **GILFORD** 

Alpine Skiing at Gunstock; 10

Boys' Hoops at Somersworth; 7 Girls' Hoops vs. Somersworth; 6 WINNISQUAM

Boys' Hoops at Fall Mountain; 6:30 Saturday, Jan. 8

BELMONT-GILFORD Hockev at Lebanon-Stevens: 4:20

WINNISQUAM Hockey at Pembroke-Campbell; 3:30 Wrestling Home Meet; 9

Monday, Jan. 10

BELMONT Boys' Hoops vs. Prospect Mountain; 6 Girls' Hoops at Prospect Mountain; 6 WINNISQUAM

Boys' Hoops vs. Raymond; 7 Girls' Hoops at Raymond; 6:30 Tuesday, Jan. 11 WINNISQUAM

Wrestling at Plymouth; 6 Wednesday, Jan. 12

**BELMONT** Nordic Skiing at Proctor; 3 BELMONT-GILFORD

**GILFORD** 

Hockey vs. Kearsarge-Plymouth; 5

Boys' Hoops vs. Newfound; 6 Girls' Hoops at Newfound; 6 Nordic Skiing at Proctor; 3 WINNISQUAM

Boys' Hoops at Prospect Mountain; 6 Girls' Hoops vs. Prospect Mountain; 7 Thursday, Jan. 13

Boys' Hoops at White Mountains; 6:30 Girls' Hoops vs. White Mountains; 6

All schedules are subject to change.

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Health Unit Coordinator

LNA/Health Unit Coordinator Licensed Nursing Assistant

Paramedic

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RN – Day Shift RN - Night Shift

RN Nurse Manager – ED/Med-Surg

RN Nurse Educator

RN Nurse Manager - Surgical Services

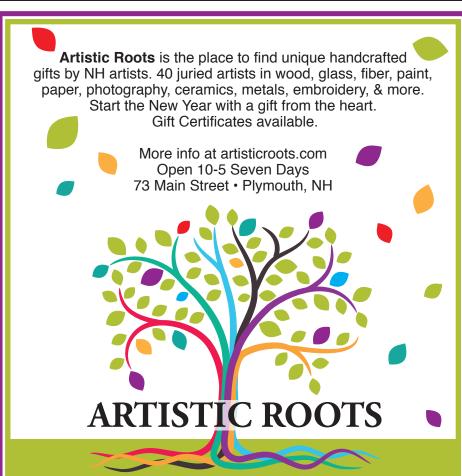
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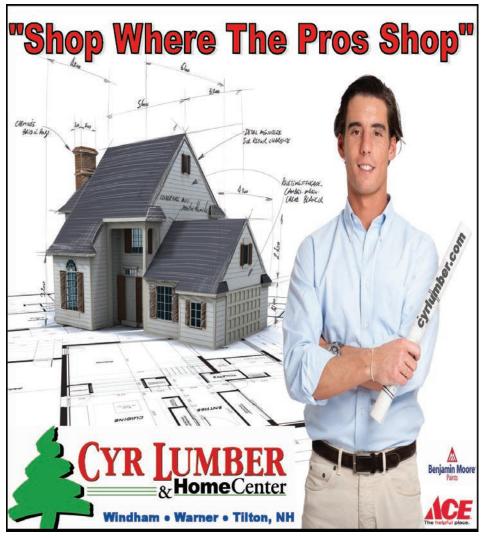
### Belknap Mill to host monthly **Young Performers Open Mic**

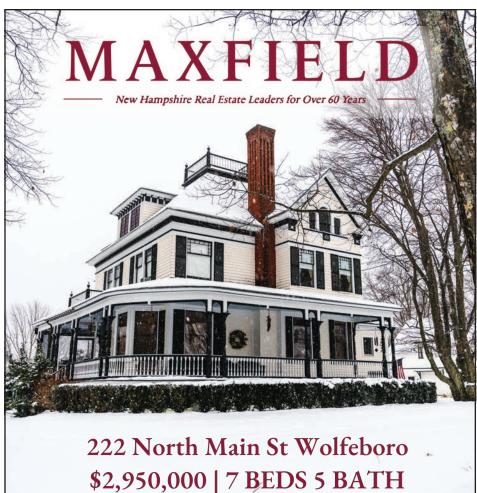
LACONIA — The Belknap Mill, in collaboration with NH Music Collective, is launching a Young Performers Open Mic at the Mill. This free, family-friendly event will be held monthly on the fourth Sunday, beginning Jan. 23 through May 22. The two-hour open mic will start at 2 p.m., and is open to all middle and high school students in the Lakes Region.

"The arts are core to our mission and programming at the Belknap Mill," said Tara Shore, Belknap Mill's Program & Operations Manager. "An open mic opportunity for Lakes Region youth is an exciting and comfortable way for young musicians and singers to practice and improve their performance skills."

The two organizations are thrilled to be introducing this program in 2022! "I ran a Young Performers Open Mic for 5 years, before relocating to the Lakes Region," said John McArthur of NH Music Collective. "Now, some of those same open mic performers are full-time professional musicians and play at venues throughout New Hampshire."

For questions or to sign up, contact John McArthur at john@nhmusiccollective.com.





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