

# Winnisquam teams return to action this week

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam spring sports teams return to action in the coming week, a welcome return to normalcy after all teams missed last season.

The Winnisquam baseball team kicks off the season with a home and home series with Kennett, with the Bears hitting the road on Monday, April 12, and then hosting the Eagles on Wednesday, April 14. The Bears will take on Kingswood the second week, with a home game on Monday, April 19, and a trip to Wolfeboro on Wednesday, April 21.

The Bears will be hosting Prospect Mountain on Monday, April 26, and will visit Alton

on Wednesday, April 28, then kick off May with a trip to Gilford on Monday, May 3, and a home game against the Golden Eagles on Wednesday, May 5.

The Winnisquam boys will be hosting Newfound on Monday, May 10, before visiting Bristol on Wednesday, May 12. The Bears will host rival Belmont on Monday, May 17, and then visit the Raiders on Wednesday, May 19.

The final week of the season features games with Plymouth, with the Bears traveling north on Monday, May 24, and the Bobcats visiting Tilton on Wednesday, May 26.

The Winnisquam softball team is slated to follow the exact same schedule, opening with a

trip to Kennett on Monday, April 12, and then a home game against the Eagles on Wednesday, April 14. Kingswood is up next on the schedule with a home game on Monday, April 19, and a road game on Wednesday, April 21.

Winnisquam hosts Prospect Mountain on Monday, April 26, and visits the Timber Wolves on Wednesday, April 28, before heading to Gilford on Monday, May 3, and hosting the Golden Eagles on Wednesday, May 5.

Newfound is up next on the schedule, with Winnisquam hosting on Monday, April 10, and traveling on Wednesday, April 12. The Bears host

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# LRAA Gallery on the move...and then some

TILTON — Tom Hitchcock, President of the Lakes Region Art Association, reports, thanks to the generosity and support of the Tanger Outlet Mall management, the LRAA/Gallery will move from its present address to a larger and more centralized location in the same mall, to suite number 300.

“We’ll be moved and back in business by April 1, and we couldn’t be more excited about our change of venue,” said Hitchcock. “This

move will now allow us to create a new look, become a more interesting gallery featuring not just fine art and photography, but also add one-of-a-kind

handcrafts too. Crafts will include all types of original items from sculpture to carvings, pottery etc., not jewelry or apparel, we are not in the business of making people look good, but instead, what we offer is décor. Also, Instead of just displaying fine art on the walls, like in a museum where nobody

talks a above whisper, we’ll be creating unique and ‘lively’ settings using different props and materials to enhance what you see. It’ll all be refreshingly different, distinctive and set us apart from other galleries with that certain je ne sais quoi. After all, we are in the business of providing fine art, photography and crafts to live-up one’s home, office or place of business, so do it with imagination and ‘spunk’, enough so everyone will keep

SEE **GALLERY**, PAGE A10



COURTESY

Members of the HealthFirst team and Dr. Mishcon share a friendly elbow bump in front of the new HealthFirst sign marking where Dr. Mishcon has practiced for 40 years and is turning over operations to HealthFirst Family Care Center effective April 6. Back row, left to right: Karen Lewandoski, Lisa Morrisette, Kenna Marquis; front row: Sara Morin, Dr. Nora Janeway, Dr. John Mishcon (elbow bumping).

# Mishcon passes the baton to HealthFirst Family Care Center after 40 years

TILTON — After providing primary health care to hundreds of patients at his Tilton, NH practice for over 40 years, Dr. John Mishcon has been transitioning towards retirement since January, noting that he will be officially retired by late May 2021.

HealthFirst Family Care Center’s clinical staff have been working alongside Dr. Mishcon and his staff in his Tilton practice for the past few months to grow relationships and understand individual’s needs to ensure as smooth of a transition of health care possible for those patients who elect HealthFirst as their new primary care provider. Dr. Mishcon’s patients were all notified by a letter of his approaching retirement and the option to transfer their primary care to HealthFirst. Those who wish to transfer their care from Dr. Mishcon’s office to HealthFirst should contact HealthFirst at 934-1464, we will complete a record request form

to obtain their records from Dr. Mishcon’s office to effectuate the transfer of their medical records to HealthFirst.

A new HealthFirst sign has been hung at 243 E. Main Street marking the change that HealthFirst will be seeing patients at Dr. Mishcon’s former practice.

CEO Russell Keene states, “Selecting and finding the right primary care provider can be a difficult task in the region and across the state, and HealthFirst is pleased to help Dr. Mishcon’s patients navigate that process as smoothly as possible. We are grateful to work in partnership with Dr. Mishcon and his staff to provide his patients with the care they have grown to trust in as seamless way as possible.”

HealthFirst Family Care Center is a federally qualified health center (FQHC) whose mission is to provide quality health care for the whole family, regardless of their ability to pay. HealthFirst has served

the region for nearly 25 years and has facilities in two locations: 841 Central St. in Franklin and 22 Strafford St. in Laconia. HealthFirst offers comprehensive on-site services which expand far beyond primary care. They also offer on-site laboratory services, comprehensive behavioral health and substance use treatment services, internal medicine, women’s health, pediatrics, dermatology, nutrition services, on-site COVID-19 rapid and PCR testing and more.

HealthFirst and its providers look forward to taking the helm at Dr. Mishcon’s practice effective April 6.

Keene continued, “Through this community collaboration with Dr. Mishcon, we believe it will serve the comprehensive health care needs of his patients while providing him with a well-deserved departure from serving as one of the region’s primary care physician for over 40 years.”



BELMONT — The beautiful nine-hole Lakeview Golf Club, located at 89 Ladd Hill Rd. in Belmont, has recently transferred to a new owner. Joseph Sullo, John Goodhue, and Alan Silverberg of Roche Realty Group, Inc in Meredith represented the owner in the Lakeview Golf Club’s sale, Sperandio Trust. The golf course and surrounding property included a total of approximately 172 acres

with beautiful views overlooking a panorama of lakes and mountains. The course features 3,110 yards of public fairways and greens—the large remainder of roughly 100 undeveloped acres remain available for future expansion or development.

Joe Sullo of Roche Realty Group, who completed the transaction for Roche Realty Group, commented, “The golf course is centrally lo-

cated next to the Belnap Mall, town beach, and Laconia Bypass. The views are awesome. The property included a beautiful two bedroom with study, two and a half bath ranch style home on one level with an attached two-car garage and deck. Additionally, it included an attached building with a bar/lounge, café, kitchen, and pro shop with re-

SEE **LAKEVIEW**, PAGE A6



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# HealthFirst Family Care Center welcomes Lisa Ellis Morrisette to Laconia practice

LACONIA — HealthFirst Family Care Center is pleased to announce that Lisa Ellis Morrisette, APRN, is joining its Laconia practice and is now accepting new patients seeking primary healthcare services.

Lisa Ellis Morrisette

Lisa has worked as a nurse practitioner in Internal Medicine for more than 17 years and has a special interest in preventative care and women's health.

Having worked and lived in the greater Laconia community for the duration of her career, Lisa is eager to continue her passion of caring for patients at HealthFirst and having the opportunity to care for families in the

community she calls home.

Prior to graduating from the University of New Hampshire with her Master of Science in Nursing in 2003, Lisa worked as a nurse in the operating room, home care, and with hospice and has cared for many patients with acute and chronic illnesses.

Morrisette will begin seeing patients three days a week starting on April 12. If you are looking to enroll as a new patient and wish to schedule an appointment, please call HealthFirst in Laconia at 366-1070 or visit [healthfirstfamily.org](http://healthfirstfamily.org) to request an appointment.

"We are so fortunate to have Lisa join our HealthFirst team of health care providers. Having a local, established provider choose to remain here and practice in the community they live in is especially unique and unusual in today's healthcare environment. Lisa is clearly a very dedicated provider and we are proud to have her join our team of professionals providing high quality health care in Laconia," said Russ Keene, Chief Executive Officer.

Morrisette stated, "I am looking forward to re-connecting with former patients, as well as establishing care with new patients at HealthFirst."

To learn more about HealthFirst Family Care Center or to enroll as a new patient of Lisa Ellis Morrisette's, visit [healthfirstfamily.org](http://healthfirstfamily.org) or call HealthFirst Laconia's office 366-1070.

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## HIGH SCHOOL SLATE

Monday, April 12

**BELMONT**  
Baseball vs. Newfound; 4  
Girls' Lacrosse vs. Laconia; 4  
Softball at Newfound; 4  
**GILFORD**  
Baseball vs. Prospect Mountain; 4  
Softball vs. Prospect Mountain; 4  
**WINNISQUAM**  
Baseball at Kennett; 4  
Softball at Kennett; 4

Tuesday, April 13

**BELMONT**  
Track at Laconia; 4  
**GILFORD**  
Boys' Lacrosse vs. Laconia; 4  
Boys' Tennis at Prospect Mountain; 4  
Girls' Tennis vs. Prospect Mountain; 4  
Track at Inter-Lakes; 4

Wednesday, April 14

**BELMONT**  
Baseball at Newfound; 4  
Softball vs. Newfound; 4  
**GILFORD**  
Baseball at Prospect Mountain; 4  
Girls' Lacrosse at Laconia; 4  
Softball at Prospect Mountain; 4  
**WINNISQUAM**  
Baseball vs. Kennett; 4  
Softball vs. Kennett; 4

Thursday, April 15

**BELMONT**  
Girls' Lacrosse at Gilford; 4  
**GILFORD**  
Boys' Lacrosse at Laconia; 4  
Boys' Tennis vs. Prospect Mountain; 4  
Girls' Lacrosse vs. Belmont; 4  
Girls' Tennis at Prospect Mountain; 4

All schedules are subject to change.

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# Belknap Landscape leading the charge for electric fleet vehicles

LACONIA — As little as a few years ago seeing an electric vehicle in the Lakes Region was a novelty, but today the trend seems to be have taken a firm hold. As auto manufacturers launch more electric models and ranges for these cars increase many believe we'll likely see more electric cars on our roadways soon. Hayden McLaughlin of Belknap Landscape is one such believer.

"It's really something. We were looking for a replacement vehicle for our sales fleet, and we decided to check out electric cars almost out of curiosity. We've always had great experiences working with the folks at Cantin Chevrolet, so they were our first stop. When we landed on the Chevy Bolt, it just made sense," McLaughlin recalls. "We've always tried to be socially and environmentally conscious, which this car is, but there are some neat features that were just

practical for us too."

The Chevy Bolt is one of several new electric cars to launch over the past few years, and in addition to those eco-friendly features, Cheryl Wright of Cantin Chevrolet likes to remind people of the practicality of the car.

"Electric vehicles are as easy as owning a cellphone, just plug it in. With an average range of 259 miles, it covers most of the driving trips people make. With no oil changes, gas or spark plugs, yearly maintenance is minimal. But best of all, they are fun to drive," McLaughlin said.

While the Chevy Bolt or other electric cars has proven appealing to many consumers, commercial applications seemed to be lagging.

"I was surprised to hear we were the first to approach Cantin's about an electric fleet vehicle. I feel confident we'll see many more operated by

other companies soon. We're even seeing other types of electric equipment becoming feasible for commercial use. From mowers to excavators, the technology is catching up to our needs fast. We intend to keep a close eye on these options," said McLaughlin.

The convenience in charging electric cars has been going through a revolution too. A quick online search returns results of over 2 dozen charging facilities in the lakes region, a number which would be unheard of a short while ago. Charging stations are popping up at hotels, car dealerships, even some Dunkin's locations and rest areas such as those in Hooksett. Many electric vehicle owners fill their batteries at home, noting you can't fill your tank of gasoline at home.

Regardless of if you embrace electric cars, or you prefer gasoline, it is clear electric cars are here to stay. While



Cheryl Wright of Cantin Chevrolet shows Stephanie Sanford of Belknap Landscape the charging port of her new electric car.

many consumers purchase these cars to "be greener," the cars themselves have become appealing beyond their environmental attribute. They've become business friendly.

To learn more about the Chevrolet Bolt or other commercial vehicle options visit cantins.com

Belknap Landscapes Eco-Friendly initiatives, follow them on all social media platforms or visit belknaplandscape.com.

To learn more about

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 22-29.

Christopher C. Drown, age 44, of Laconia was arrested on March 22 for Driving After Revocation or Suspension.

Jocelyn M. Dubois, age 29, of Laconia was arrested on March 22 on multiple counts of Possession of a Controlled Drug and in connection with a warrant.

Kelsey L. Gosselin, age 25, of Derry was arrested on March 22 in connection with a warrant.

Christopher R. Chase, age 40, of Belmont was arrested on March 23 for Criminal Trespassing.

Nathan D. Walsh, age 26, of Middleboro, Mass. was arrested on March 23 for Breach of Bail Conditions.

Christopher C. Miles, age 36, of Laconia was arrested on March 24 for being a Felon in Possession of a Self Defense Weapon.

Stacy Lynn Hurst, age 36, of Belmont was arrested on March 24 in connection with a warrant.

Kevin I. Morales, age 50, of Belmont was arrested on March 24 for Domestic Violence-Simple Assault-Physical Contact.

Matthew M. Fleming, age 39, of Belmont was arrested on March 26 for Driving After Revocation or Suspension.

Joshua J. Deboer, age 36, of Meredith was arrested on March 27 for Driving Under the Influence-Impairment.

Timothy J. Davis, age 28, of Belmont was arrested on March 27 for Possession of Marijuana.

Nicholas R. Favata, age 31, of Pembroke was arrested on March 27 for Driving Under the Influence-Impairment.

Natalie Ann Godbout, age 29, of Gilford was arrested on March 28 in connection with a warrant.

# Rogue Space Systems supports WinnAero



Rogue Space Systems CEO Jeromy Grimmett (r) and Sensor Engineer Drashti Patel (c) welcomes WinnAero Education Director Dan Caron(l) to Rogue's facility in Laconia where STEM Teacher Workshops will be offered starting in May.

GILFORD — The New Hampshire based satellite servicing start-up, Rogue Space Systems Corp., recently announced its support for STEM education for youth by partnering with the local non-profit STEM-group, WinnAero. The joint venture will offer professional development workshops for teachers in critical aerospace educational components starting in May.

"Not only will Rogue Space Systems host these workshops in their facility in downtown Laconia, they are funding the first workshop tuition for teachers who apply," said WinnAero Education Director, Dan Caron.

Caron went on to say

that the generous offer from Rogue to sponsor the Rockets Workshop on May 10 will include free registration for teachers as well as a complimentary one year membership in the curriculum provider, the Civil Air Patrol Aerospace Education Program. This membership opens the door for teachers to apply for STEM grants as well as access to a wealth of teaching materials.

"We are very pleased to be able to partner with WinnAero and offer this first workshop for area teachers," said Jeromy Grimmett, CEO of Rogue Space Systems. Grimmett added that

"Rogue is committed to inspiring the next generation and supporting STEM education for youth is critical to Rogue and the future of space exploration. We look forward to expanding the partnership as we grow. From our equity crowdfunding offering on TruCrowd to our partnership with WinnAero, our company is all about building a community. Rogue's hope is that this will begin to lay the groundwork for space education in the New Hampshire Lakes Region where we look to develop a feeder program that can support our long-term employment and growth strategies in

the coming years."

Subsequent teacher workshops are The Space Environment (May 18), Space Activities for Grades K-5 (May 26) and Spacecraft (June 3). Registration for any of the workshops after Rockets is the responsibility of the attendee; costs are \$40 per workshop which includes all materials, lunch and snacks. Workshop participants will actually do all the "hands on" activities of the day just as their own students would. All sessions are "stand alone" and teachers can decide how many sessions they wish to attend. The workshops will be held at Rogue Space Systems located at 84 Union Ave. in downtown Laconia. Check-in for each session is 8:30 a.m., with adjournment at 3:30 p.m. For workshop course descriptions and further details about the non-profit group, WinnAero, visit [www.winn aero.org](http://www.winn aero.org). For more information about Rogue Systems, please visit <https://rogue.space>.

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The power of positivity

Every day, we wake up with the best intentions — or we like to think that most of us do. Each new day brings with it specific challenges. Many times, those challenges come by way of a misunderstanding or a shifted perspective. We have come to realize, long ago, that often there is more to a story than we can see at its surface. Just being aware of that one simple fact, can change the way a situation is viewed. Often times it's easier said than done, however the more we choose to remain optimistic the better. What might seem catastrophic in the moment is usually nothing more than a small frustration that has an easy fix and will pass. A wise man once said, 'Don't sweat the small stuff, and it's all small stuff.'

This isn't to negate the fact that larger issues do surface and take some time to sort out, however we need to remind ourselves that we are all surrounded by well intended, intelligent people. People who are willing to be helpful, generous, rational and kind through productive conversations will always find the pot of gold in any situation.

Remembering to check a kneejerk reaction before gathering all of the facts is crucial to your ability to remain optimistic. Again, this is not always easy, but once mastered can change everything.

Believe it or not, optimism is a choice and offers surprising benefits. Choosing to look on the bright side of life can lower your risk of heart disease and stroke while also extending your life.

One study revealed that individuals who spent five minutes a day thinking positive thoughts about their future increased their ability to be optimistic in just two weeks. Before turning in at night, list five things that you are grateful for and five things that you are looking forward to. Every time you stop at a traffic light, tell yourself something that you like about yourself. Keeping pessimists in your life at a distance is always a good idea.

When a negative thought does creep through your mind, that's ok. Recognize it, and decide how realistic it actually is. To offset those thoughts, try spreading positivity yourself. While at work, offer a co-worker an 'atta boy' or 'atta girl' for a job well done. If your child has been hard at work on a school project, tell them how proud you are. Send a letter to someone who has had a positive impact on your life. When you bestow positivity on others, it has a lasting effect on your own life.

One way to practice being more optimistic is to flip every negative thought with a positive one despite how creative you need to get. For example, if you're thinking 'I'm going to be late for dinner and I don't feel like cooking' you can flip that by reminding yourself about the wonders of the microwave and take out. If a rainy day has you feeling groggy, remind yourself that those are the best days to read all day, catch up on Netflix and not feel guilty about missing all of that sunshine.

A quote from Rodolfo Costa, "Learn to adapt. Things change, circumstances change. Adjust yourself and your efforts to what it is presented to you so you can respond accordingly. Never see change as a threat, because it can be an opportunity to learn, to grow, evolve and become a better person."

North Country Notebook

On Geography! On History! Even Concord's not enough!



By JOHN HARRIGAN  
COLUMNIST

It's not every day that you see a photo of a landing strip on the ice, yet there it was, and once again, it was a case of "Only in New Hampshire."

We can be sure of this because I've fact-checked it to death, and have flown my share with local pilots and bush pilots in the Far North, and New Hampshire indeed has the only FAA-sanctioned ice landing strip in the entire Lower 48.

The ice-strip is a matter of a good deal of pride among local and visiting pilots. A professional photographer in Rochester maneuvered his drone into just the right light to get the picture.

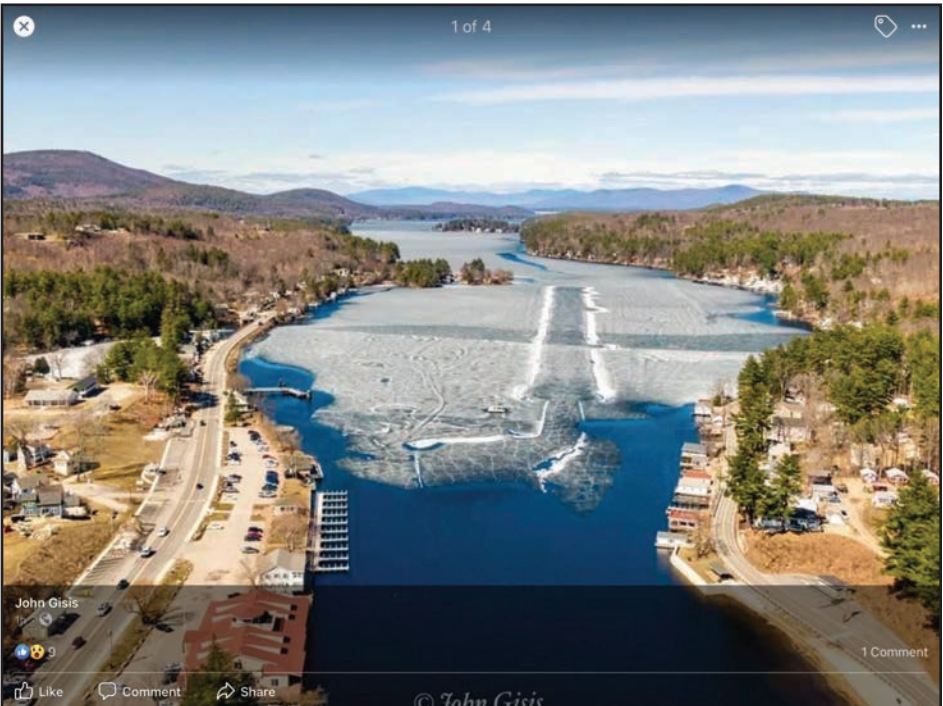
The photo wound up in wide circulation on Facebook, and initially was sent in by reader Vincent Bober of Rochester, who forthrightly noted, "Not my picture."

The photo was taken by one of several drones employed now and then by John Gisis, who's well known to many Lakes Region residents and summer visitors.

When he's not seeing people through lenses, John enjoys flying drones in good weather and the right light, often centering on large and recognizable structures. Recently, for instance, he got the kind of perfect day and light he'd been waiting for to fly a drone around the iconic Tilton Arch.

Frost-heaves are a popular topic, with some of the more infamous stretches of New Hampshire's highways and byways seeming in the order of the Coney Island Roller-Coaster.

Local wags are sure to put signs out somewhere each year. This past



Could there be any grander signal for impending ice-out than a disappearing runway? John Gisis's drone caught Winnepesaukee's Alton Bay---and the Lower 48's only federally-sanctioned ice runway--- from around 400 feet on March 27.

week, a longtime friend sent in signs advising passersby to tighten up their false teeth and underwear. Contributor Ted Leach, professional puppeteer and erstwhile publisher of the Monadnock Ledger, would say only that it was a random popup on Facebook but could be "anywhere in New England" (gee, thanks, Ted).

Along that line, I once hunted down an old pair of boots, cut the tops down to half a foot or so, and stuck them upside-down in a puddle to illustrate a story on a notorious stretch of pot-holes.

+++++

Nashua is not far enough. Manchester is not far enough. Even Concord is not far enough.

Come on, supporters of passenger rail! Now that the Infrastructure Rebuild and Amtrak's long-lost hopes are out, give voice!



Hang onto your choppers, not to mention unmentionables. Wags everywhere are prone to setting up their own road signs at this time of year.

Plymouth is the geographic center of New Hampshire. Well, okay, can we just sort of agree on this? (Pittsburg might lobby for Lincoln.)

Oh, the unending feasibility studies. Oh, the endearing strength and reach of the automobile industry. Oh, the shallow and boring Fourth

Grade history classes. Oh, the convenient whipping-boy of China ("Americans won't stand in line"). Oh, the mendacity of the media ("Gotta hold the Capitol Steps press conference in time for the 5 p.m. editors, in time for the 6 o'clock news!").

SEE NOTEBOOK PAGE A5



The old Pemigewasset House had the Boston, Concord, and Montreal Railroad station built right into its foundation. The hotel burned in 1909, but the station was rebuilt---and stands to this day. (Courtesy Derek Strahan, lostnewengland.com)

LETTERS TO THE EDITOR

A heartfelt thank you

To the Editor:

I want to share a sincere thank you - from all of the Marden family - to those who turned out for Belmont Town Meeting, and voted no on Article #25.

That no vote was a yes vote for conservation, saving open space, and maintaining the Jeff Marden Town Forest, along with other local lands overseen by the conservation commission.

My late brother Jeff cared deeply about preservation, wildlife habitat, recreation and the Belmont community. Our appreciation is heartfelt, and he would be proud of continued conservation investment, and its access for all citizens.

Barbara (Marden) Binette  
Belmont

**Winnisquam Echo**

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STRATEGIES FOR LIVING

BY LARRY SCOTT

From Max Lucado’s book, “In the Eye of the Storm,” comes this story: “It happens every Friday evening, almost without fail, when the sun resembles a giant orange and is starting to dip into the blue ocean, Old Ed comes strolling along the beach to his favorite pier. Clutched in his bony hand is a bucket of shrimp. Ed walks out to the end of the pier, where it seems he almost has the world to himself. ... Before long, dozens of

seagulls have enveloped him. Ed stands there tossing out shrimp to the hungry birds. As he does, if you listen closely, you can hear him say with a smile, “Thank you. Thank you.” In a few short minutes, the bucket is empty. But Ed doesn’t leave. He stands there lost in thought, as though transported to another time and place. His full name: Eddie Rickenbacker. ... On one of his flying missions across the Pacific, he and his seven-member crew went down. Miraculously, all of the men survived, crawled out of

their plane, and climbed into a life raft. Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger. By the eighth day their rations ran out. No food. No water. ... They needed a miracle. Time dragged. ... Suddenly, Eddie felt something land on top of his cap. It was a seagull! Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand and a squawk from the gull, he managed to grab

it and wring its neck. He tore the feathers off, and he and his starving crew made a meal – a very slight meal for eight men – of it. They used the intestines for bait. With it, they caught fish, which gave them food and more bait ... and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued. Eddie Rickenbacker lived many years beyond that ordeal, but he never forgot the sacrifice of that first living seagull. And he never stopped

saying, “Thank you.” That’s why almost every Friday night he would walk out to the end of that pier with a bucket full of shrimp and heart full of gratitude” (pp. 221, 225-226). Eddie Rickenbacker’s thankfulness for a seagull that had to die that he and his crew might live is a rather crude reminder of one who died that, to paraphrase Jesus’ words, “We might have life and have it abundantly.” Far from following his precepts as a matter of obligation, we serve him because we love him, from

a heart of deepest gratitude. The limitations to our drives and ambitions that we have chosen to accept are nothing when compared to the peace of mind, the sense of purpose, and the promise of eternal life that is ours due to the death (and resurrection, I might add) of the one who loved us first. “Thank you, dear Lord. Thank you ... thank you!” You want to talk about it? Hit me up at rlarry-scott@gmail.com.

Laconia Rotary’s 29th Annual charity motorcycle raffle underway

LACONIA – Wouldn’t it be nice to cruise the roads of New England this summer on a brand new Harley? And what if your sweet new ride was all because you supported local charities like the Lakes Region Scholarship Foundation? It’s not just nice... it’s possible! Laconia Rotary Club is excited to announce the kick off its 29th Annual Charity Raffle and the chance to win a 2021 Harley-Davidson Street Glide. The billiard red FLHX bike is valued at \$23,752. Supporting this annual fundraiser is priceless! And, it is eas-

ier than ever. The \$20 ticket can be purchased early and often online starting today. Only 3,000 tickets will be sold. Visit laconiarotary.org to purchase tickets and view the Harley Tickets can also be purchased through contacting a Club Member. Not a rider? You can purchase tickets on behalf of friends and family members who would love a new bike! Laconia Rotary is deeply grateful to the local community, and recognizes the generosity received by this fundraiser over the years. Many Motorcycle

enthusiasts riding into town for Laconia Motorcycle Week, purchase the “lucky ticket”, have also supported the plethora of charities the Club is able to honor. Traditionally, the Harley-Davidson to be raffled is available in the Fall prior to the next year’s Motorcycle Week, allowing Club Members nine months to sell tickets. Due to the pandemic, the 2021 models were not made available until this February, shortening the window of opportunity for sales. The Club remains optimistic that Online ticket sales will be successful. Past ex-

perience suggests that many people look forward to purchasing tickets, while supporting local organizations at the same time. Laconia Rotary President John Moriarty shares, “By necessity we are refining and streamlining how we promote and sell the tickets in 2021. In the end, it’s not about the bike. It’s about the thousands of people whose lives will be improved by the great work of the organizations we can support. Through fundraising efforts like the motorcycle raffle, Laconia Rotary has donated more than one mil-

lion dollars to this end.” This year’s raffle ticket will be drawn on the final Sunday of Laconia Motorcycle Week at 4 p.m. Winners need not be present to win. For full details about the bike as well as terms and conditions of ticket purchase, please visit laconiarotary.org. Special gratitude is extended to this year’s raffle sponsors: Bank of New Hampshire, Laconia Harley-Davidson and Watermark Marine. Laconia Rotary is a committed, friendly and diverse group of professionals who value service to the community

and education. It is a part of an international network, that values service above self, provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. Laconia Rotary typically meets every Thursday at noon. All are welcome. Please write to LaconiaRotary@gmail.com if you are interested in attending a meeting. Visit www.LaconiaRotary.org for more information about the club.

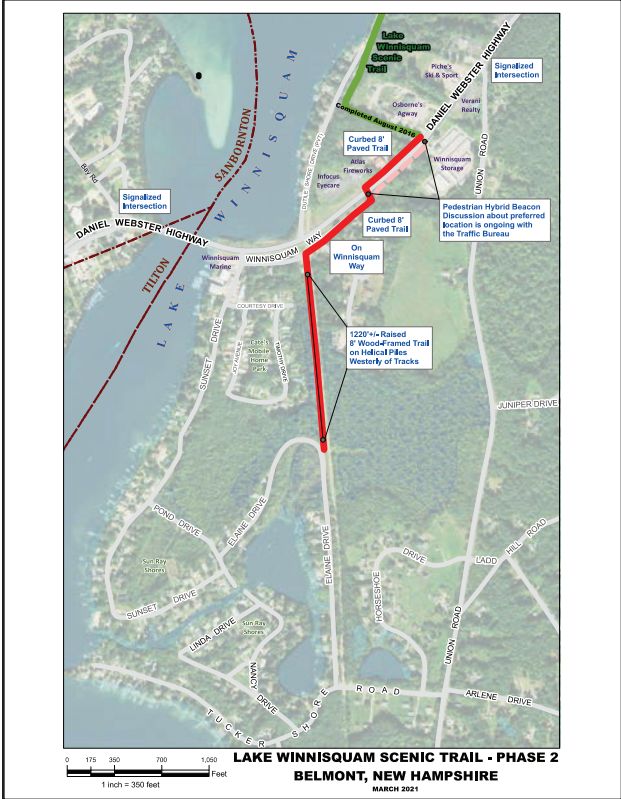
Working to connect the Winnepesaukee Regional Rail Trail

REGION — The Winnepesaukee Regional Rail Trail from Lakeport to West Franklin has been a Lakes Region priority for over twenty years. There’s a proposal being considered by the Lakes Region Planning Commission to extend the popular Lake Winnisquam Scenic Trail another half mile to the south. This proposed intermediate project connects to four and a half miles of continuous completed paved trail between the Lake Winnisquam Scenic Trail in Belmont and the WOW Trail in Laconia, extending this trail section to five miles. It also helps close the five-mile gap to reach the completed 5.1 mile

Winnepesaukee River section in Tilton and Franklin. The proposed Phase 2 trail segment in Belmont begins at Osborne’s Agway where the existing trail section ends and crosses Route 3 using a new hybrid traffic light for pedestrians and bicycles. From there the proposed route parallels Route 3 and then turns south crossing a wetland area with a 1200 foot raised boardwalk adjacent to the railroad track and ends at Elaine Drive. Federal Highway Transportation Alternative Program funds with matching local funds are proposed for this \$1.25 million dollar project. Helical piles will be used to construct the boardwalk section of this scenic route. In addition to extending the existing trail, this project provides safe access to the trail to 1200 residences within one mile of the trail head on Elaine Drive. Regional rail trails like many outdoor recreation opportunities have seen significant increase in use during the last year. The Winnepesaukee River Trail section reports a 100% increase in trail use in 2020. The full 20-mile Winnepesaukee Regional Rail Trail envisioned by Laconia, Belmont, Tilton and Franklin connects to the 58-mile Northern Rail Trail in West Franklin. The Winnepesaukee Regional Rail Trail offers an outstanding recreation opportunity for local residents as well as drawing visitors to the Lakes Region. A 2019 Study by Alta Planning found that this 20 mile regional trail would generate additional visitor spending of \$6 million

annually and 40 to 60 permanent new jobs, \$500,00 yearly in room and meals tax as well as mobility, health and safety benefits. Alta Planning projected a 20 year net total benefit of the completed trail to reach between \$67 million and \$89 million. Regional

trail networks across America draw large numbers of visitors as a destination and increase property values along the corridor. While not fully completed, the Towns, trail groups, and dedicated volunteers engaged in building the Winnepesaukee Regional Rail Trail sections for decades are working hard to close the gap and join the trail together. “Some of us started working on this 30 years ago. We’d like to see the trail fully connected”,said Ron Mitchell, Chair of Belmont’s Trail Team. This federal funding is only available every other year, so this is an important opportunity for the Lakes Region. For more information on this proposed addition to Lake Winnisquam Scenic Trail, contact the Town of Belmont Land Use Department.



NOTEBOOK

CONTINUED FROM PAGE A4  
Trains can still roll to Nashua and Manchester and beyond, and still do. Let’s not forget the undeservedly infamous (for the impatient, at least) coal train that fuels the big generating plant in Bow, just south of Concord.

the ghost of Eddie Clark, an old engineer I knew.  
(I need your help on this one, Ed. Today’s would-be commuters are not exactly steeped in tradition. Where are you? A tap on the shoulder will do. No dragging.)  
(Please address mail, with phone numbers, in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

NOTICE OF PUBLIC HEARING

The Shaker Regional School Board will hold a Public Hearing relative to the acceptance of the ESSER II Grant. The hearing is scheduled for 6:00 pm on Tuesday, April 13, 2021 at Canterbury Elementary School.

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Edward Jones: Financial Focus

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If you work with a financial professional, you may have connected with this individual over the past several months through a videoconferencing platform, rather than in person. Some people like this arrangement because it offers more scheduling flexibility and eliminates the time and effort of traveling to and from an appointment. Others, however, still prefer face-to-face contact and look forward to when such arrangements will again be practical and safe for everyone involved. But if you’re in the

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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.

first group – that is, you prefer videoconferencing – you may now wish to use this communication method in the future, at least some of the time. But beyond the physical aspects of your investing experience, you may now be looking at some changes in your investment strategy brought on, or at least suggested, by your reactions to the pandemic.

For example, many people – especially, but not exclusively, those whose employment was affected by the pandemic – found that they were coming up short in the area of liquidity. They didn’t have enough easily accessible savings to provide them with the cash they needed to meet their expenses until their employment situations stabilized. Consequently, some individuals were forced to dip into their long-term investments, such as their 401(k)s and IRAs. Generally speaking, this type of move is not ideal – these accounts are designed for retirement, so, the more you tap into

them early, the less you’ll have available when you do retire. Furthermore, your withdrawals will likely be taxable, and, depending on your age, may also be subject to penalties.

If you were affected by this liquidity crunch, you can take steps now to avoid its recurrence. Your best move may be to build an emergency fund containing three to six months’ worth of living expenses, with the funds held in a separate, highly accessible account of cash or cash equivalents. Of course, given your regular expenses, it may take some time to build such an amount, but if you can commit yourself to putting away a certain amount of money each month, you will make progress. Even having a few hundred dollars in an emergency fund can help create more financial

stability.

Apart from this new appreciation for short-term liquidity, though, the foundation for your overall financial future should remain essentially the same. In addition to building your emergency fund, you should still contribute what you can afford to your IRA, 401(k) and other retirement plans. If you have children you want to send to college, you might still explore college-funding vehicles such as a 529 plan. Higher education will still be expensive, even with an expansion in online learning programs. Post-pandemic life may contain some differences, along with many similarities to life before. But it will always be a smart move to create a long-term financial strategy tailored to your individual needs, goals and risk tolerance.

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# Spring sports back at Belmont

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Belmont spring sports teams are back in action after a year away and that action will begin this coming week.

The baseball Raiders will kick off the season with a home game against Newfound on Monday, April 12, before visiting the Bears for a game on Wednesday, April 14. The following week features games with Inter-Lakes, on the road on Monday, April 19, and then at home on Wednesday, April 21.

Belmont will take on Gilford on Monday, April 26, at home and will be on the road in Gilford on Wednesday, April 28.

Belmont takes on Laconia the following week, with a trip to Laconia on Monday, May 3, and then a home game on Wednesday, May 5.

The Raiders will continue with games against Franklin, with Belmont hosting on Monday, May 10, and hitting the road on Wednesday, May 12. Belmont takes on rival Winnisquam the following week, visiting Tilton on Monday, May 17, and hosting on Wednesday, May 19.

The final week of the season has the Raiders taking on Kingswood, with a home game on Monday, May 24, and a trip to Wolfeboro on Wednesday, May 26.

The softball Raiders

will be on the road at Newfound to kick off the season on Monday, April 12, and will visit Newfound on Wednesday, May 14. The Raiders move on to Inter-Lakes next, with a home game on Monday, April 19, and a trip to Meredith on Wednesday, May 21.

Gilford is up next, with the Raiders hosting a game on Monday, April 26, and a trip to Gilford on Wednesday, April 28. Belmont kicks off the month of May with games against Laconia, on the road on Monday, May 3, and at home on Wednesday, May 5.

Belmont takes on Franklin the following week, on the road on Monday, May 10, and

at home on Wednesday, May 12, with Winnisquam on the schedule next, as the Raiders are on the road in Tilton on Monday, May 17, and then host the Bears on Wednesday, May 19.

The Raiders wrap the regular season against Kingswood, hosting the Knights on Monday, May 24, and visiting Wolfeboro on Wednesday, May 26.

The Belmont lacrosse girls are scheduled to take on Laconia in the first game of the season on Monday, April 12, at home before visiting Gilford on Thursday, April 15. Belmont will host Plymouth on Monday, April 19, and visits Laconia on Tuesday, April 20.

On Monday, April 26, the Raiders will host Gilford then visit Inter-Lakes on Tuesday, April 27. A week later, on Tuesday, May 4, the Raiders will host Gilford before hosting Gilford on Thursday, May 6. Belmont takes on Kingswood the next week, visiting Wolfeboro on Tuesday, May 11, and hosting the Knights on Thursday, May 13.

Belmont will host Kennett on Monday, May 17, visits Laconia on Tuesday, May 18, will visit Plymouth on Monday, May 24, and wrap up the regular season at home against Kennett on Thursday, May 27.

The track Raiders will kick off the season on

Tuesday, April 13, at Laconia and then will travel to Meredith for a meet hosted by Inter-Lakes on Tuesday, April 20. The Raiders will host their first meet of the season on Saturday, May 1, then visit Gilford on Tuesday, May 4.

The Raiders will host another meet on Saturday, May 8, then visit Gilford for a pair of meets on Tuesday, May 11, and Tuesday, May 18, before finishing off the season at home on Saturday, May 22.

All schedules are subject to change.

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

## Lakers, Bulldogs earn hockey All-State honors



Kameron Young was named Division III First Team All-State.

BY JOSHUA SPAULDING  
Sports Editor

REGION — New Hampshire's boys' hockey coaches recently got together to select the All-State teams following the conclusion of the

2020-2021 season. In Division II, Kingswood had three honorees, led by Second Team honors from senior forward Nick Potenza and senior defenseman Bailey Savage. Also earning



Colin McGreevy was named All-State Second Team.



Andrew Spicuzza earned First Team All-State for Division III.

Second Team honors were Dario Ceppetelli of Dover, Jake Pelletier of Somersworth-Coe-Brown, Cooper Kinnaly of Winnacunnet and Ben Hardy of Merrimack.

Kingswood junior defenseman Cody Emerson earned Division II All-State Honorable Mention. Also earning Honorable Mention were Alden Swiesz of Oyster River, Dominic Carozza of Merrimack, Carter Renaud of Winnacunnet, Luc Ouellette of Goffstown, Jack Poitras of Oyster River, Ryan Drouin of Somersworth-Coe-Brown, Alex Dureau of Dover, Joe Pillsbury of Merrimack, Jack Ellis of Winnacunnet and Britton Dunbar of St.

Thomas.

Division II First Team went to Player of the Year Grady Chretien of Goffstown, Aaron Bono of Somersworth-Coe-Brown, Asa Forbes of Dover, Parker Fleury of Dover, Finn Connor of St. Thomas, Devon LaPierre of Dover and Claden Daubney of Oyster River.

Mike Young of Dover was named the Division II Coach of the Year.

In Division III, Berlin-Gorham forward Tyler Rousseau was named the Player of the Year and was joined with First Team honors by teammate Ben Estrella, Kennett forward Wade Volo and goaltender Bryson Wroblewski, Laconia-Win-



Owen Guerin was named Second Team All-State for Division III

nisquam-Inter-Lakes forward Kameron Young and defenseman Andrew Spicuzza.

Second Team honors went to Belmont-Gilford forward Owen Guerin and goaltender Colin McGreevy. They were joined by Ethan Molnar of John Stark-Hopkinton, Lucas Gay of Monadnock-Fall Mountain, Conor Sanborn of Hollis-Brookline-Derryfield and Matthew Dexter and Adam Omundso of Pembroke-Campbell.

Division III Honorable Mention went to Berlin-Gorham forward Griffin Melanson and defenseman Carter

Poulin, Belmont-Gilford defenseman Zoltan Stefan and Laconia-Winnisquam-Inter-Lakes goaltender Evan Rollins. They were joined by Andrew Duany of Lebanon-Stevens-Mount Royal and Rylan Morgan and Sal Vella of Hollis-Brookline-Derryfield.

Kevin Merrick of Sanborn-Epping was named the Division III Coach of the Year.

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

### LAKEVIEW

CONTINUED FROM PAGE A1

strooms plus a detached maintenance building.”

Janet Sperandio commented that Joe Sullo was the ‘best’ and he was so professional and comforting during the sales process.”

The Lakeview Golf Club was purchased by Stone Bluff Property Holdings LLC, of Northfield. Steve Mardis of Berkshire Hathaway Home Services Verani Realty represented the buyer in this sale.

According to John Goodhue of Roche Realty Group, who originally listed the golf course, and Joe Sullo, “The golf course was developed by John Drouin, who owned the original farm in 1965. He ran the golf course from 1965 through 1971. In 1971, a delightful man by the name of Tony Sperandio purchased the golf course. Tony surrounded himself around golf since 1928 when he was a caddie at Marlboro Country Club in Massachusetts. Tony was a member of the New England Superintendents Association for 65 years. Tony believed in smaller greens to make it easier for the average player, and he always wanted it to be a ‘player’s course’—just come on out and enjoy. The 8th hole was his favorite (550 yards, par 5.) Tony

built the beautiful ranch home on the property in 2006 for him and his lovely wife, Beatrice.”

Joe Sullo from Roche Realty Group indicated that Beatrice, Tony’s wife, took over the golf course operation when her husband passed, and their daughter Janet worked closely with her mom to maintain the golf course. Tony was so well respected and liked in the golf course circuit, and Janet moved up from Massachusetts and quickly tried to learn the intricacies of running a golf course like her dad had done so well. Janet’s mother, Beatrice, was also an avid golfer and was a club champion in New Meadows Golf Course in the north shore of Massachusetts.

Frank Roche of Roche Realty Group commented, “This is the third golf course we have sold in the Lakes Region, and we are proud of our commercial and business sales at Roche Realty Group. Since 1976, we have been #1 in commercial and development sales in the Lakes Region. The region has grown tremendously since 1976, and we look forward to continued quality growth in future years.”

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# Comfort Keepers

## Seniors and sleep: How much sleep do older adults need?

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Many things change as we get older. Something that we don't necessarily expect to change is how we sleep. In fact, 46 percent of adults 65 and older have trouble falling asleep and sleeping well through the night on a regular basis. Adults over the age of 65 should be getting seven to eight hours of sleep per night. But getting quality sleep at night can be difficult for seniors. As we age, our bodies make less of the chemicals and hormones that help us sleep well. Some seniors develop sensitivity to environmental factors affecting sleep, including noise and temperature. The parts of the brain

that control sleep are affected by conditions such as Parkinson's disease or stroke. Arthritis and other conditions can also play a role in sleep quality due to chronic pain. In addition, seniors may fall asleep earlier than usual, wake up in the middle of the night, or suffer from insomnia – all of which can negatively impact quality of daily life. In addition to affecting mood, lack of sleep can lead to issues with memory and an increased risk of falling. Inadequate rest affects mood– Not getting a full night of sleep can cause irritability, stress, problems with concentration, and mood swings. Long-term sleep deprivation can lead to cognitive issues and depression. When seniors don't

sleep, their bodies suffer– Headaches, body aches and weakness can sometimes be attributed to lack of sleep. Being tired can contribute to illness - When tired, an older adult's immune system doesn't perform as well, opening the door to illness and infection. Some studies have shown that lack of sleep can lead to heart problems, diabetes and it has even been associated with an increase in risk of breast cancer. Seniors that are having a hard time sleeping can get help from their doctor. However, there are a few things they can try at home to help ensure a restful night's sleep: Having a sleep schedule– going to bed at the same time every night, and getting up at the same time every morn-

ing, helps a person adhere just to a natural sleep rhythm. Being mindful about eating habits– Alcohol, spicy foods, caffeine and a diet high in sugar can all cause sleep issues. Eating and drinking close to bedtime can also be a problem for some – rather than having a full meal before bed, it's better to have a light snack or warm milk. Creating an individualized sleep plan– Changing nighttime routines, and daily activities, can have an impact on sleep. It's important for people to find out what works for them and create a schedule that they stick to – consistency is key! Some people find that more physical activity during the day helps them sleep better. Others find that napping during the day makes it harder

to sleep at night, while some aren't affected. Meditation before bed, a warm bath or reading time at night can all be part of a sleep plan, if they help. Comfort Keepers® Can Help For seniors that want to change their daily routine and create a schedule for better sleep, the quality caregivers with Comfort Keepers can help. They can assist with scheduling and routine, increased activity during the day, physician-prescribed exercise and diet plans and can provide transportation to scheduled appointments. Better sleep leads to more happiness during the day, and our goal is to help every client live a joyful life, regardless of age or acuity. To learn more about our in-home care ser-

vices, 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 Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [www.nhcomfortkeepers.com](http://www.nhcomfortkeepers.com) for more information.

## Peabody Home is becoming Peabody Place

### Construction moves forward on comprehensive new retirement community



FRANKLIN — It's clear to all who visit downtown Franklin that there is a major project in the works at Peabody Home. The original home, the 'mansion on Central Street,' was constructed in 1941 and opened in October of the following year. Over time, upgrades and additions kept pace with changing eldercare standards, the last being in 2001. The 80-year-old building that has been a beloved residence for many community members is being transformed into a larger, modern retirement community that will include assisted living, independent living and memory care.

Such a transformation warrants re-naming to reflect the expanded services and amenities soon to be available. "Peabody Place" will epitomize a renewed culture that will offer more options for seniors in an inviting setting that promotes support of the mind, body and spirit, ultimately increasing quality of life. "Our home for residential care for more than 80 years is becoming the place for expanded residential care and independent living in a new, state-of-the-art retirement community. With construction underway and the fact that we are taking reservations for those interested in becoming residents in

our new retirement community, we wanted to unveil the name and logo now to help us showcase the vision for Peabody Place," said Executive Director Howard Chandler. Construction of the new 63,632 square foot Peabody Place is being done in two primary phases. Phase one of the project – building a brand-new assisted living and memory care center – is well underway and is scheduled to be completed in late 2021. Once open, current residents will move into the newly built Peabody Place. A priority waitlist has been created for individuals who want to reserve a space now. After phase one is

completed and residents move into the new space, the original building will be demolished and new independent living apartments will be built on that location. Both phases will be integrated into a single three-story building that features a granite and brick façade, large manor windows and will include a 24-hour emergency response system, personal transportation services, a beauty and barbershop, an exercise and wellness room - all within easy access to downtown Franklin. Phase two is expected to be completed in late 2022 and will also host well-appointed common areas including a bistro, media room and library. Once completed, Peabody Place will more than double capacity from the current 37 residents and will include 13 memory care apartments, 45 assisted living apartments and 16 independent living apartments. It will feature more common space and take advantage of its unique views of the Winnepesaukee River, which bends around a point where the facility is located. "We're very excited about the future of Peabody Place and are developing some unique plans for the facility including using more

locally sourced food in our dining areas, emphasizing that we are not just pet-friendly, but pet-welcoming, but pet welcoming and determining how best to use the adjacent Proctor Point property for the enjoyment of our residents and their families. We'll be launching a new website shortly that will help showcase this vision," Chandler said. Funding totaling \$26 million for the project was approved through the United States Department of Agriculture's (USDA) Rural Development's Community Facilities Direct

Loan & Grant Program in November 2020 and construction began a month later. The building was designed by EGA P.C. Engelberth Construction is building the facility and the engineering work is being conducted by Nobis Engineering. Advisory work is being provided by RS Consulting and Northern Community Investment Corporation. For more information, contact Admissions Director Marylee Gorham at 934-3718 or [mgorham@peabodyhome.org](mailto:mgorham@peabodyhome.org).



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Landscape Laborers, Crew Leaders, Tree Crew, and  
Managers Wanted  
Great Pay and Benefits  
Bonus paid to experienced hires  
Apply online at [belknaplandscape.com](http://belknaplandscape.com)  
Or email [info@belknaplandscape.com](mailto:info@belknaplandscape.com)



**Upper Connecticut Valley Hospital**  
**JOB OPPORTUNITIES**

**FULL-TIME**  
LNA / Screener  
Patient Access Manager  
Executive Assistant  
LNA  
Materials Mgmt. Tech

**\*SIGN ON BONUS!**  
\*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  
Environmental Services Technician

**APPLY ONLINE**  
[WWW.UCVH.ORG](http://WWW.UCVH.ORG)  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236  
[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
EOE



**POSITION DESCRIPTION**

**POSITION TITLE:** PART-TIME TELLER I - 15-20HR  
**LOCATION:** PLYMOUTH

**FUNCTION:**

- Cross-sells financial institution products and services.
- Performs a variety of the normal teller functions.
- Cross-sells bank products with the needs and benefits to the customer in mind.
- Receives deposits, verifies cash, and examines checks for authenticity and proper endorsement.
- Follows bank's security procedures to ensure security of cash.
- Provides prompt, efficient and accurate service when processing customer transactions.

Interested applicants can apply online through the Career Center on our website - [thegarantybank.com](http://thegarantybank.com)

Woodsville Guaranty Savings Bank encourages diversity in the workplace. We are an Equal Opportunity Employer of minorities, women, individuals with a disability and protected veterans.



**JOIN OUR GROWING TEAM**  
**HIRING FOR 2021**

**CDL – A OR B DRIVERS**  
**MECHANICS**  
**SEALCOAT CREW & FOREMAN**  
**PAVER OPERATORS**  
**ROLLER OPERATORS**  
**GRADER OPERATORS**  
**EXCAVATOR OPERATORS**  
**LOADER OPERATOR**  
**LUTE/ FINISH**  
**LABORERS (PAVING &/OR SEALING CREWS)**

Pay: Hourly between \$17 to \$32  
Based on Experience

Call 603.569.7878  
email [info@sundaypaving.com](mailto:info@sundaypaving.com)

**Help Wanted**  
**2021 Summer Season**

Holderness Harbor is currently seeking motivated individuals who enjoy working in a friendly yet face paced marina environment. Must be at least 16. Boater's Safety license preferred but not required. Interested candidates are encouraged to contact us via email through our website [holdernessharbor.com](http://holdernessharbor.com) under contact us or call 968-9001 and leave a message.

Positions include Inside Customer Service/ Outside Dock and Boat support.



**Delivery Driver**

Our Ashland location has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager  
Ashland Lumber, 20 West St. Ashland, NH 03217  
or email at [duhlman@belletetes.com](mailto:duhlman@belletetes.com)

EOE

»Competitive Wages	»Paid Vacation	»Paid Holidays	»Paid Time Off
»Health Insurance	»Profit Sharing	»Store Discounts	»Much More!

**HELP WANTED**

**Veterinarian** (per diem) licensed to practice in New Hampshire. RMAA is a nonprofit corporation offering high volume, low cost spay/neuter for dogs and cats. Days are varied. Applicants need to be experienced in providing surgery for large volume clinics. A strong work ethic and commitment are required. We are located in Conway, New Hampshire. For more information about our organization visit our web site: [www.RozzieMayAnimalAlliance.org](http://www.RozzieMayAnimalAlliance.org)  
To apply: please send a cover letter, resume and references to: RMAA, P O Box 1756, Conway, NH 03818 or email: [terricon@roadrunner.com](mailto:terricon@roadrunner.com)



**ADVERTISING WORKS.**

Call  
**1-877-766-6891**  
[salmonpress.com](http://salmonpress.com)

**HELP WANTED**

**Landscape crew members wanted**

Well established Lakes Region New Hampshire landscape company is seeking softscape and hardscape team members. Valid drivers license required. Please call 603-279-8100 or email [scott@scottburnslandscaping.com](mailto:scott@scottburnslandscaping.com)

**LOCAL FOLKS**  
*Locally owned businesses here to serve you!*

**TOWN HOUSE APARTMENTS**  
**\* 2 & 3 BEDROOMS**  
**NORTHERN VIEW APARTMENTS**  
W. Stewartstown, NH  
Heat, Hot water and Electric Included  
On-site Laundry  
24-hour Maintenance  
Federally subsidized - must meet income guidelines  
Rents based on 30% of your gross income

PLEASE CONTACT FOXFIRE PROPERTY MANAGEMENT FOR AN APPLICATION AT  
(603)228-2151 ext.312 or (TDD) 800-545-1833  
This institution is an Equal Opportunity Provider & Employer



HELP WANTED

Call our toll-free number 1-877-766-6891 to have your help wanted ad in 11 papers next week!

### Clark's Bears

#### JOB FAIR

**SATURDAY APRIL 10, 2021**  
Come to the Gift Shop from 9:00-12:00

Clark's Bears is looking for seasonal employees with strong customer service skills in the following departments:

- **FOOD SERVICE**
- **RETAIL**
- **RIDES**

- **PARK SERVICES**
- **FACE PAINTING**
- **LAWN CARE** (Must be 18+)

- **JANITORIAL**

Email **Anne@ClarksBears.com** or visit our website **ClarksBears.com** for all the details and to download an application.

**Come join the Clark's Team!**

**110 US Route 3, Lincoln, NH**

*Remember to wash your paws and cover your muzzle!*



*Masks and social distancing will be required.*

*Can't make it to the job fair? E-mail your resume to [jent@thecman.com](mailto:jent@thecman.com) or call 603-536-3515 to discuss.*

**IN-PERSON JOB FAIR**

**NOW SEEKING:**

- Banquet Houseman
- Banquet Lead
- Banquet Server
- Banquet Busser
- Banquet Line Chef
- Dishwasher and Prep Apprentice

**SATURDAY | APRIL 10 | 10 AM-2 PM**  
The Barn on the Pemi | 341 DW Highway | Plymouth, NH

### Spring Into A New Career!

Give back to your community in a time of need and get paid!

Comfort Keepers provides in-home care to seniors. As a caregiver, you would be providing companionship, housekeeping, errands, and personal care. No experience necessary! Benefits include: flexible scheduling, health, dental and vision insurance, reviews with raises at 90 days, 6 months and a year! Pay rate is \$14-\$15.50 per hr.

**Apply at [ckapply.com](http://ckapply.com) or call us at 603-536-6060**



**Comfort Keepers.**



## We're Hiring!

Remcon/North is a manufacturer of precision components, specializing in the aerospace and defense industry. We are currently looking for qualified individuals to join our team; as deburring/general help. The ability to read blueprints and measuring instruments is a plus, but not required. Full-time, first shift positions open, as well as part time, second shift positions. Competitive pay, full time benefits and insurance offered. Please inquire within.

Remcon/North  
7 Enterprise Court  
Meredith, NH 03253  
603-279-7091



### Lumber Counter Sales and Receiver

Our Ashland location is searching for a member of our Lumber Counter Sales Team & Receiving Department. Duties include assisting customers and contractors with product selection and order entry. Experienced preferred but not necessary. Will train the right candidate. Basic computer skills required. Excellent customer service skills a must. This position will coordinate deliveries and returns as necessary as well as receive product from delivery trucks verifying materials are received as ordered. You will also be responsible for receiving orders into the computer system accurately; contacting customer when product is received or routing incoming product to the appropriate departments/location. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

E.O.E.

▶ Competitive Wages

▶ Paid Vacation

▶ Paid Holidays

▶ Paid Time Off

▶ Health Insurance

▶ Profit Sharing

▶ Store Discounts

▶ 401k

### Glenclyff Home

is accepting applications for fulltime

**Registered Nurses I-III**

Salary Range: \$50,835.20 - \$71,052.80

**Licensed Practical Nurses I-II**

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

Equal Opportunity Employer



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

Equal Opportunity Employer



## Town of Plymouth

### Parks and Recreation Department

The Plymouth Parks and Recreation Department is currently accepting applications for a full time Groundskeeper I.

This position requires the skilled operation of machinery and equipment related to turf care and grounds maintenance. Additional responsibilities include: completion of routine groundskeeping tasks as assigned, equipment maintenance, snow removal, turf maintenance, and other seasonal clean up.

A successful candidate will be required to work evenings, weekends and overtime as needed. This position requires a valid New Hampshire driver's license and a criminal background check.

Applications are available on the Plymouth Parks and Recreation website. The application can be emailed ([lgibson@pemibaker.org](mailto:lgibson@pemibaker.org)), mailed (43 Old Ward Bridge Road, Plymouth NH, 03264), faxed (603-536-9085) or dropped off at the Plymouth Elementary School main office.

Applications will be accepted until a suitable candidate is hired.

**THE TOWN OF PLYMOUTH IS AN EQUAL OPPORTUNITY EMPLOYER**

### Assistant Property Manager Position

Looking to hire (1) person to assist with maintaining two beautiful private lake front homes in Center Harbor and Moultonborough, NH. This position reports directly to the Property Manager and will assist in all needs relating to property maintenance, provisioning, guest turnover, and the personal needs of the homeowners. This person must be punctual, educated, and have a good work ethic, willingness to learn, ability to work alone with minimal supervision. You will occasionally be required to work evenings, weekends, and be on-call when the property manager is off-site. Position is 35-60 hours weekly, from mid-March to the end of November. This is a drug and alcohol-free workplace; you will be required to pass a drug test and background check to be hired. This position is 20-30 hours a week, from December to mid-March depending on weather and snow removal. Pay is negotiable \$20-\$30/hr. depending on work experience. We are an equal opportunity employer. Please send resume and 3 letters of recommendation or references to: [NHPROPERTYCARE@GMAIL.com](mailto:NHPROPERTYCARE@GMAIL.com)



SPORTS

CONTINUED FROM PAGE A1  
Belmont on Monday, May 17, and will visit the Raiders on Wednesday, May 19.

The final week of the season will feature Plymouth, with the Bears on the road on Monday, May 24, and at home on Wednesday, May 26.

The Winnisquam track team will open the

season with a home meet on Saturday, April 17, before heading to Laconia on Tuesday, April 20, and Newfound on Saturday, April 24. The Bears will host another meet on Tuesday, April 27.

Winnisquam will be at Laconia on Tuesday, May 4, before hosting a meet on Saturday, May 8. The Bears are at Moultonborough on Tuesday,

May 11, and at Gilford on Tuesday, May 8, before closing the regular season with a home meet on Saturday, May 22.

All schedules are subject to change.

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

GALLERY

CONTINUED FROM PAGE A1  
coming back to see ‘what’s new.’”

Another “move” by the LRAA/Gallery is actually an increase in the number of art and photography classes held there. Very inexpensive courses teaching how to draw, paint watercolors, oils, acrylics and photography, etc.


In addition, another “move” is for our

grand opening of the gallery, Sunday, May 2. 2-5:30 p.m. It’ll include our ‘Fabulous Flowers and Fine Arts Festival.’ A number of lakes region florists and garden centers will participate by providing creative and beautiful floral arrangements for the month of April in the gallery.

The grand opening will include refreshments, a raffle and live music. Admission is free. The Lakes Region Art Association and

Gallery is a non-profit, 501 c-3 organization dedicated the promotion and support of art and artists in the lakes region. The new address is: Tanger Outlet Mall, 120 Laconia Rd., Suite 300, Tilton. Open Thursday-Sunday, for gallery sales 10 a.m.- 6 p.m. Open weekdays and evenings for art and photography classes. Call to inquire, 998-0029, and/or visit the LRAA/Gallery Web site: www.LRAANH.org.

# HELP WANTED



Looking for a patient, dedicated, and dependable person with a sense of humor to support a 30 year old woman in Alexandria, NH. The right candidate will be open and responsive to working with a Gentle Teaching Consultant to make transitions less challenging for the individual. They will also provide personal and medical support in both the individual’s home and the community, maintaining a professional and calm demeanor. Position is part-time, preferably three days per week for a total of 20 hours. Rate of pay is \$16/hour. Go to [www.lrcs.org](http://www.lrcs.org) or call 524-8811 for more information.

## WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

**2020-2021 School Year**  
Professional & Support Staff

**WHITEFIELD ELEMENTARY SCHOOL**  
Title I Teacher (2020-2021 School Year Only)  
ESSER Interventionist-Professional

**LANCASTER ELEMENTARY SCHOOL**  
Educational Tutor 11:45 a.m.- 2:30 p.m. Daily

**ATHLETICS**  
JV Softball Coach  
Middle School Baseball Coach  
(positions are contingent upon COVID-19 status)  
(Contact Kerry Brady, AD, for application, etc.  
– 837-2528)

*Applicants must hold the appropriate NH credential for most positions or a Statement of Eligibility (SOE) issued by the NH Department of Education.*

**2021-2022 School Year**  
Professional & Support Staff

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**  
Certified Speech Assistant

**WHITE MOUNTAINS REGIONAL HIGH SCHOOL**  
Physical Education/Wellness Educator (Anticipated)  
Athletic Trainer/Physical Education Teacher (Anticipated)

**LANCASTER ELEMENTARY SCHOOL**  
Assistant Principal (Anticipated)  
Upper Elementary (Anticipated)  
Special Ed Case Manager  
K-4 School Counselor  
K-8 Music Teacher

**For further information, contact:**  
Stephanie Glidden, Adm. Assistant to the Superintendent of Schools and to the Director of Student Services White Mountains Regional School District SAU #36  
14 King Square, Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326 • Email: [sglidden@sau36.org](mailto:sglidden@sau36.org)



**Precision Lumber Inc.**

**IMMEDIATE OPENINGS**  
SAWMILL AND PLANER MILL WORKERS

**DAYTIME SHIFT**  
BENEFITS INCLUDE  
VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

Apply in Person  
or email [precisionlumber@lumbemh.com](mailto:precisionlumber@lumbemh.com)  
to request us to email an application



**Precision Lumber Inc.**  
576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)




**CONSTRUX, INC.**

**HELP WANTED**

- Steel Erectors
- Metal Roof & Siding Installers
- Forman, Leadmen and
- Laborers Position

Will Train. Valid Driver's License required.  
Application available at:  
630 Daniel Webster Highway  
Plymouth, NH 03264  
(603) 536-3553

**Leading Pre Engineered Metal Building Co.**



**Plymouth State University**

Plymouth State University has the following positions available:


- General Maintenance Mechanic
- Public Safety Officer
- Early Childhood Teacher I
- Facility Project Manager III
- Director, Counseling Center
- Counselor I
- Apprentice Plumber
- Athletic Equipment Manager

**Building Service Worker (Custodian)**  
First Shift (5:00 AM - 1:30 PM) Monday - Friday  
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday  
Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

**FACULTY:**  
Teaching Faculty (Non-Tenure Track), Environmental Science  
Teaching Faculty (Non-Tenure Track), Forensic Psychology  
Clinical Assistant Professor (Non Tenure Track), Nursing  
Tenure-Track Assistant or Associate Professor, Social Work

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.



**gsil**

GSIL is seeking dependable personal care attendants to assist our consumers in their homes with activities of daily living. Duties include bathing, dressing, grooming, transfers, errands, meal prep, light housekeeping, etc. Part time and full time opportunities with varying days and hours available. Training is provided. Pay rate is \$10.50-\$11.00

This is a great opportunity to gain experience, support independence, and make a difference. To learn more please contact Ashley at 603-568-4930.

*Granite State Independent Living is an Equal Opportunity Employer. Background checks required.*

LOVE YOUR COMMUNITY: Spend Locally!



**LOCAL FOLKS**  
*Locally owned businesses here to serve you!*



**FULL-TIME PAINTERS WANTED**

Must have license and reliable transportation. Wages based on experience.

Please call 603-986-4979

**LOW COST SPAY/NEUTER**

Rozzie May Animal Alliance, nonprofit serving NH and Maine.

Cat Cab service available. Cats \$70-\$85. Military discounts.

Sign up on line [www.RozzieMay.org](http://www.RozzieMay.org) or call 603-447-1373

## GENERAL SERVICES



**Ambrose Bros., Inc.**  
MEREDITH, N.H.

- Residential Site Work
- Commercial Site Work
- Septic Systems Installed
- Driveway & Road Construction
- Sand - Gravel - Loam

Route 3 • Meredith, NH • 03253  
**279-4444**

Looking for a full time lead teacher.

CPR & First Aid required as well as 6 ECE credits. Must pass a background check.

Please email your resume to [teloca@yahoo.com](mailto:teloca@yahoo.com)

**FOR SALE**

Approximately 500 Collector Plates

All Different Danbury Mint Disney, Bradford Exchange & others.

\$2 each for all 500 \$5 each sold separately

Email: [nwhead46@gmail.com](mailto:nwhead46@gmail.com)

Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!



# REAL ESTATE

## LOW INVENTORY

### Sell Your Home Now

Historically Low Mortgage Rates are Fueling a Surge in Buyer Demand!

Maxfield is the NUMBER ONE Independently Owned Agency in The Lakes Region. We Have Buyers Lined Up!

Capitalize on the Current Market. Embrace Your Equity & Downsize or Upsize Depending On Your Long Term Needs!

Aggressive Buyers Actively Putting in Offers Over Asking Price!



Wolfeboro: 603-569-3128 Alton: 603-875-3128 Center Harbor: 603-253-9360  
[www.MaxfieldRealEstate.com](http://www.MaxfieldRealEstate.com)



**MEREDITH OFFICE**  
 97 Daniel Webster Hwy  
 (603) 279-7046

**LACONIA OFFICE**  
 1921 Parade Road  
 (603) 528-0088

VISIT US ONLINE! [WWW.ROCHEREALTY.COM](http://WWW.ROCHEREALTY.COM)



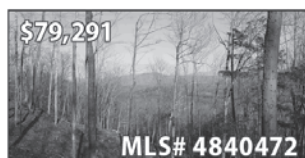
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MLS# 4853627



MLS# 4853349



MLS# 4840472

**South Down Shores on Lake Winnepesaukee**  
 Single family home just a short walk to the beach. 3BR/2BA, gas FP, 3-season porch, & slip at South Down Shores's boat club on finished walkout. Private beach & amenities!

Skillfully remodeled & efficiently updated 4BR/3BA condo. First right of refusal for boat Lake Winnepesaukee plus private beach rights!

**Affordable Lakes Region get-away condo!** Totally remodeled with a nautical motif. Located across from Lake Winnepesaukee w/ in-ground pool & the condo fees cover all utilities.

Over 5 acres at **Lakeview Heights** w/ views of **Newfound Lake!** State approved 3BR septic & driveway permit. Roughed in driveway & forest opened to enhance the view & daylight.

© SMP Architecture



**Introducing Lake Winnepesaukee's Newest Waterfront Development!**

**Welcome to Lakeside at Paugus Bay!** Set just yards from the sugar sand beach, docks, and landscaped lawns on Lake Winnepesaukee, these 32 luxury condominiums will feature 3-4 BR with up to 3,380 sqft. of living space, plus corner balconies, direct elevator access to each unit, and a 2-car garage. Westerly exposure with blazing sunsets overlooking the lake. Call 603-528-0088 for more details on these new waterfront condos or check out [www.lakesideatpaugus.com](http://www.lakesideatpaugus.com) !

**55 Plus MODEL HOME OPEN SUNDAY 12 to 2**

**\$169,995** Come and take a look!  
 Garage, Porch, Appliances  
 \*10% down - 25 years at 6%  
**Call Kevin - 603-387-7463**  
 Mansfield Woods, 88 North, Rt. 132, New Hampton, NH  
 Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'



### Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.  
 (The Fair Housing Act of 1968 at 42 U.S.C., 3604(c))  
 This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.  
 To complain of discrimination call HUD toll free at 1-800-669-9777  
 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.  
 You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write  
 The Commission at  
 163 Loudon Road,  
 Concord, NH 03301  
 Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



### TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: [www.alpinelakes.com](http://www.alpinelakes.com)  
 Bean Group: [www.beangroup.com](http://www.beangroup.com)  
 Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)  
 Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)  
 Coldwell Banker: [www.cbldmill.com](http://www.cbldmill.com)  
 Coldwell Banker Residential Brokerage  
[www.newenglandmoves.com](http://www.newenglandmoves.com)  
 ERA Masiello: [www.masiello.com](http://www.masiello.com)  
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 Kressy Real Estate: [www.kressy.com](http://www.kressy.com)  
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 McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)  
 Mountain Country Realty: [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)  
 Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)  
 New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)  
 Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)  
 Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)  
 Peabody and Smith: [www.peabodysmith.com](http://www.peabodysmith.com)  
 Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)  
 Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)  
 Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)  
 Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)  
 Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)  
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