

Clare Mills named Winnisquam District's Teacher of the Year

BY DONNA RHODES
drhodes@salmonpress.news

NORTHFIELD – When Clare Mills, Behavioral Specialist for the Student Support Center at Union-Sanborn School, began her weekly assembly for students in pre-school through second grade last Thursday morning, she was suddenly interrupted by members of the Winnisquam Regional School Board who had a presentation of their own to make- her award as the district's 2019 Teacher of the Year.

Board member Tarra LaChapelle told the students, "We are here to deliver a very special



DONNA RHODES

Clare Mills was recognized last week as the 2018-19 Teacher of the Year for the Winnisquam Regional School District. Taking part in the surprise presentation was school board member Julie Lonergan, family friend Rocco DiPietro, daughter Laura Mills, SAU 59 Superintendent Rob Seaward, Mills, her husband Rich, and school board members Tarra LaChapelle and Julie Petty.

may find this person often in the Student Support Center, very focused on Be Kind, Be Safe and Be a Learner."

Mills was then presented with flowers from the district as well as a plaque honoring all past recipients of the Teacher of the Year Award. That plaque will now hang in her honor at Union-Sanborn School for the next year but Mills will also have a requirement to fulfill as the 2019 award recipient.

"You'll now be asked to select someone from this year's graduating class at Winnisquam High School to receive a \$500 scholarship," she was told by the board.

Union-Sanborn Principal Jessica Makris Welch was excited to learn one of her teachers was selected among the many dedicated faculty members who are a part of the district.

SEE MILLS, PAGE A8

Participants sought for time capsule project

BY DONNA RHODES
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TILTON – As the countdown continues toward start of Tilton's 150th anniversary celebration in June, Town Clerk/Tax Collector Cindy Reinartz is busy working on plans for a time capsule that will be buried until the town's 200th anniversary in 2069. Part of her plan is to include a look at everyday life in 2019, so she is seeking families who are interested in being included in the town's history and businesses that would also like to be commemorated through the project.

"I'm holding a contest for families and businesses that want to be

part of the time capsule so we can give it bit more of a personal touch," Reinartz said.

Information on the SEE **TIME CAPSULE**, PAGE A8

described why Mills was selected.

Recognized as a great asset to classroom teachers Petty said, "You just

Kuster visits Franklin VNA & Hospice

FRANKLIN — Annie Kuster knows health care. Diving immediately into the specifics of each bill she was asked about, at Friday's Meet Your Representative event at Franklin VNA & Hospice, it was clear that Kuster is versed in the healthcare needs of her constituents and the challenges they face to access care.

The focus of the event, for both the Congresswoman and the attendees, was clearly on in-

creasing and ensuring access to healthcare. Kuster addressed the short-term, limited duration exceptions in the existing Affordable care act, which were intended to help bridge those in transition between jobs or life events with coverage, but now have been allowed to extend for up to four years.

Kuster advocated that "these don't cover pre-existing conditions, those up to age 26 or all the other protections that the



COURTESY

Tabitha Dowd, Executive Director Franklin VNA & Hospice, with Congresswoman Kuster.



SOME FAMILIES GATHERED AROUND THE EASTER BUNNY FOR A GROUP PHOTO DURING THE PINES COMMUNITY CENTER'S EASTER BREAKFAST IN NORTHFIELD LAST WEEK.

DONNA RHODES

The Pines hosts breakfast with the Easter Bunny

BY DONNA RHODES
drhodes@salmonpress.news

NORTHFIELD – Pines Community Cen-

ter held their traditional Easter Breakfast last Saturday morning, an event well-attended each

year by local residents, and the only disappointment this time was that weather spoiled the egg

hunt that typically follows the breakfast each year.

"Students from the

Winnisquam High School National Honor Society were going to

SEE **PINES**, PAGE A8

affordable care act was all about. Basically, it's an end run to overrun the ACA. My bill (HR 986) would put it back to just the three-month exception to cover those in transition."

She also touted the idea of re-insurance, taking the most challenging cases out of the pool and providing appropriate insurance to cover those very expensive or catastrophic cases, and this will bring down the rate for everybody else.

"What we're looking at is a pragmatic way, how do we increase

SEE **VNA**, PAGE A9

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HALL HIGHLIGHTS

May Highlights at Hall Memorial Library Tilton/Northfield

Heads up ... Library will be closed Friday, May 10 for roof repairs.

Cooking Matters - Free Six-Week Cooking Course for Families

Class Dates: May 2, 9, 16, and 13 and June 6 and 13

Time: 5-7 p.m.

Do you spend too much time worrying what's for dinner? We can help. You want the best for your family, but time, money, and picky eaters can make it hard. Join us for this six-week cooking course and learn how to make easy, healthy and affordable meals. All participants will prepare and enjoy a full meal each week and receive a take-home grocery bag with all ingredients to recreate the meal. Registration is required and weekly attendance is expected. Contact the library for more information or to register.

This program is partially funded by USDA's Supplemental Nutrition Program as part of SNAP-Ed, brought to you by Cooking Matters®.

Display Case – Quilt Samples by Nancy Smart

Children's Programming

Story Time, Wednesdays at 10:30 a.m.

Stories and rhymes followed by a craft for

preschool-age children.

- May 1 - frogs
- May 8 - flowers -- in the memorial garden with guest reader, Ghilian Finemore (weather permitting)
- May 15 - fish
- May 22 - farm
- May 29 - favorites

Saturday the 4th and Saturday the 25th at 10:30 a.m.

New Program - BabyTime: Movement and Music - Come join us for fun and giggles as we move, sing, and explore through music and movement! This group class for children 0-2 years old focuses on the bond between children and caregivers as they experience the world through sounds, music, instruments, and dancing. We also work to develop early literacy in children through stories, rhymes, and songs. Drop-ins welcome to this free program! Call 286-8971 for more information

Wednesday, May 1 and 15 at 4 p.m.

New Program - After-School Creativity Club - Painted Pots and Seed Bombs

Free craft for school-age kids! Join us to make some ready-to-plant wildflower seed bombs and a hand-painted flower pot to put them. Makes a cute spring gift for someone special! No registration necessary for this free club.

Adult Programs Chess Club - Mondays from 3-5 p.m.

New Program - Mommy's Time Out, Mon-

days at 6 p.m.

Leave the kids at home... this is time out for moms! We'll craft, chat and laugh. May dates are May 6 and May 13. So come spend some time with Sarah P., one of our new employees with 3 kids of her own.

Spanish Club - Tuesdays from 10-11:30 a.m.

Tech Tuesdays from 2-4 p.m. - Get help from Jenna with your device.

Sit and Knit - Friday from 3-5 p.m.

May Calendar of Events

Saturday the 4th at 10:30 a.m.

Babytime: Movement and Music - See above for details.

Monday the 6th at 4 p.m.

Crochet Corner - Come join fellow crocheters, drink tea and socialize while you crochet. Brittany will be available to help with your crochet questions.

Wednesday the 8th at noon

Scrabble in the Afternoon - A great way to spend a day... friends and a leisurely game. Adults Only.

Friday the 10th LIBRARY CLOSED - for roof repair

Monday the 13th at 5 p.m.

Trustees Meeting - Open to the public

Thursday the 16th at 6 p.m.

Succulents with Sarah - We will be hosting yet another succulent night! Join us for a fun night of making our own succulent terrariums to take home. You will also learn how to keep succulents alive and happy. Advance registration is required (no drop-ins) along with a \$10 materials fee to be paid the night of for everything needed to make your own terrarium. Please call us at 286-8971 or stop by our SEE HIGHLIGHTS, PAGE A8

Vacation week at the Belmont Public Library

BELMONT — The library is a busy place school vacation week. On Thursday, April 25, at 5 p.m., middle and high schoolers are invited for an after-hours Minute to Win It competition and pizza.

Feel like going out of town? The library has passes to New Hampshire State Parks, the McAuliffe-Shepard Discovery Center, and the state Historical Society. Contact the library for details. Squam Lake Science Center and Canterbury Shaker Village passes are ready to be added when those places open in early May. The NH State Parks pass is courtesy of the Friends of the Belmont Library.

Master Gardener Nell

Garden visits on Thursday, May 2, 6:30 p.m. at the Corner Meeting House, answering questions as planting begins. Master Gardeners are trained volunteers, who share their enthusiasm for gardening with the general public. By serving as a volunteer educator in their community, Master Gardeners help UNH Cooperative Extension programs reach more people.

The new Seed library opens in April. A seed library is a place where community members can get seeds for free or for a nominal fee and is run for the public benefit. Many seed libraries are open in public libraries and community centers. Seed saving is something humans

have done for more than 10,000 years. Rejoin the ritual and start to save seed and share the abundance here in your community.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont's community library.

For more information, contact:

Eileen Gilbert
267-8331
bpl@belmontnh.org
PO Box 308
Belmont NH 03220


Masons hosting monthly breakfast Saturday

TILTON — The Masons of Doric-Centre Lodge #20 are continuing their public breakfasts and bake sales on the fourth Saturday of each month except November and December from 7 to 9:30 a.m. at the Masonic Building, located at 410 West Main St. (Route 3/11 West)

in Tilton (where "The Ark" day care center is). Put it on your calendar and come socialize with friends each month.

This month's breakfast will be held on Saturday, April 27. They serve a full breakfast, including omelets and eggs cooked to order,

and the cost is \$8. Proceeds will benefit the various charities the Lodge supports. The Masonic Lodge will also be open for public tours and information. For more information about the breakfasts or about the Masons, contact Woody Fogg at 524-8268.



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Week of 4/26-5/2

AVENGERS: ENDGAME PG-13
Fri.-Sat.: 11:45AM, 3:15, 6:45, 10:15 PM
Sun.-Thurs.: 11:45AM, 3:15, 6:45 PM

AVENGERS: ENDGAME PG-13
Fri.-Sat.: 12:30, 4:15, 8:00 PM
Sun.-Thurs.: 12:30, 4:15, 8:00 PM

DUMBO PG
Fri.-Sat.: 1:00, 4:00, 7:00, 9:00 PM
Sun.-Thurs.: 1:00, 4:00, 7:00 PM

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Author lecture:
Margaret Porter,
"Beautiful Invention"


LACONIA — Hollywood beauty. Brilliant inventor. The incredible story of a remarkable and misunderstood woman. Hedy Kiesler, Austrian actor of Jewish heritage, scandalizes Europe with her nudity in the art film "Ecstasy." Her hasty marriage to a wealthy munitions merchant disintegrates, as he grows increasingly controlling and possessive. Even worse, he supplies deadly weapons to Hitler's regime.

She flees her husband and homeland for Hollywood, where Louis B. Mayer transforms her into Hedy Lamarr, an icon of exotic glamour. Professional success clashes with her personal life as marriage and motherhood com-

pete with the demands of studio and stardom.

Motivated by the atrocities of WWII, Hedy secretly invents a new technology intended for her adopted country's defense – and unexpectedly changes the world. Join us, as Author Margaret Porter shares "Beautiful Invention," Monday, May 6 at 6:30 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.



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Take Back Day offers safe way to dispose of prescription drugs

BY DONNA RHODES
drhodes@salmonpress.news

REGION – The DEA’s

Drug Take Back Day in New Hampshire is slated for this Saturday, April 27, and residents are encouraged to take a look in their medicine cabinets and sort out any medications they are no

longer using or that have passed their expiration date. Those the no longer need or want can then be dropped off at any one of the many disposal sites available throughout the state on that day.

Police officials will be accepting any tablets, capsules or dry packet medications at the drop off sites but they cannot take any liquids, needles or syringes. The DEA offers a few tips for those who have liquids or syringes to dispose of however. Syringes, whether used or unused, should have the tips carefully snapped off then placed in a solid container before being thrown away. Some drug stores will also accept syringes, which are then placed in their sharps container to be destroyed. People should check with their pharmacist before bringing them to the store however.

Another suggestion

for unwanted liquids is to pour them into a plastic bag filled with old coffee grounds, kitty litter or any similar substance. Once the bag is sealed, it can then be thrown safely into the trash. Medications should never be poured down a sink or flushed as they could contaminate the local water system.

People do not need to be a resident of a town to utilize any of the drop-off locations and all items are collected unanimously then sent to an incinerator where they are destroyed.

This Saturday, unwanted medications will be accepted from 10 a.m. until 2 p.m. at any of the following police stations in central New

Hampshire: Ashland, Belmont, Bristol, Laco-
nia, Meredith, Moulton-
borough, New Hampton,
Northfield, Plymouth,
Sanbornton, Thornton,
Warren and Waterville
Valley. In addition, of-
ficers from Franklin
and Tilton will host a
drop-off site at the CVS
parking lot, located on
Central St. by the Frank-
lin/Tilton town line,
and Gilford will accept
medications outside the
CVS store on Lakeshore
Road in their communi-
ty. In Sandwich, police
will be on hand to collect
medications at the town
transfer station.

For more informa-
tion or to check for oth-
er locations in the area,
please visit www.des.nh.gov.

Fundraiser pays off students’ lunch debt

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – A recent pancake breakfast at Applebee’s Restaurant in Tilton wiped the slate clean for children in the Winnisquam Regional School District who had outstanding lunch debts at their school.

The fundraiser was the joint effort of Every Child is Ours and the Tilton Senior Center, which helps ECIO provide weekend food and snacks for eligible students from Tilton, Northfield and Sanbornton. SEE FUNDRAISER, PAGE A8



COURTESY

Representatives of Every Child is Ours and the Tilton Senior Center presented a check to the Winnisquam Regional School District last week to pay off all outstanding money owed for lunches at the district’s five schools. Pictured here for the presentation are Donna Kuethe, Jen Hoyt, Emily LaPlante, Lisa Drew, Chuck Drew and WRSF Food Service Director Rob Cohen.

HALL MEMORIAL LIBRARY

Tilton/Northfield

Monday, April 29
Gallery Reading with Medium Carolyn Richardson - Members of the audience receive messages from the beyond through medium Carolyn Richardson. Not everyone will receive a message... no guarantees. There is no need to sign up for this free program in advance. This program is recommended for adults.

Tuesday, April 30
Spanish Club, 10 a.m.
Tech Tuesday, 2-4 p.m.

Wednesday, May 1
Story Time, 10:30 a.m.
Painted Pots & Seed Bombs, 4 p.m. – School-age kids are invited to join us after-school for a fun craft time making seed bombs and a painted pot to hold them. Makes a perfect spring gift for someone special! No registra-

tion required for this free craft event.

Friday, May 3
Sit and Knit, 3-5 p.m.

Saturday, May 4
BabyTime: Movement and Music, 10:30 a.m.

Come join us for fun and giggles as we SEE HAPPENINGS, PAGE A9

BELMONT POLICE LOG

BELMONT — The Belmont Police Department responded to 133 calls for service and made the following arrests during the week of April 12-19. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Michael Reera, age 52, of Gilford was arrested on April 12 for providing False Information to Secure a Firearm.

Patrick Gloddy, age 28, of Rumney was arrested on April 14 for Criminal Trespassing.

TJ Jeff Marchand, age 22, of Belmont was arrested on April 15 for Criminal Liability for the Conduct of Another.

Linh Ngoc Tran, age 30, of Belmont was arrested on April 16 for Resisting Arrest or Detention.

Timiah L. Wilkins, age 21, of Belmont was arrested on April 18 for Simple Assault and Criminal Trespassing.

SAVE the DATE!

Littleton Regional Healthcare's 28th Annual North Country Women's Health Conference
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The North Country Health Consortium/ Northern New Hampshire Area Health Education Center is collaborating with Littleton Regional Healthcare to offer continuing education credit for nurses. Look for Continuing Nurse Education (CNE) information in the conference brochure!

A sampling of speakers and topics includes:

- **Back by popular demand! Jana Stanfield**—Humorist, songwriter, and educator. Jana combines laughter, wisdom, and her million-selling songs into an interactive experience that generates fun and positive action.
- **Coach Yourself:** Could you use a life coach, but feel you can't afford one? Learn some of the secrets life coaches use with their clients to help yourself design the life you deserve.
- **Herbal Medicine** – Learn about ways simple herbs can improve your health
- **Stay Dry and Strengthen Your Pelvic Floor**
- **Pretty Feet** – Care and repair your toenails
- **Opioid Addiction and Women**
- **Osteoarthritis:** Taking good care of your joints throughout your life cycle

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STRATEGIES FOR LIVING

An anti-socialist manifesto

BY LARRY SCOTT

This is an Anti-Socialist Manifesto. I love America, and I regret that a group of men and women, vying to become the next President of the United States, are promoting a socialist agenda I believe would devastate our American way of life. Promises are being made they cannot keep and benefits are being offered we cannot afford. I have decided I must take a stand. America must not become a socialist state.

I have dismissed their rhetoric as without foundation, but the popular acceptance of their message has me alarmed. I can't believe they are being taken seriously, but they are!

I will grant that the promise of a free education, free health care, and a living wage for every American, sounds inviting. But if you will think the issue through, if you count the cost, you will see it is an offer we cannot accept. Let's take Sweden as an example. In Sweden, "benefits are awesome. Medical care is available to everyone in Sweden at nominal cost, unemployment insurance is 75 percent of a worker's pay, and day care is available for all. All Swedes have five weeks of legally mandated vacation, up to 450 days of parental leave at 80% of a worker's salary, and 120 days of leave to care for a sick child. Education in Sweden is free through to the PhD level and retirement benefits, which begin at age 65. [...] It just sounds too good to be true. Upon closer inspection, however, a far different and ominous picture emerges. It is a picture of a country slowly strangling itself to death with government spending and social benefits. [...] The obvious consequence of this is that Sweden has the highest tax burden in the developed world. [...] Everything is expensive in Sweden because on top of all personal taxes there exists a 25 percent national sales tax on almost all goods and services," (John L. Bowman, Socialism in America, Ch. 3).

And so, America, take note: there is no free ride. "Tax the rich," we are told. "Let the other man pay." But it won't work.

Statistics, according to taxfoundation.org show that in 2014 the top 1 percent of wage-earners, 1.4 million, paid 39.5 percent of all income taxes paid, at a rate of nearly 27 percent, for a total of \$542 billion. There is no way "the rich" can finance the trillions of dollars necessary to implement everything being promised. "The other guy" is not going to pay for this; you are.

Maya MacGuineas, president of the Committee for a Responsible Federal Budget, speaking on "Fox and Friends" April 15, warned that Bernie Sanders' proposed policies could cost \$20,000 per taxpayer if implemented as he has proposed.

In short, socialism is not the answer current aspirants to the White House would like you to believe. Our capitalist economy is not perfect, but it has made our nation the envy of the world. It is only in America that an individual can dream impossible dreams and find success – if they are willing to pay the price for its achievement.

I am concerned that pie-in-the-sky promises and irresponsible rhetoric is convincing some to "take a chance" on a new form of government. But it must not be! This is America, where private property, capital accumulation and competitive markets have made these United States the greatest nation in the world. May God help us to keep it that way!

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

Send your letters!

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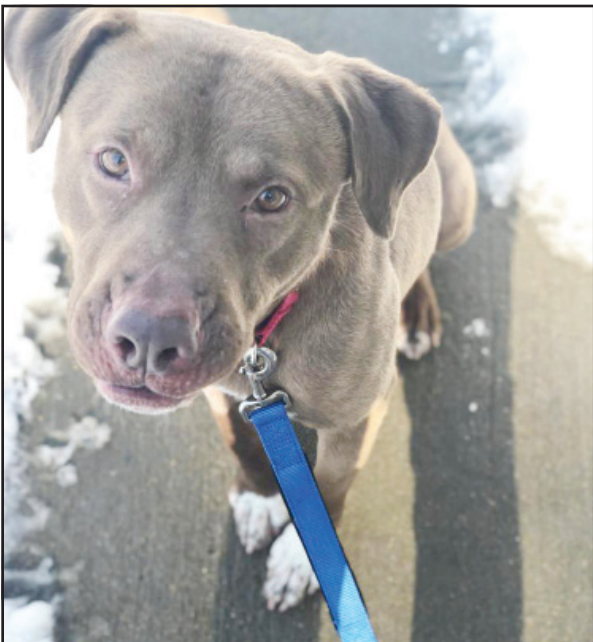
Or, you can e-mail us at echo@salmonpress.news
Please include your name, address
and phone number.

PET OF THE WEEK

DRUMMER

Drummer is a magnificently sweet and smart 5 year old mixed breed. Incredibly social and sweet playful soul this young man will make a great hiking partner for his humans. Since relocating from the south three months ago, he has learned to sit, give paw, and get down when his exuberance overtakes him. He is currently working on learning stay, come, drop it, and going to a mat on cue. He sure is ready

to explore his new surroundings, take in the sweet smells of springtime in New England with you. Drummer would do best in an active home with teens or older. He can be a little picky about his dog friends and may be ok with a dog savvy cat, so do take that into account. But know that Drummer will be a devoted friend. Bow wow wow yippe yippe yay, let's get Drummer a home where he can stay and play.



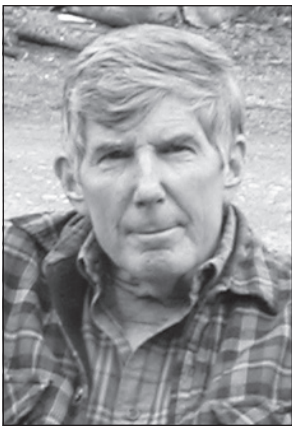
NORTH COUNTRY NOTEBOOK



JOHN HARRIGAN

The town road crew winged the snow back to make room for more snow or just expose what was already here to the sun. For a while it looked sort of like the Himalaya, but a few days later, the peaks were gone.

Here's the dirt on gravel:
A road that turns into mud



By JOHN HARRIGAN
COLUMNIST

I live on a dirt road. Some people prefer calling it a "gravel" road, but the reality is that there's always going to be a certain amount

of clay in it, which can turn even the best gravel into dirt. The common terminology, ever since I was a little kid, has been "dirt." If you say "gravel" you can be accused of putting on airs.

Sometimes it takes you almost a lifetime to figure things out. Clay, for instance, is nothing more than finely ground silt, the grinding machine being the glaciers, which for centuries ground ledges and rocks into stones, pebbles and silt. To me, the fact that we can find any deposits of clear gravel at all, given the vagaries of silt, is a minor miracle.

When the meltwater from the glaciers slowed down, as in a broad and gently dropping valley, much of the fine silt settled to the bottom. The tremendous weight of succeeding layers of gravel compressed the silt into clay. This is the clay the Coashaukees used to paint their faces, and the settlers used to make bricks.

Here and there, layers of silt in hills and ridges created what the earth science people call perched water tables. Much of the rainwater and snowmelt on the hill I live on emerges as springs and seeps at fair-

ly predictable elevations, often far from its source. As a close-by example, water from a briefly saturated water table once bubbled up each spring smack where a neighbor's driveway meets the road. I think it went away after the town fixed most of the classic mud holes by putting frost mats down, worthy of another story itself (oh, for the drama and impromptu stuck-in-the-mud parties of yesteryear).

+++++

There are certain rules on manners and behavior that apply only SEE **NOTEBOOK**, PAGE A6

FRANKLIN VNA & HOSPICE'S HEALTH CORNER –
WELLNESS TIDBITS TO KEEP US ALL A LITTLE HEALTHIER

Preparing to Age, a Five Part Series:
Connecting with Resources

In this five-part series we look at what it means to age in modern times and the steps we should take to make that process go how we want it to.

Often, when people are asked what their plans for aging are, they'll say that, when they are old, they'll start to make them. People who are in their 20's, 40's, 60's and 70's say the same thing. "I'll do it when I'm old." The problem with this plan is that "old" doesn't happen to you. Old happens to oth-

er people. And so that critical planning for how we want to age in place? Often it doesn't happen in time. A 2009 survey by the Pew Research Center showed that people 18 to 29 believe "old" happens at age 60. Middle-aged respondents said closer to 70, and those 65 and above said not until turning 74. (Taylor, P., Morin, R., Parker, K., Cohn, D. V., and Wang, W. (2009). Growing Old in America: Expectations vs. Reality.) So perhaps waiting

until you are old to plan how to age in place, really isn't the best plan. Perhaps you should start it now. The first thing to consider, is where do you want to live the remainder of your days? For many, the answer is home. Connecting with a place that provides in-home care, like Franklin VNA & Hospice, can help get any chronic illnesses under control, give you strengthening to maintain your independence, and even provide a home

safety evaluation so if you need to make changes to your home, like a ramp or some grab bars, you have time to do that. A second good place to connect with would be ServiceLink. They are NH's Aging and Disability Resource Center. They can help connect you with personal care providers, legal services for will and estate planning, or with applications like Medicaid or the Choices for Independence Program, which SEE **WELLNESS**, PAGE A7



COURTESY
Girl Scout volunteers work together to put up tents for their outdoor training April 13-14 in Franklin.

Girl Scout volunteers learn outdoor living skills while camping

FRANKLIN — Some intrepid Girl Scout volunteers participated in Basic Outdoor Living Skills training at the Veterans Memorial Recreation Ski Area in Franklin the weekend of April 13-14, in order to help girls learn to love the outdoors and become more confident in their own skills. These volunteers, both teachers and participants, are shining examples of the kind of people who make Girl Scouting possible, and are honored by Girl Scouts of the Green and White Mountains this month, National Volunteer Recognition Month.

Getting girls outdoors is one of the four pillars of the Girl Scout program, along with life skills, entrepreneurship, and STEM. Hiking, swimming, camping, kayaking, archery, horseback-riding, and simply appreciating nature are a fundamental part of the Girl Scout experience.

During the Girl Scouts Own closing ceremony on Sunday, they had a chance to reflect on the experience.

Cathy Esmonde of Kensington could hardly wait to speak out about the weekend, saying “I just need to say that I appreciate all the preparation and work it takes to make an event like this happen. And how we walked through how we would prepare for a weekend of camping that I can apply to planning for camping with my Girl Scouts.”

Sarah Kelley of Concord agreed, adding “I learned so many new

ways to present information and techniques to try with my Girl Scouts.”

What stood out to Jessica Fortier of Merrimack was how the group came together so quickly in training.

Karyn L. Martin, Assistant Director of Facilities and Outdoor Program for Girl Scouts of the Green and White Mountains, one of the trainers for this class, said, “The most powerful thing about our Girl Scout trainings is how volunteers from across two states connect and stay in touch after the training, working together to share skills with each other’s troops, plan camping trips together, and even plan for future trainings.”

For trainee Jeannette Towse of East Kingston, participating in the weekend training also involved conquering her own nerves about the outdoors.

“Everyone was so supportive, and I have their emails and phone numbers to stay connected, and know I can rely on them to give me support or advice,” Towse said.

Sue Berry, Outdoor Facilitator and Girl Scout volunteer from Northfield, said, “One of the reasons I teach this training is to connect with each volunteer and help them be successful. We model that so they model it for their Girl Scouts.”

Berry draws on her vast experience with camping and Girl Scouts to solve problems and prevent others, such as when girls won’t quiet

down and go to sleep. She has solutions for everything, and gently asks “and when that doesn’t work?” to help the group think harder and deeper about what else they could try or if the situation isn’t resolved the first time.

One trainee wrote: “Overall, I was just impressed by the wealth of knowledge, and willingness to share the facilitators showed. They worked well together and were so enthusiastic about learning from each other - the tin can water sprinkler for putting out fires was something we hadn’t thought of until Sue showed us and now we can’t live without it!”

Berry credits her strong history of training Basic Outdoor Living Skills to Deb Wyman, for whom this training was to be her last. Announcing her retirement from outdoor trainings after many years, Wyman is the kind of trainer who has left her mark on hundreds of volunteers and thousands of Girl Scouts. Berry said she thinks she and Wyman have taught the BOLS training in the Franklin area more than 45 times, with as many as 26 volunteers in each class.

“We recently updated out BOLS training materials to a new format,” said Martin, “and linked it to the Girl Scout outdoor badges and online training videos. It is the strong commitment to training volunteers and the knowledge of Deb Wyman and trainers like her that preserves

the long and strong training history, and allows Girl Scouts of the Green and White Mountains to make sure our training is strong, consistent and relevant for volunteers. Deb ensures that we remember why Girl Scouts camp, the importance of the experience and what our Girl Scouts learn gain from it - leadership, problem solving, relationship building. Anyone can take girls camping; but Girl Scouts lets girls lead their experiences, create their own activities, and practice and follow through with plans even when the weather isn’t perfect or dinner gets a little burnt.”

Charleen Osborne of Sunapee already has plans to attend the Advanced Outdoor Living Skills backpacking training this September, and for her, it was the experience of learning from each other that made the training work.

“The trainers have so much experience and even they learned from each other,” she said. “It opened the door for us to share our ideas and what happens with our girls. I am looking forward to taking my girls camping in the bunkhouse at Camp Farnsworth, and trying some new things with them.”


Basic Outdoor Living Skills trainings teach Girl Scouts and volunteers to rely on each other, make connections and learn from each other and make a difference; and Girl Scouts ensures volunteers are trained and ready to

make that camping experience safe, follow Girl Scout Safety Activity Checkpoints and ensure volunteers make it a girl-led experience.

To learn more or volunteer yourself, see www.girlscouts-gwm.org.

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CLASSIFIED SELLS IT ALL

Richard George Potter, 47

GILMANTON IRON WORKS — Richard “Dick” George Potter, 47, died at Concord Hospital, on New Year’s Day 2019 from complications of Pneumonia.

Dick was born on Nov. 15, 1971 to Robert L. Potter, Sr. and Nancy (Sanborn) Potter.

Dick leaves behind his mother, Nancy Potter; a brother, Robert L. Potter, Jr.; two sisters, Joan Riel and Janet Breton, and all their families. He also leaves behind his loving dog Willow, as well as all of his Easter Seals supporters.

Dick was predeceased by his father, Robert L. Potter, Sr., and his maternal and



paternal grandparents.

A Memorial Service will be held on Saturday, April 27, 2019 at 11 a.m. at the Lower Gilmanton Baptist Church, Route 107, Gil-

manton.

A party for Dick will follow the service at the family farm on Potter Road, Gilmanton.

For those who wish, the family suggests memorial donations in Dick’s name be made to the Easter Seals of New Hampshire, Attn: Online Giving Coordinator, 555 Auburn Street, Manchester, NH 03103.

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

Clifton H. Buswell, 79



LOCHMERE — Clifton “Cliff” H. Buswell, 79, died peacefully surrounded by family Friday, April 12, 2019 at the Belknap County Nursing Home.

Cliff was born on July 8, 1939 in Plymouth, the son of Harold and Minnie (Waldron) Buswell.

Cliff was an automobile enthusiast, and always had a passion for them. He could name the year, make, and model of any vehicle, as far back as the first car made. For many years he and his father sold cars for their business, H.W. Buswell & Sons, in Tilton.

Cliff also worked many years for Stafford Oil before owning and operating Buswell’s Auto Detailing along with his wife, Arlene. They worked side by side for many years.

In earlier times, Cliff was a member of the Tilton Masonic Hall and the Laconia Lodge of Elks. He and his father were the first father and son to join the Tilton Masonic Hall. Cliff has a great sense of humor and loved to tell

jokes, especially ones he made up. He loved camping with friends and family, especially at the ocean. Cliff was a huge NASCAR fan and attended many races. He had a deep love for animals and had many cats and dogs throughout his life. Above all he loved his family dearly. He will be greatly missed.

Cliff is survived by his wife of 43 years, Arlene (Binette) Buswell; two daughters, Cheryl Carter and her husband James of Gilford and Tammie Smith and her husband James of Concord, N.C.; three grandchildren, Michael Carter, Courtney Carter and Dylan Smith; and four great-grandchildren (Tegan, Hailey,

Grayson, and Natalie); his cousin, Barbara Buswell; and many nieces and nephews.

He was also predeceased by his first wife and dear friend, Jill Waite. Cliff was predeceased by his parents.

Calling Hours were held from 2 to 4 p.m. and from 6 – 8 p.m. on Monday, April 22, 2019, at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Funeral Service was held at 11 a.m. on Tuesday, April 23, 2019 also at the Funeral Home.

For those who wish memorial donations in Cliff’s name may be made to the New Hampshire Humane Society, PO Box 572, Laconia, NH 03247.

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

Panel sheds light on sexual abuse of those with disabilities

LACONIA — It’s not something that anyone likes to talk about, but the hard truth is that people who experience an intellectual disability are victimized more often than those without a disability. A year-long investigation by National Public Radio found that people with intellectual disabilities are sexually assaulted at a rate seven times higher than those without disabilities.

To shed light on this topic and start discussing ways to arm families, caregivers, educators and individuals themselves with the information they need to be safe and reverse this trend, Lakes Region Community Services is hosting a panel discussion: “D.E.N.I.A.L – Disability Education Neglects to Include All Life Choices” on Tuesday, May 7 at 6:30 p.m. at the LRCS Main Office, 719 N Main St., Laconia.

“These statistics are an unfortunate reality,” said Lakes Region Community Services President & CEO Rebecca L. Bryant. “Some parents and caregivers

avoid topics around sexual activity and sexual abuse because they don’t know how to address the subject, are uncomfortable, and believe their loved one will not understand. The reason for this panel discussion is to bring together experts in the community who will provide vital information, answer questions and help cut through that natural resistance to meet this issue head on.”

Topics to be covered and presenters include:

- Health Education: Christine Woodland, Health Educator, Moultonborough Academy
- Friendship & Dating: Dr. Laurie Guidry, Center for Integrative Psychological Services
- Internet Safety, Detective Lance Rouse, Gilford Police Department
- Sexual Assault & Domestic Violence: Skylor Beery, New Beginnings

All parents, guardians and caregivers are welcome to attend. Participation is free of

charge. Please RSVP to: Sarah Cadorette, 581-1528 orsarah.cadorette@lracs.org.

SEE ABUSE, PAGE A7

LACONIA — The Belknap Mill Quilters Guild is seeking interested quilters to participate in the 42nd Annual “Harvest of Quilts” Quilt Show, Oct. 5 & 6 at the Gilford Community Center in Gilford.

The quilt show draws visitors from all over New England and beyond. Entry and image submission deadline for possible inclusion in the 2019 quilt show is Friday, July 19 to be included in the booklet, not in the booklet, but registered for the show, Aug. 16. If you are interested in entering your quilt, please use our online registration at <https://www.bmqg.org/bmqgreg.html>. There is a \$10 registration fee for non BMQG members.

The Guild was founded in 1978, with the first quilt show held in October of that year. Currently the monthly meetings are held at the Beane Center, 35



COURTESY

Blueberry Lane, Laconia, scheduled for the second Wednesday of each month. Membership is open to any individual. The goals of the Guild are to foster the fiber arts by presenting workshops, classes, and demonstrations and to provide its members with the basics of quilting, as well as the new-

est techniques and art forms available. Last year they provided organizations such as “Comfort Quilts,” with a donation of 130 quilts; the CORE program, at Belknap County Jail received 16 quilts, the Interlakes Christmas Fund was presented 75 quilts for distribution to children and families

in need. Finally, the Spaulding Youth Center in Northfield, receives a new twin bed size quilt for every student that attends.

If you are interested in learning more about the Belknap Mill Quilters Guild you may contact them at: BMQG, PO Box 6174, Laconia, NH 03247 orinfo@bmqg.org.

NOTEBOOK

CONTINUED FROM PAGE A4

to dirt roads. They are not written down anywhere that I know of. Some of them may date from horse and buggy days.

Today, the volume of vehicles and the way they pound up and down the road make pot-holes a sure thing. One who prefers not to wreck his suspension, exhaust

and possibly his motor-mounts is entitled to slow down and wander all over the road to steer around the pot-holes.

Tailgating in such a situation (i.e., following too closely) is considered even ruder than usual, sending the message, in effect, “My time is more important than yours,” or maybe “Someone else is paying for this vehicle,” yet it happens. This is when it makes sense

to just pull over and wave them on by.

Even these days, when so many manners seem to have fallen by the wayside, they usually wave back to say “Thanks” as they roar by. Somehow, mad as I am about the tailgating, I feel bad when they don’t.

+++++

It is next to impossible to keep a vehicle clean if you live on a dirt road, even when your vehicle is garaged, or in my case, barned. The implausibility of cleanliness seems a small thing when compared to the privileges of living on a dirt road, which for some reason I cannot bring to mind at the moment.


A friend stopped by the other day and mentioned, amid tales of other adventures, that he’d

gone down below the notch a week or so ago.

Colebrook probably has a big enough trading-area population to support a car wash but doesn’t have one, so he had stopped in Lancaster to wash his truck. He was going a long way south, all the way to Massachusetts. Imagine. “Down there, people are apt to point at you and stare if your vehicle is dirty,” he said.

I had never heard that one. But a bit earlier, I’d seen a story about safety officials cracking down on farm kids driving tractors, so I guess anything is possible.

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



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Streetcar Company brings “Shrek” to the stage

MEREDITH — The Lakes Region’s longest running community theatre takes to the stage again from April 26-28 at Interlakes Community Auditorium in Meredith. This weekend the 45-year-old group of talented performers and technicians from all over the area will be bringing the popular movie turned Broadway musical, “SHREK!” to life. Audiences will be treated to many songs familiar to them from the movie and a whole lot of new fun tunes that will have them tapping their toes and singing along. All your favorite character are there: Shrek, Fiona, Donkey, Dragon and a ton of silly Fairytale characters. Within this talented Cast and Crew of individuals are several families working together to produce this high energy show. Comprised of parents and their kids, husbands and wives, siblings, aunts and nephews, dating couples and soon to be new parents! Several of these folks are returning to performing or backstage for the first time in years while others are taking the stage for the very first time. A large number of veteran performers and techni-



COURTESY

Left to right: David Nelson as Donkey, Cory Chapman as Shrek, and Anna Williams as Princess Fiona.

cians who work regularly in and around central New Hampshire are back to help create this storybook world. As an extension to their family, they have two amazing community sponsors that have

stepped forward to help ensure that the performances are truly magical. LRGH’s Caring for Kid and T-Bones and Cactus Jacks of Laconia have been instrumental in bringing director J Alward’s vision to life.

During the performances audiences will be treated to vibrant costumes and set designs. The shows will feature raffle items donated from local businesses and a concession stand full of

goodies, including custom made Gingy cookies. Don’t forget to have your photo taken in Shrek’s Swamp. There is sure to be laughter and pixie dust galore! Bring your family to see this talented theat-

rical family this weekend for lots of music and fun. “Shrek: The Musical” opens this Friday at Interlakes Community Auditorium, April 26 & 27 at 7 p.m. and April 27 & 28 at 2 p.m. Ticket & Show information can be found on The Streetcar Company Facebook page or by visiting the company Web site at www.streetcarcompany.com. “Shrek the Musical” is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI.

WELLNESS

CONTINUED FROM PAGE A4

was developed to help seniors stay in their homes as they age. Lastly, if you haven’t taken some basic steps to plan for your future, like creating Advance Directives, establishing care with a Primary Care Provider, and speaking to a financial advisor about your estate, ensure that you look to those items as well. A little planning for your Golden Years, can go a long way towards achieving your goals.

ABUSE

CONTINUED FROM PAGE A6

Lakes Region Community Services is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families.

A dynamic human services organization, LRCS offers other essential and critical services to individuals in the greater Lakes Region from birth throughout their lifespan. At the core of LRCS’ work are inclusion, acceptance, and building strengths and partnerships – wheth-

er at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit www.lrcs.org.

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PINES

CONTINUED FROM PAGE A1

be running the egg hunt for us and they were disappointed when we had to cancel it,” said recreation Director Samantha Magoon. “It isn’t raining right now but the grounds are really wet. The students were excited to help out this year so we want them to know we really appreciate their interest.”

Despite that cancellation, inside the center there was a continuous rotation of children and adults filling the tables where they enjoyed breakfast as they conversed with new friends and old. Magoon said the Easter Breakfast is one of the biggest fundraisers the community center holds each year and this time was no exception.

“We really get a lot of support from the community for this event. People know about it and come back to join us every year. It’s wonderful to see that continued support,” said Magoon.

For a nominal donation, there was an all-you-can-eat buffet with a menu that included scrambled eggs, pancakes, French toast, bacon, sausage, toast, coffee, milk and juice. Working hard to keep everyone fed that day were Tilton-Northfield Recreation Council Board members Rose-Marie Welch (president), Scott Haskins (vice-president), Jennifer Haskins, Joe Jesseman, Jason Kingsbury, Doreen Tilton, Cecile Beaupre and Traci Milbourne (treasurer). Assisting with clean up duties was a group of youth volunteers.

Adding to the festivities was a special visit from the Easter Bunny who hopped by to pose for photos with all the little ones.

Pines Community Center, operated under the oversight of the Tilton-Northfield Recreation Council, is a 501c3 nonprofit organization that provides



DONNA RHODES

Pines Community Center’s Recreation Director, Samantha Magoon, helped Tilton-Northfield Recreation Council members Scott and Jennifer Haskins serve everyone who attended their annual Easter Breakfast fundraising event last Saturday morning.

recreational opportunities for residents of Northfield and Tilton. While both towns contribute funding for PCC through their budgets each year, those contributions amount to only 40-percent of their projected expenses. The remaining 60-percent of money is raised through program fees, grants, donations and fundraising events like the Easter Breakfast.

The community center is located at 61 Summer St. in Northfield. More information on their youth camps, before and after school programs, adult and youth groups, and special events can be found on both their Facebook page and their Web site, www.pinescommunitycenter.com.

MILLS

CONTINUED FROM PAGE A1

“She’s the first faculty member to be selected from Union-Sanborn School and she certainly deserves it,” said Welch.

Mills was nearly speechless at the assembly last Thursday morning. Adding to her emotions was a special video presentation from several students and coworkers, all of whom

had something special to say about her.

“Her natural instinct is to see the world through a child’s eyes,” one teacher observed.

Others praised her for presenting students with lessons they will use all their lives, while another added, “You do it every day with a smile on your face. Congratulations. You deserve it.”

The staff members even held up a chalkboard sign from their of-

fice wall with the motto, “It’s a good day to have a good day,” as they congratulated her on camera. A saying they felt fits Mills’ daily outlook.

Students chimed in as well. Through notes written anonymously, they praised Mills for not only being there when they need her, but for taking time out to provide a break for them on a stressful day.

“She is pretty much the best teacher I ever

had,” one second grade student confessed.

Through more tears after the presentation Mills told the assembly, “Thank you all so much for your kind words. I just want to say I’m overwhelmed.”

As she and her family was then invited to enjoy cake and refreshments, Mills took a moment to compose her thoughts. She said her own children went to school in the Winn-

isquam School District, including elementary school at Union Sanborn. Having been with the district for over two decades as not just a parent but a faculty member, too, she said felt blessed, humbled and very grateful for this special recognition from her peers and the community.

Mills finished by saying with sincerity, “This school is my heart.”

TIME CAPSULE

CONTINUED FROM PAGE A1

families selected for the project would include names, ages and a photo of their home, along with it’s address.

“It would be interesting for someone 50 years from now to know who lived in that house and how it looked in 2019, or to perhaps know where it used to be if it’s been replaced by another building by then,” she said.

A photo of the family and even any pets they have would also be a nice personal touch.

Other suggestions are for them to include a write-up on their daily lives, such as the adults’ jobs, where the children go to school and a list of hobbies or favorite ac-

tivities. Reinartz said it could also include what the family does for fun (crafting, camping, fishing, skiing, etc.), any school, town or civic groups they are involved with, and perhaps some of the local places they enjoy dining, shopping or taking part in fitness programs.

Finally, Reinartz is looking for the selected families to explain what it’s like living in Tilton in 2019, both the pros and the cons. They can also write a short message to the residents who will open the capsule 50 years from now.

“I just thought it would be fun to let people in the future know what it’s like living here

now,” said Reinartz.

Her quest doesn’t stop there though. Local business owners are also encouraged to join in this historic commemoration. Reinartz asks that they take a photo of their business, preferably in front of the building but that’s not required, then send it in with a caption naming those in the photo. They should include a brief description of what their company does, its location and how long it has been in operation. If it is a restaurant, a menu can be included and all companies can also add a price list for their services or goods so people in 2069 can compare the differences. Experiences about doing business

in Tilton are also welcomed.

Since no one knows what the future of technology will be, Reinartz said she’ll print out all the photos and information for the capsule because to have it on a computer disc or thumb drive might turn out to be useless to people 50 years from now.

“Technology is changing so fast. To put something on a thumb drive today would be like putting a cassette tape in a time capsule 50 years ago. It would be no good now because we’d have to try to hunt down an old cassette player to listen to it,” she explained.

Reinartz requests that any business with

an interest in adding their story to the time capsule to email their complete submissions to her at ttctc@tiltonnh.org. Families are asked to simply email their name and contact information to that same address as soon as possible. On May 8, she will put all the names she receives in a hat then select three families to participate.

On Sunday, June 30, when the time capsule is filled with the stories of families and businesses, some town data and other cultural information and photos from the year 2019, it will be buried at Riverfront Park. There it will remain until Tilton’s Bicentennial Celebration in 2069.

FUNDRAISER

CONTINUED FROM PAGE A3

While ECIO purchases the food items, it is the men and women of the senior center who package it all up for delivery each Friday throughout the school year and during the summer school session, too.

Last week, representatives of the two organizations were pleased to present a check to the Winnisquam Regional School District’s Food Service Department to cover all the unpaid student lunches.

Chuck Drew of ECIO said the money from the

Applebee’s fundraiser covered nearly all of the debt while a recent donation from Belknap Subaru helped with what little more was left on the accounts.

“Our mission for the Applebee’s fundraiser was to pay off the lunch accounts at all five

schools in the district. Thanks to the generosity of everyone who came to the breakfast we were able to do just that. It’s something that’s outside what ECIO normally does but we really wanted to do it this year as a one time contribution,” said Drew.

HPPENINGS

CONTINUED FROM PAGE A1

move, sing, and explore through music and movement! This group class for children two years old and younger focuses on the bond between children and caregivers as they experience

the world through sounds, music, instruments, and dancing. We also work to develop early literacy in children through stories, rhymes, and songs. Registration is no longer required; drop-ins and newcomers are welcome to

join this free class.

New Items

“The City of Lost Fortunes” by Bryan Camp
“Boy Swallows Universe” by Trent Dalton
“Lost Roses: A Novel” by Martha Hall Kelly

“The Moment of Lift: How Empowering Women Changes the World” by Melinda Gates
“Starport” by George R. R. Martin (GN)
“The Peacock Emporium: A Novel” by Jojo Moyes

SHAKER REGIONAL SCHOOL DISTRICT
NOTICE OF SPECIAL DISTRICT MEETING

The Shaker Regional School Board will hold a special meeting, in accordance with RSA 32:6, VII (b), to vote on the following article: “To see if the School District will vote to ratify the results of the March 12th annual meeting even though the posting requirements were not met.” The meeting will be held on May 21, 2019 beginning at 6:00 pm in the Belmont High School Cafeteria.

SHAKER REGIONAL SCHOOL DISTRICT
NOTICE OF PUBLIC HEARING

The Shaker Regional School Board will hold a public hearing on May 14, 2019 at Belmont Elementary School regarding a notice from the NH Department of Revenue Administration about a procedural deficiency with the required posting for the 2019-2020 Budget documents. The meeting will begin at 6 o’clock pm, in the library.

**NORTHFIELD
BOARD OF SELECTMEN
Town Hall
21 Summer Street Northfield, NH 03276
Tuesday, May 7, 2019 6:00 p.m.
Public Hearing**

Proposed changes to Ordinance Regulating the Use of Richard P Smart Conservation Area.
The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office if you need special assistance in order to attend this meeting.
279-7039

THE HIGHLANDS
VILLAGE DISTRICT

NOTICE OF ANNUAL MEETING
REGARDING
2019 WATER AND SEWER BUDGET

TO THE RESIDENTS OF THE
HIGHLANDS VILLAGE DISTRICT,
NORTHFIELD, NEW HAMPSHIRE

Notice is hereby given that the Highlands Village District’s Annual Meeting will be held on Wednesday, May 1st, 2019 at 7:00 PM at the Northfield Town Hall, 21 Summer Street, Northfield, New Hampshire.

Commissioners of the
Highlands Village District

HIGHLIGHTS

CONTINUED FROM PAGE A2
circulation desk to sign up.

Monday the 20th at 4 p.m.
Crochet Corner - Come join fellow crocheters to drink tea and socialize while you crochet. Brittany will be available to help answer questions.

Monday the 20th at 6 p.m.
The Bookers – “Small Great Things” by Jodi Picoult - Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than 20 years’ experience. During her shift, Ruth begins a routine check-up on a newborn, only to be told a few minutes later that she’s been re-assigned to another patient. The parents are white supremacists and don’t want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn’t offer easy answers. “Small Great Things” is a remarkable achievement from a writer at the top of her game. (Amazon)

Wednesday the 22nd at 3:30 p.m.
Cupcake Wars - Teens, come and decorate cupcakes to win great prizes!

Saturday the 25th at 10:30 a.m.
Babytime: Movement and Music - See above for details.

Monday the 27th
Memorial Day - Library closed

Tuesday the 28th at 12 p.m.
Nooners Book Group – “Killers of the Flower Moon” by David Grann - In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discov-

ered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. As the death toll rose, the newly created FBI took up the case, and the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to try to unravel the mystery. White put together an undercover team, including a Native American agent who infiltrated the region, and together with the Osage began to expose one of the most chilling conspiracies in American history. (Amazon)

Thursday the 30th at 4 p.m.
YaH Book Group - “Truly Devious” by Maureen Johnson - Ellingham Academy is a famous private school in Vermont founded by Albert Ellingham, an early twentieth century tycoon, who wanted to make a wonderful place full of riddles, twisting pathways, and gardens. Shortly after the school opened, his wife and daughter were kidnapped. The only real clue was a mocking riddle listing methods of murder, signed with the frightening pseudonym “Truly, Devious.” Stevie Bell is set to begin her first year at Ellingham Academy, and she has an ambitious plan: She will solve this cold case. Truly Devious makes a surprise return, and death revisits Ellingham Academy. The two interwoven mysteries of this first book in the Truly Devious series dovetail brilliantly, and Stevie Bell will continue her relentless quest for the murderers in books two and three. (Amazon)

Thursday the 30th at 6 p.m.
My Favorite Murder - True Crime Night - Join us to pick up your copy of Stay Sexy and Don’t Get Murdered by Karen Kilgariff and Georgia Hardstark hosts of the popular MFM podcast! (more details to come regarding guest speakers.)

VNA

CONTINUED FROM PAGE A1
choice for consumers and bring competition?” she said.

She also spoke about the challenge of introducing generic drugs to the market to lower costs, because of the power and clout of drug companies to buy up competitors, drag their feet to allow others to develop generics, or directly raise the price on drugs in a non-competitive market. “We’re trying to address that, particularly with any of the life-saving medications,” she said.

When the session opened up for questioning, the attendees asked about several upcoming pieces of legislation. Tabitha Dowd, Executive Director of the Franklin VNA & Hospice, asked, “Historically you have co-sponsored the Home Health Care Planning Improvement Act, to allow Nurse practitioners to sign orders,” she said.

Dowd asked if everyone who used a Nurse Practitioner as their primary care provider would raise their hand, and nearly every hand in the room rose.

For her part, Kuster, who also raised her hand, did pledge to continue to support that legislation, saying, “Yes. I’m happy to do that again.”

Kuster asked the group about PDGM, the new payment model set to begin January 2020.

Dowd and Gina Balkus, CEO of the Home Care, Hospice & Palliative Care Alliance of New Hampshire, both fielded the question. Dowd summarized that PDGM is a whole new payment methodology, and includes a 6.42 percent cut to payments

to Home Health based on “behavioral adjustments” to how patient care is assumed to be given, rather than focusing on the care that patients require. Balkus noted that because PDGM is such a drastic change, it requires a great deal of preparation from all Home Care agencies across the country to ensure viability. The last time such a drastic change was made, more than 20 years ago, 40 percent of Home Health agencies closed permanently. In addition to the major changes in how patients will be looked at by Medicare, the “behavioral adjustments” will reduce revenue immediately, rather than making the change after data has been gathered on how the PDGM has affected patient care. Balkus noted that there was a bill to amend title XVIII of the Social Security Act to address this and eliminate the cut until observable evidence that provider behavior change did occur was gathered. Kuster indicated she was interested in speaking with Congressman Sewell of Alabama, one of the co-sponsors of the bill.

Kuster was adamant that “We really need to ensure that everyone gets the healthcare that they need.”

Kuster and Dowd, both clad in Kuster blue, were well matched in their goals for access to care. Drawing attention to the Rural Access to Hospice Act, Dowd tapped Elaine Cartier, Franklin VNA & Hospice’s Director of Hospice to speak to the issue. Currently, patients with primary care physicians employed by Rural Health Clinics and Federal Qualified

Health Centers must give up their physicians to obtain hospice services. This requirement strongly impacts rural parts of New Hampshire, where access to providers is more difficult, especially so for those weakened or affected by terminal illnesses.

Following the question and answer portion, Kuster accompanied Deborah Richardson, RN on a home care visit, allowing Kuster to see the complex medical issues that people are dealing with in their homes, now that there is increased pressure for ever-earlier hospital discharges.

When asked about the event, Dowd said, “Congresswoman Kuster has always been a strong supporter of home care and hospice issues, and we value our strong relationship with her. I want to thank her for co-sponsoring H.R.647 - Palliative Care and Hospice Education and Training Act, which will support the training and education of healthcare workers in Hospice and Palliative care. This is urgently needed given the estimate of one palliative physician for 26,000 seriously ill patients, by 2030 if no action is taken. I applaud her for recognizing education is the most powerful tool which you can use to change healthcare for the better and taking steps to prevent this potential crisis.

“I would also like to thank Congresswoman Kuster for her time today, her compassion, and her dedication to the people. We hope that with the dialogue opened today Congresswoman Kuster will continue her support of home health care and co-sponsor the

Home Health Payment Innovation Act S.433 (HHPIA) and the Home Health Care Planning Improvement Act S.296 (HHCPPI) - S.433. (HHPIA) which would remove the ‘behavioral adjustment’ from the new payment model from Medicare and Medicaid. This “adjustment” reduces payment by 6.42 percent based on expected behavior changes, rather than evidence of proven practice. The bill would also provide CMS flexibility to waive the Medicare home-bound requirement for Advantage plans allowing greater access to care, as those strict requirements do not always allow for the realities many elderly are living.”

Lending, her support of S.296 (HHCPPI) would allow Nurse Practitioners and Physician Assistants to certify a patient’s eligibility for the Medicare Home Health Benefit if passed. As so many of us utilize Nurse Practitioners as our primary care providers, this will significantly improve access to care by matching the actual healthcare experience with what the regulations require.

We value Congresswoman Kuster’s keen attention to the issues that impact New Hampshire residents, and her willingness to wade into the mire of Healthcare policy to improve it so that we may all benefit.”

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Edward Jones: Financial Focus

Earth Day Offers Valuable Lessons to Investors

On April 22, millions of people will observe Earth Day by participating in events that support environmental protection. As a citizen, you may want to take part in a local celebration. And as an investor, you can learn a few lessons from the themes of Earth Day. Here are a few of them:

Avoid a toxic investment environment. A recurring topic of Earth Day is the necessity of reducing toxins from our air, water and land. And, while you might not think of it in those terms, your portfolio can

also contain some “toxic” elements in the form of investments that may be hindering your progress, or, at the very least, not contributing to it. For instance, you might own some investments that, for one reason or another, have consistently underperformed, or are now too aggressive for your risk tolerance, which can change over the years. In these cases, you might be better off selling the investments and using the proceeds for other, more appropriate ones.

Look for sources of re-

newable energy. Efforts to protect our environment include a push for more renewable energy sources, such as solar and wind. As an investor, you, too, can look for “renewables” in the form of investments that keep paying you back in one way or another. Of course, the most basic example would be a bond, which pays you regular interest until the bond matures and you get your principal back, provided the issuer doesn’t default, which is generally unlikely with an investment-grade bond. However, you also

may want to consider another type of renewable – dividend-paying stocks. By reinvesting these dividends, you can increase the number of shares you own – and share ownership is a good way to help build your portfolio. Some companies have paid, and even increased, their dividends many years in a row, but keep in mind they’re not obligated to do so.

Plant seeds of opportunity. Some Earth Day events involve planting trees – many of which won’t be fully grown for decades. When

you invest, you are planting seeds in the form of investments you hope will grow over the years. Of course, you will likely see some volatility along the way, but over the long term, investments with strong fundamentals may reward you for your patience. Apart from these ideas, you also can connect the idea of helping protect the environment with investing for your goals. Through socially responsible investing, you can screen out investments in companies whose products you find objectionable, while supporting

businesses whose work you believe helps contribute to a better world. And you can find investments, such as mutual funds that emphasize social responsibility, whose returns are competitive, so you don’t have to sacrifice growth potential for your principles. In the nearly 50 years since Earth Day celebrations began, we have taken steps to improve many aspects of our physical world, although the work continues. And by following some of the same techniques, you can improve your investment environment, too.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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Little Dog Paper Co. featured at next Patrick’s Connect event

GILFORD — Patrick’s Pub and Eatery will host Little Dog Paper Co. at their networking event, “Connect,” on Thursday, April 25 from 5-7 p.m.

Nicole Ayers, owner of Little Dog Paper Co., started the company almost six years ago as an online greeting card and scrapbooking business. Ayers quickly gained notoriety in the stationery industry, having been featured in the Huffington Post and Glamour, among other publications. In March of 2018, Nicole brought her husband Dave on board as her business partner. Together, they moved the operation out of the dining room in their home and into the brick-and-mortar location at 31 A Main St. in Meredith. Since then, the business has grown their card catalog from 35 designs to more than 200. They have assisted the community of Meredith with various graphic design and production products, as well as providing a store that is populated with hilarious cards and funny gifts and stationery products that can appeal to all customers. In addition to their growth and success, Nicole has been one of the top presenters at stationery conventions nationwide for the past year, including the Chicago Planners Conference and Pinners Minneapolis. As they approach the one-year anniversary of having the Little Dog Paper Company location open in Meredith, the husband and wife

team couldn’t be more proud of what they’ve built and the warmth of the people who have embraced their new location and remained loyal online customers as well.

Have some laughs and get to know Little Dog Paper Company at Patrick’s Pub. Enter to win chances for all sorts of prizes throughout the event, including a selection of original Little Dog Paper Company greeting cards and tickets to their hosted paint classes. The grand prize will be a basket filled with more than \$150 of Little Dog Paper Company products carried in the store from Blue Q, Knock Knock, Whiskey River Soap Company, etc. as well as a large selection of their greeting cards. Stay and enjoy the live music with Joel Cage.

Patrick’s Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle drawings at 6 and 7 p.m., followed by live music. An additional grand prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 7 p.m.

For more information on Patrick’s Connect or to register your own business to be featured at an event, call 293-0841 or visit www.patrickspub.com/connect. To learn more about Little Dog Paper Co., please visit littledogpaperco.com.



Patrick’s Pub and Eatery will host Little Dog Paper Co. at their networking event, “Connect,” on Thursday, April 25 from 5-7 p.m.

Taylor Community welcomes the Chocolate Doctor

LACONIA — Do you have a sweet tooth for chocolate, but worry about the side effects? Despite the possibility of over-indulging, chocolate has a wide range of physical and mental health benefits, according to Professor Michael Cross, a self-proclaimed chocolate lover and chemistry professor at Northern Essex Community College, Haverhill, Mass.

He will explain this and more during a lecture entitled “Chocolate: The Secret Indulgence.” Monday, May



Professor Michael Cross

1 at 6:30 p.m. in Taylor Community’s Woodside Building. This free event is open to the public and comes courtesy of the Northern Essex Community College Speakers’ Bureau. The audience will learn what a perfect treat chocolate is and the various ways it affects the human brain. Chocolate samples will be included!

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.

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BOB MARTIN
Griffin Embree pitched well for Belmont against Gilford in a tight 7-6 win last week.



BOB MARTIN
Brett Auclair plays first base for the Belmont Red Raiders this season.

Belmont edges Gilford in battle of D3 heavyweights

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Gilford and Belmont baseball teams are two of the best teams in Division 3, and last week the teams went head to head with Belmont coming away with a 7-6 win.

Gilford had Adrian Siravo on the hill, but the hard throwing righty only lasted one inning after leaving the game

with an arm injury. On the mound for Belmont was Griffin Embree, who was the runner up for player of the year last season to Siravo.

Embree took a 6-0 lead into the seventh inning thanks to a fantastic day on the mound, but Belmont squandered the lead with untimely walks and errors that led to six unearned runs. The game was tied 6-6

in the bottom of the seventh inning, where Belmont's Austin Didsbury reached and advanced on an error. Lars Major singled and Didsbury advanced to third, and then scored on a bloop single by Jason Gaudette.

Embree pitched 6.2 innings with three hits, five runs and none of them earned. He had eight strikeouts and four walks. Didsbury came in

and allowed a hit and an unearned run in relief.

Brett Auclair was 2/3 with two singles, a sacrifice and three RBIs. Cam Magerer was 1/1 with a double, three walks, two steals and three runs. Nate Sottak was one for two with a single, walk, steal, a run and an RBI. Gaudette was 1/3 with the walk-off RBI single.

"A good team win," said coach Matt Leb-

lanc. "It would have been easy to get down on themselves but the boys rallied together, stayed positive and delivered in a big moment. It's nice to see the team overcome some early season adversity against a very good team, and we hope to use it as a learning experience going forward."

On April 19, Belmont came away with a 7-3 victory over the Newfound

Bears. Didsbury pitched six innings, allowing four hits, three earned runs, three walks and five strikeouts. He was 1/2 with a double, walk, two steals, two RBIs and a run.

Mike Sprague pitched an inning of relief, allowing a hit and striking out two batters.

Gaudette was 2/3 with two RBIs while both
SEE **BASEBALL**, PAGE B3

Bears win three to remain undefeated

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam softball team had three games before a full week off, and the Bears made the best of it by winning all three and going into the break with a 4-0 record.

On April 16, Winnisquam crushed Newfound by a score of 15-3. Aubrey St. Onge pitched well with three runs and only one earned in the complete game. She also struck out two batters.

Winnisquam scored five runs in the first

inning and piled on 13 hits. Carly Catty was 2/4 with a pair of runs. Olivia Dill was 2/3 with two runs. Natalie Deshaies had three RBIs in a 1/3 showing. Evaline Auger had three runs and was 1/1 while Ashley Deshaies was 2/4.

"The team has really worked hard in the gym and it is really showing on the field," coach Mark Dawalga said. "Great overall team effort."

The next day Winnisquam battled Conant and came away with a

5-4 win. Chloe Colarusso was 2/3 with a run; Catty was 2/3 with a run; Auger was 1/2 with a run and St. Onge was 1/3 with a run.

The game was tied 0-0 after two innings before Winnisquam was able to push a run across in the bottom of the third. Catty scored on a wild throw to third during a steal, taking home on the throwing error. Winnisquam then scored again in the fourth inning to go up 2-0. Conant battled back in the fifth to tie the game, but Winn-

isquam took the lead back in the bottom of the fifth.

In the top half of the sixth inning, Conant knocked in two more runs to go up 4-3, but Winnisquam managed to get two more runs across in the sixth to take the 5-4 lead. The Bears held off Conant in the seventh inning, with the tying run on third and go ahead run on second. Conant grounded back to the pitcher for the final out and the Bears held on for the win.

"Both teams real-

ly showed a lot of grit today," said Dawalga. "Very proud of the kids' effort today. In a game that could have gone either way we were able to make one more play to hold on for the win."

On April 19, Winnisquam beat Hillsboro-Deering 15-12 on a big game by Catty. Catty was 4/5 with two runs and two RBIs. Also with big days were Ashley Deshaies who went 3/4 with three runs, Hannah Max who went 3/5 with three RBIs, Colarusso with two triples and Emma Griffin with

two RBIs in a 2/5 showing.

Freshman Cheyenne Cooper was on the mound and went five inning in her first start. Sophomore Abby Smith was also pitching for the first time and helped combine for the win. Dawalga said it was a total team effort, but offense and getting out of jams was what carried the team to victory.

Next up for Winnisquam is a road game against Prospect Mountain at 4 p.m. on April 29.

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Belmont boys win home meet

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – Belmont High School hosted a track and field meet on April 16 and the boys’ team came away with a win while the girls’ team placed third.

The boys’ team had 147 points for the win.

Zach Ennis was the winner of the 800 meters with a time of 2:12.54. Nick Miles was fifth with a time of 2:29.24.

In the 100 meters, Ben Hillsgrove was second with a time of 12.46. Lucas Mathieu was third with a time of 12.58, Devin Bricknell was fifth with a time of 12.84, Brandon Robichaud was seventh with a time of 13.81, Kyle Whitcomb was 18th with a time of 13.89, Jackson Cozzens was 19th with a time of 13.92 and Kyle Plaza was 20th with a time of 13.94.

In the 200 meters, Nolan Gagnon was second with a time of 25.34 and Hillsgrove was fourth with a time of 25.94. Charlie Carroll-Burr was seventh with a time of 27.04, Whitcomb was 11th with a time of 28.24, Cozzens was 12th with a time of 28.34 and Kelley was 16th with a time of 29.54.

In the 1,600 meters, Chris Pare was fifth with a time of 5:23.38.

In the 100-meter hurdles, Micah Edgren was second with a time of 20.33.

In the 300-meter hurdles, Aidan Rupp was second with a time of 47.84, Carroll-Burr was third with a time of 49.34 and Berry was fifth with a time of 56.64.

In the 4X400-meter relay, Belmont won with a time of 3:46.34. The team included Gagnon, Edgren, Rupp and Eddie Mann.

In the 4X100-meter relay, Belmont placed second with a time of 49.16.

The team consisted of Mathieu, Whitcomb, Hillsgrove and Mann. Another Belmont team placed third with a time of 50.25, and included Gagnon, Bricknell, Plaza and Robichaud.

In the high jump, Bryce Hall was third with a height of five feet, eight inches.

In the long jump, Lucas Mathieu was third with a leap of 17 feet, eight inches. Brandon Robichaud was sixth with a distance of 16 feet, 10 inches. Hall was eighth with a distance of 16 feet, two inches and Jacob Cress was 10th with a distance of 15 feet, 8.5 inches.

In the triple jump, Mann was second with a distance of 36 feet, 3.5 inches. Cress was fourth with a distance of 34 feet and Eamon Kelley was fifth with a distance of 32 feet, six inches.

The discus was won by Zack Duclos, who had a toss of 113 feet, two inches. Belmont also had third through fifth place with Brendan Kelley throwing 98 feet, one inch, Marrone throwing 86 feet, four inches and Brian Miles throwing 70 feet, 11 inches.

In javelin, Mathieu was fourth with a throw of 115, one inch. Spinale was 13th with a throw of 76 feet, one inch.

In the shot put, Brendan Kelley was third with a throw of 36 feet, 2.5 inches while Duclos was fourth with a throw of 35 feet, nine inches. Joey Spinale was sixth with a distance of 33 feet, one inch, Michael Marrone was seventh with a distance of 31 feet, 10 inches, Brian Miles was eighth with a distance of 31 feet, 4.5 inches and Hayden Parent was 10th with a distance of 30 feet, 2.5 inches.

The girls’ team had 71 points behind Gilford



Aidan Rupp leaps over a hurdle for Belmont at a track meet last week.

BOB MARTIN



Chloe Jackson runs for Belmont High School at a home meet.

BOB MARTIN



Alice Riley won the 800 meters at a home meet last week.

BOB MARTIN

and Winnisquam.

Gabrielle Day was second in the 100 meters with a time of 14.07 and Jada Edgren was fourth with a time of 14:51. Lily Carter and Jennifer Colburn were 13th and 14th place with times of 17.93 and 19.88.

In the 200 meters, Edgren was fourth with a time of 29.44 and Brooklyn Erlick was 11th with a time of 34.14.

Alice Riley was the winner of the 800 meters with a time of 2:33.94. Aurora Couto was fifth with a time of 2:53.44 and Hannah Leclair was ninth with a time of 3:12.74. Chloe Jackson was 11th with a time of 3:30.74.

Sana Syed won the 100-meter hurdles with a time of 17.67. She also won the 300-meter hurdles with a time of 53.84.

Skylar Ruelke won the high jump with a leap of four feet, six inches. Kayli Lowe was third with a height of four feet.

In the long jump, Ruelke was fourth with a distance of 13 feet, five inches. Day was fifth with a distance of 13 feet, 0.5 inches and Carter was 10th with a distance of 11 feet, five inches.

In the shot put, Molly Sottak was seventh with a throw of 25 feet, seven inches. Madison Lima was 10th with a throw of 21 feet, one inch and Lara Wessler was 15th with a throw of 16 feet, three inches.

In discus, Lima was ninth with a throw of 52 feet, eight inches. Sottak was 11th with a throw of 52 feet, five inches and Ella Irving was 13th with a distance of 41 feet, nine inches.

In javelin, Irving was 11th with a throw of 39 feet, six inches and Wessler was 13th with a throw of 34 feet, five inches.

Bears pick up first win of the season

BY BOB MARTIN
Bob@Salmonpress.news

HILLSBORO – The Winnisquam baseball team took care of business against Hillsboro-Deering last week, coming away with an 10-5 for the first win of the season for the Bears.

“We finally strung some hits together late in the game, breaking open a close 4-3 game with two in the sixth and four in the seventh,” said coach Fred Caruso. “Michael Allard came

up big on the mound and at the plate. Addam Dunham also had a big game for us. Hopefully this will get us moving in the right direction after a couple of tough losses.”

The Bears took an early lead against Hillsboro-Deering, scoring on a double by Allard in the first inning.

Hillsboro-Deering tied things up at 2-2 in the bottom of the first inning, with Kevin McCaffrey doubling on a 2-2

count, scoring a run. The Bears pulled away for good with the two runs in the second inning. Dunham singled on a 0-1 count and scored a run. Jack Beaulieu then knocked in a run on a sacrifice fly. The Bears put up four more runs in the seventh inning, with Beaulieu, Dunham, Ryan Patridge and Andrew McKinnon contributing with RBIs.

Allard took the victory on the mound for the

Bears, surrendering five runs on four hits over seven innings. He struck out five batters in the win.

Winnisquam racked up 13 hits with Allard, Dunham, McKinnon and Evan Judkins collecting multiple hits. Dunham and Allard had three hits apiece to lead the way. The Bears also stole six bases in the game with Dunham and Phil Nichols with two apiece.

Earlier in the week

the Bears played Conant, and despite battling, the team fell 4-3. The Bears came back from a 3-0 deficit to tie things up 3-3 in the fourth inning on an RBI single by Dunham and a sacrifice fly by Nichols, followed by an infield single by Michael Allard. However, the Orioles scored the game winning run in the seventh inning on a double, stolen base and infield hit. Nichols pitched what

Caruso called “a gutsy game,” striking out 11 batters and walking two. Despite piling on 11 hits, the Bears couldn’t pull through in key situations. Evan Judkins, Hunter Finemore, Dante Gentile and Dunham all had their first varsity hits.

The Bears have no games over April vacation and next up is a road game against Prospect Mountain on April 29.

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Bear boys second, girls fourth at Belmont

BY BOB MARTIN
Bob@salmonpress.news

BELMONT – The Winnisquam track and field team traveled to Belmont last week with the boys’ team finishing second and the girls’ team coming in fourth.

Hunter Hinxman was first in the 100 meters with a time of 12.44. Cooper French came in seventh with a time of 13:31 and Leighton Morrison was 10th with a time of 13.49. Harris Kiernan was 12th with a time of 13.56.

Hinxman also won the 200 meters with a time of 24.84. Morrison was eighth with a time of 27.44, Joe Damato was 15th with a time of 29.44, Trevor Gray was 18th with a time of 31.04 and Neel Jani was 22nd with a time of 33.44.

In the 800 meters, Kyle Mann was second with a time of 2:13.34. Dylan Robert was third with a time of 2:13.54 and Riley Mann was fifth with a time of 2:23.64. Jack Richard was sixth with a time of 2:30.44, Evan Griffin was eighth with a time of 2:41.64 and Brennan Dunn was ninth with a time of 2:44.34.

In the 1,600 meters, Riley Mann won with a time of 4:49.47. Kyle Mann was second with a time of 4:50.58 and Robert was third with a time of 4:51.00. Patrick Goodwin was ninth with a time of 5:35.68 and Dunn was 10th with a time of 5:48.91.

Winnisquam won the

4X100-meter relay with a time of 48.70. It included Hinxman, Griffin, Morrison and Eric Young. The 4X400-meter relay team came in second with a time of 3:53.24. It consisted of the Mann brothers, Griffin and Robert.

In shot put, Harris had a throw of 25 feet, 11.5 inches for 14th place and Nick Pyra was 16th with a distance of 23 feet, nine inches.

In discus, French was sixth with a distance of 69 feet, eight inches; Harris was eighth with a distance of 63 feet, nine inches and Pyra was ninth with a distance of 63 feet, seven inches.

In javelin, Young had a throw of 90 feet, eight inches for ninth. Pyra had a throw of 80 feet, three inches for 11th and Goodwin had a throw of 64 feet for 17th.

In the 100 meters for the girls, Alexis Poole was eighth with a time of 15.64 and Sara Seymour was 12th with a time of 17.16.

In the 200 meters, Poole was sixth with a time of 32.24; Shannon Goodwin was ninth with a time of 33.04 and Hanna Fellows was 14th with a time of 35.24.

In the 1,600 meters, Faith Gosselin won with a time of 5:54.47. In the 800 meters, Gosselin was second with a time of 2:42.54. In the 1,600 meters, Marguerite Parker was 10th with a time of 7:32.15.

In the 3,200 meters,

Jasmine Piper was second with a time of 14:06.24.

In the 100-meter hurdles, Ilijana Markelic was third with a time of 20.00. Megan Fife was seventh with a time of 23.19.

In the 300-meter hurdles, Markelic and Fife were seventh and eighth with times of 1:08.64 and 1:12.64.

The 4X400 meter relay team was fourth with a time of 5:01.54. It consisted of Goodwin, Gosselin, Piper and Poole.

In shot put, Sara Seymour had a throw of 26 feet, one inch for fourth place. Hannah Blackburn was ninth with a throw of 21 feet, nine inches, Rebekah Persson was 11th with a throw of 20 feet, three inches and Parker was 13th with a throw of 17 feet, two inches.

Blackburn won the discus with a throw of 94 feet, one inch and Goodwin came in third with a throw of 69 feet, nine inches. Persson was fifth with a throw of 65 feet, Seymour was eighth with a distance of 59 feet, two inches and Parker was 14th with a distance of 41 feet.

In javelin, Persson came in second with a throw of 78 feet, nine inches. Goodwin was fourth with a throw of 72 feet, one inch, Seymour was sixth with a throw of 67 feet, seven inches and Blackburn was seventh with a throw of 67 feet, six inches.



BOB MARTIN

Joseph Damato runs for Winnisquam at a meet at Belmont High School.



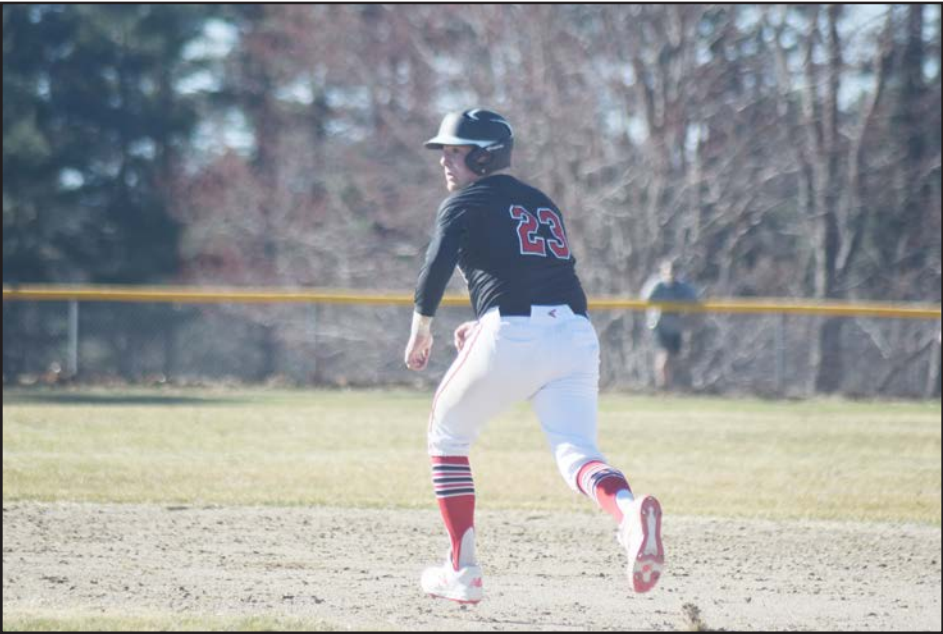
BOB MARTIN

Shannon Goodwin runs around the track for the Bears last week.



BOB MARTIN

Kyle Mann runs the 800 metes for Winnisquam.



BOB MARTIN

Cam Magerer runs the bases for Belmont in a win last week over Gilford.

BASEBALL

CONTINUED FROM PAGE B1

Nate Sottak and Austin Garrett were 1/2 with two walks, three steals an RBI and a run.

Belmont let up two runs in the first inning, but then settled down to control the rest of the game. Didsbury did well in his first varsity start despite the wild first inning. Leblanc praised his efficiency on the hill, and the ability to go six

innings. He also said Sprague was very good in his first varsity pitching performance, as he pounded the strike zone and came away with a pair of strikeouts.

“In a day where we struggled offensively, the five through nine hitters paced us, collecting five of our six hits,” said Leblanc. “That is good to see as we will need a full

team effort to achieve our goals. For their part, Didsbury and Sprague were very impressive and add depth to what can be a strong pitching staff.”

Belmont has no games over April vacation and will return to action on April 29 with a home game at 4:30 p.m.



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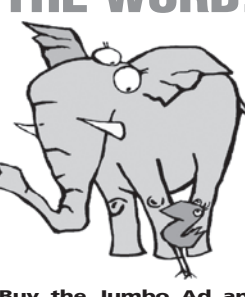
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Northern Human Services
Attn: Bobbi Lyndes-Langtange
29 Maple Street
PO Box 599
Littleton, NH 03561
Email: blyndes@northernhs.org
Phone: 603-444-5358
Fax: 603-444-0145

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sean@dsbcpas.com

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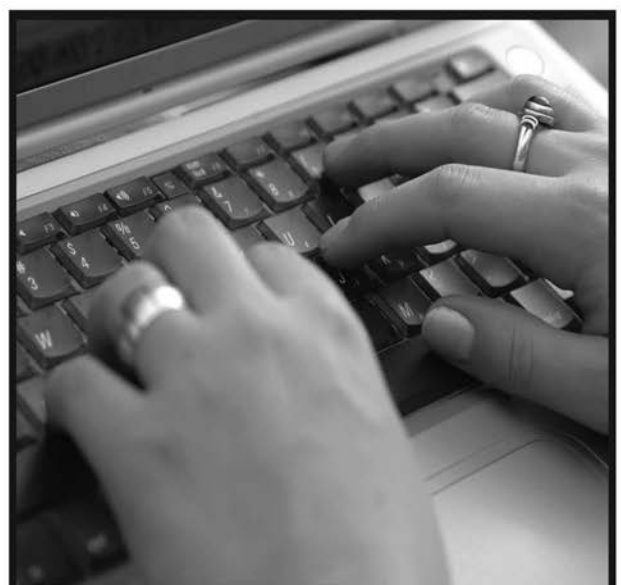
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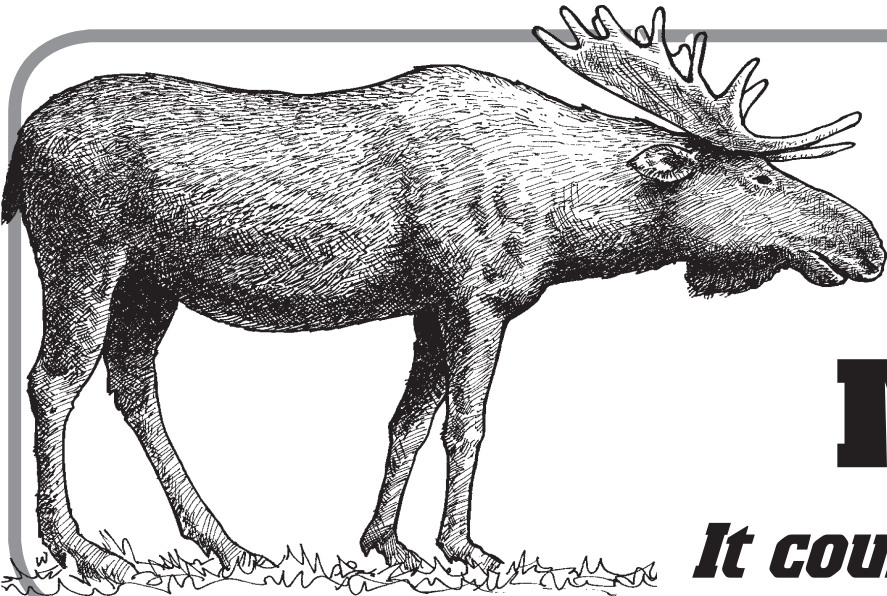
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Please submit applications to:

Town of Thornton
Attn: Debra Shepard, Town Administrator
16 Merrill Access Road
Thornton, NH 03285

Re: Part-Time Planning Board Assistant

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ucvh-hr@ucvh.org
EOE

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REGIONAL SCHOOL DISTRICT**

2019-2020 School Year

Professional Staff

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Special Education Teacher (WMRHS)
School Counselor (LES)
Humanities Teacher

Long-Term Substitute Teacher (9/9 to 11/22/19) - WES

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Paper applications will not be accepted.**

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For further information, contact:


Roxanne H. Ball, Adm. Assistant to the
Superintendent of Schools/Human Resources
White Mountains Regional School District
SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: rhball@sau36.org

**Moultonborough School District
Math Teacher**

Math teacher sought for grades 9-12 to teach a variety of courses based on background and experience. Full-time, HQT, NH Certified. Application materials due by May 3, 2019.

To apply, complete the application form found in the employment section at sau45.org and send with a cover letter, resume, transcripts, certification and 3 current letters of reference to:

Andrew Coppinger, Principal
Moultonborough Academy
P.O. Box 228
Moultonborough, NH 03254
Phone: 603-476-5517
Fax: 603-476-5153
or email: acoppinger@sau45.org



Belmont Parks & Recreation

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- Beach Gatekeeper
- Sargent Park Attendant

Janet Breton
Recreation Director
Town of Belmont
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Belmont, NH 03220-0310
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www.belmontnh.org
recreation@belmontnh.org

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Submit letter of interest and Town application, available at www.moultonboroughnh.gov (Employment Opportunities), or at Town Hall to Walter Johnson, Town Administrator, 6 Holland Street, PO Box 139, Moultonborough, NH 03254. Position(s) open until filled. Reviews begin April 22, 2019. EEO Employer.

Deadline for applications April 26, 2019

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Ashland Elementary School
2019-2020 School Year
VACANCIES

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Qualifications: Para II Certified through the NH Department of Education (or eligible for Para II Certification) required.

The successful applicants must meet all required conditions of employment.

Applications: <http://www.sau2.k12.nh.us/jobs.html>

All applications should be submitted to:
Ashley Dolloff, Human Resources Director
ashley.dolloff@interlakes.org
Ashland School District
103 Main Street, Suite 2, Meredith, NH 03253

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Raiders win extra inning battle with Gilford

BY BOB MARTIN
Bob@salmonpress.news

BELMONT – Belmont hosted rival Gilford on April 17 for a hard fought, nine-inning battle where Belmont won 7-6 on a walk-off RBI single roped to center field by Julianna Estremera.

It was a 5-2 Belmont lead in the top of the fifth inning when Gilford mounted a comeback, tying up the game 5-5. Randi Byars and Karly Sanborn each scored on an error and Lexi Boisvert scored on an RBI fielder's choice by Kim Daigneault.

Gilford then took a 6-5 lead in the top of the eighth inning. Byars walked and took second on a Sanborn single. Byars then scored on an

RBI single by Boisvert to take the short lived lead. Belmont answered with a run in the top of the eighth inning with an RBI double by Morgan Hall.

Belmont rallied in the bottom of the ninth inning against Ella Harris, ending with a shot over the center fielder's head by Estremera for the walk-off victory for the Red Raiders.

Hall got the win with two runs, seven hits, five walks and 10 strikeouts in the complete game. Makenzie Donovan was solid behind the plate with a couple big catches in foul territory. Lizzie Fleming was 2/4 with a double, which contributed to the runs scored early in the game. Raven Gates

had two hits with a pair of RBIs.

"I'm happy we fought hard for this win," said coach Billy Clary.

On April 19, the Red Raiders took a different lineup to Newfound, with players leaving early for vacation and others out with injuries. Belmont came away with an 11-0 win, with Kelley Allen pitching five strong innings. Estremera pitched the final two innings to complete the shutout. Hall, Donovan and Fleming all had multiple hits in the blowout win.

"Nice to go into the long break with a 4-0 record," said Clary.

Next up for Belmont is a home game against Somersworth with a 4 p.m. start.



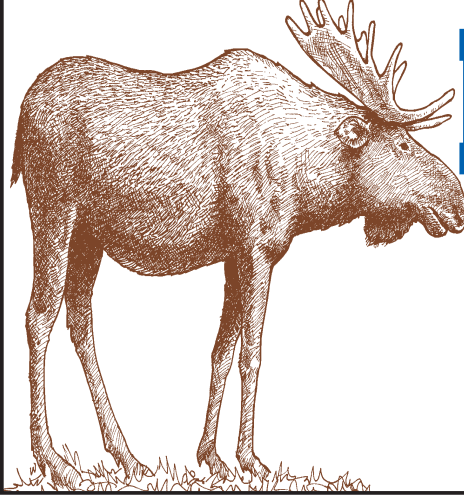
Morgan Hall fires a pitch for Belmont against Gilford High School.

BOB MARTIN




Lizzie Fleming steps up to the plate for Belmont High School.

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Belmont lax

Katie Gagnon brings the ball up the field for the Belmont girls' lacrosse team, who took a tough 17-3 loss to Hopkinton last week.

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