



# Winnisquam Echo

THURSDAY, MARCH 22, 2018

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE

## Tilton voters support boost for road maintenance budget

BY DONNA RHODES

dhrhodes@salmonpress.news

TILTON — There was low attendance but good discussion and little dissension at last Saturday's Town Meeting in Tilton, where 75 voters approved an amended municipal operations budget and addressed a dozen other matters presented on the 2018 Town Warrant.

As for the budget, it was first amended to correct an error where the budget committee's recommendation was swapped with the selectmen's figures. Once that was corrected, Selectman Pat Consentino presented a second amendment on behalf of the highway department. In a line that designates the amount of funding for road salt and sand, the figure recommend-

ed by the Budget Committee was \$35,500. Consentino explained that this year, the town has already spent \$48,000 to maintain winter roads and asked to add an additional \$19,500 to that line, bringing the total to \$5,622,101. The amended budget passed unanimously.

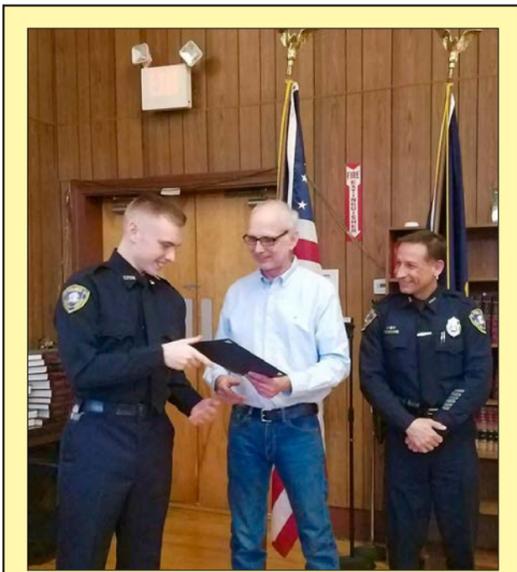
In other money matters, \$35,000 was approved for the Highway Equipment Capital Reserve Fund; \$74,000 was added to the Town Roads, Bridges and Sidewalks Capital Reserve Fund; \$20,000 was placed in the Revaluation Capital Reserve Fund; and \$2,000 was approved for the Lake Maintenance Capital Reserve Fund. That amount many felt was not enough to fight the milfoil issues in the

SEE TILTON, PAGE A12



DONNA RHODES

Following the adjournment of the 2018 Town Meeting in Tilton, Town Clerk/Tax Collector Cindy Reinartz swore in all the newly elected officials.



COURTESY

### Tilton Police Department welcomes new officer

Officer Noah Tamulonis was sworn in as the newest member of the Tilton Police Department last week. As Selectmen Jon Scanlon issued the Oath of Office, Chief Robert Cormier looked on. Officer Tamulonis comes to Tilton from the police department in Wells, Maine but he is no stranger to the community; from 2013-2015, he was a member of the Tilton Police Explorer program. His father is Mike Tamulonis of Grafton County Sheriff's Department and his family is also from the area.

## Funding restored for library in Northfield

BY DONNA RHODES

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NORTHFIELD — Voters in Northfield made relatively short work of the articles presented before them on their 2018 warrant last Saturday morning, approving in just over two hours all 15 articles presented for their consideration, with the exception of the municipal operating budget, which passed after an amendment was approved.

This year's operating budget was presented at \$3,322,370, but a level-funded library budget from 2017 was less than the library had requested for the coming year. After discussion, the budget was amended and approved at the new number of \$3,323,652, up \$1,282 to meet their request.

After discussions and explanations on intent

and procedures that might be involved, Article 2 was approved at the start of the meeting. In that article residents asked if they would be interested in conveying Northfield's shared interest in Island Park, situated in the Winnepesaukee River between Northfield and Tilton, solely to the Town of Tilton should those residents also say yes at their town meeting. Approval from the heirs of Charles Tilton to make such a change would still need to be obtained however, therefore the question was merely advisory. In the end, Northfield voters said yes, as did their counterparts in Tilton, and inquiries into the proposal can now move forward.

In other matters, voters in Northfield said yes to the appropriation of \$241,400 for the Road

Reconstruction Capital Reserve Fund along with \$100,000 for the Sandogardy Pond Road State Aid Fund. They further approved the amount of \$75,000 to be deposited into the Highway Equipment Capital Reserve Fund for future purchases. In addition to the municipal operations budget

those measures added an additional \$416,400 to the total of amount money to be raised through taxation in the coming year.

Among articles not requiring the contribution of tax dollars was Article 12 where a Police Equipment Revolving Fund (pursuant to RSA SEE LIBRARY, PAGE A13

## Belmont voters sign off on all warrant articles

BY DONNA RHODES

dhrhodes@salmonpress.news

BELMONT — With an SB2 voting format on the books, approximately 400 residents of Belmont gathered at the polls on a snowy March 13 to cast their votes for not only elected officials but all other matters pertaining to the town, including the budget, capital reserve funding and departmental expenditures, and it seems this year they were feeling quite generous as they passed all articles presented on their ballot.

Among those easily approved items were the \$7,593,919 operations budget, a temporary tax incentive to attract new businesses, and \$65,000 that will be withdrawn from the Municipal Facilities Capital Reserve Fund for engineering studies for future use of six town-owned buildings.

The Belmont Fire Department also got the thumbs up to withdraw \$950,000 from their reserve funds for the purchase of a new Quint fire truck. At the first deliberative session in February Deputy Fire Chief Michael Newhall said that vehicle is in-

tended to replace both a 1988 Ladder Truck and a 25-year-old rescue vehicle.

Overall another \$982,500 was approved for placement in several Capital Reserve Funds for future infrastructure repairs and construction, equipment needs, the Village Rail Spur Trail, the library building fund, the Heritage Fund, cemetery funds and more. Upfront funding for operations of the sewer and water facilities was authorized as well but those monies will be offset through user fees throughout the year.

Voters also approved the disbursement of \$22,191 from the John SEE BELMONT, PAGE A13

## Short funded highway budget, police staffing issues prompt amendments to Sanbornton budget

BY DONNA RHODES

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SANBORNTON — In just over three hours last Wednesday evening, voters in Sanbornton attended to their 2018 town warrant, approving all articles presented to them, along with an amended municipal operations budget that ended the night at \$4,131,554.

The evening began with a ballot vote on a bond for the reconstruction of a portion of Lower Bay Road stretching to Upper Smith Road, in the amount of \$1,903,283.

The article further asked that selectmen be permitted to accept SEE BUDGET, PAGE A13



DONNA RHODES

Sanbornton's town attorney, the town administrator, selectmen, town clerk and Moderator Tim Lang shared a quick laugh as their 2018 Town Meeting got underway last Wednesday evening.

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**HALL MEMORIAL LIBRARY**

**Monday, March 26**  
Chess Club, 3-5 p.m.  
The Black Bear, 6 p.m.  
Don Allen of the NH Department of Fish and Game Presents: The Black Bear - The Black Bear is one of New Hampshire's largest and most majestic mammals. The sight of the state's only bear species in the wild often remains a treasured memory. The presence of the Black Bear in modern New Hampshire is a wildlife restoration success story. In the 18th, 19th and early 20th centuries the Black Bear was reviled as a varmint to farmers and civilized life. Aggressive land clearing, having a bounty on them, and no regulations for hunting, depleted their numbers to 500 by 1900. The combination of science based wildlife management, research and carefully regulated hunting has allowed the state's bear population to grow to nearly 5000 animals just in the past decade. Now they can be found in all counties of New Hampshire. Come and hear the story of the Black Bear coming back from the edge of being lost to New Hampshire. Refreshments Served

noon  
"Howard's End" by E. M. Forster... Regarded by numerous critics as Forster's masterpiece, Howards End is a novel that explores the many intricacies of class relations in English society during the turn of the century. Centering around three families representing England's working class and wealthy elite, the novel weaves a complicated tapestry of misunderstandings, careless impulses, and, ultimately, tragedy. Like many of Forster's works, Howards End concerns the nature of class and social status and how they affect one's relationships and well-being, for better or for worse. (Amazon)  
Tech Tuesday, 2-4 p.m.  
Teen Time, 3 p.m.  
**Wednesday, March 28**  
Story Time, 10:30 a.m.  
Ducks  
Crafterschool, 3:30 p.m.  
Paper Strip Animal Silhouettes - Join us for this after-school craft with Miss Julie.  
Magic the Gathering, 4 p.m.  
YAH Book Group, 4 p.m.  
"A Wrinkle in Time" by Madeleine L'Engle... It was a dark and stormy

night; Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." Let the adventure begin! (Amazon)  
**Thursday, March 29**  
Teen Time, 3 p.m.  
**Friday, March 30**  
Sit and Knit, 2-5 p.m.  
**Saturday, March 31**  
Let's Go Lego, 10 a.m.  
**New Items**  
"Educated: A Memoir" by Tara Westover  
"Summer Hours at the Robbers Library: A Novel" by Susan Halpern  
"Sadness is a White Bird: A Novel" by Moriel Rothman-Zecher  
"Night Child" by Anna Quinn  
"What the Night Sings" by Vesper Stampler  
"The Escape Artist" by Brad Meltzer

**Tuesday, March 27**  
Spanish Club, 10 a.m.  
Noon Book Group,



COURTESY

**Leaping Leprechauns**

"P.G.," Michelle and six-year-old James of the Manchester area were among those who took part in the sixth annual Lakes Region Leprechaun Leap 5K last Sunday morning. Others joining them for a brisk walk or run through Belmont came from several New Hampshire communities and even as far away as Massachusetts. "Many who came had never run it before so it was great to see we're attracting new people to our community," said Special Events Coordinator Gretta Olson-Wilder.

**Smooth transition planned as new superintendent takes the reins at WRSD**

TILTON — Following the appointment of Mr. Robert Seaward as Superintendent of Schools effective July 1, the WRSD SAU 59 Board has designated a Transition Committee that will work closely with Dr. Tammy Davis, current Superintendent, and Mr. Seaward to ensure a smooth transition in leadership to the district.  
The Board is appreciative of the community input received at the Public Forum on Nov. 29, where input was given to Mr. Seaward's candidacy as well as suggestions for the future direction of the school

district.  
The Transition Committee is composed of Sean Goodwin, Chair, and SAU Board Members Jasen Stock and Tarra LaChapelle. The committee's purpose is to ensure a smooth transition in leadership to the district as well as to ensure an uninterrupted progression of attention to district goals and priorities for the 2018-19 school year. The monthly meetings of the Transition Committee with Dr. Davis and Mr. Seaward have resulted in a continuum of strategic initiatives to be addressed over the next five months.

Priorities for the Transition Committee include: A smooth transition in leadership at WRMS, Strategic meetings between Mr. Seaward and building and district administrators to document building and district priority goals and initiatives, Initial planning for the revisions to the WRSD Strategic Plan and initiatives to further the involvement of parents and community members in their schools and the district. As the transition planning continues, further notifications of the transition process and priorities for the ensuing school year will be shared.

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# Pemi Youth Center in Tilton looking for new director

TILTON — When Police Chief Bob Cormier served the town of Plymouth as a police officer, he noticed that young people in the community, with no place to go and no good supervision, often found themselves in trouble with the law. For Cormier, that was unacceptable and that became the genesis of his work with the Pemi Youth Center in Plymouth.

Years later, he saw that same need here in the Winnisquam School District. This led to working with others in the area, organizing the first new branch of that organization here in Tilton. Organically grown, a solid group of local business people and community leaders, as well as accomplished members of the academic community, got together, formed a board and created a plan to bring the Pemi Youth Center to Tilton. Jess Descoteaux was

hired as the center's first director and a building, located right across the street from Winnisquam High School and Middle School, was found that suited that purpose. Descoteaux and the board were soon busy, doing the groundwork with state and local officials. All were eager to welcome students to the center.

Stephen Rock, president of the board, said, "Jess has been a godsend! She loves children and has been a passionate and dedicated director. The Pemi Youth Center in Tilton would not be up and running without her hard work."

As with the original organization in Plymouth, the center welcomes students who need a safe place to go after school. It offers a warm and nurturing environment where students can do homework, engage in recreational activities and

spend some quality time with adult supervision.

The board announced last week however that Descoteaux is resigning from PYC in Tilton, citing that her family's needs are a priority for and she can therefore no longer fulfill her role as director.

Chief Cormier said, "We are so grateful for everything Jess has done for us. We wish her well and hope we can find someone as talented as her to help us move forward."

The board is now working to find a new director. Candidates should love working with children and have a good background in managing both people and money; ideally that would be a former teacher or administrator who enjoys hands on work.

The position is part time and there are other opportunities for volunteers and paid

staff.

Peter Saliba, the Headmaster at the Tilton School and board member of the Pemi Youth Center Tilton, said, "We are looking for someone who can grow with this position. We expect the number of students and supervising adults to grow... and we need someone who can help us manage that growth."

Board Vice President Chuck Drew added, "Seniors and retired professionals in our community could play a very valuable role at the Pemi Youth Center. This is an important community project and we welcome anyone who shares our vision to join us in making Pemi Tilton, a very special place."

If you have interest in the position of director, or simply in being a part of the Pemi Youth Center, please contact Stephen Rock at 321-3183 or email [pyctilton@gmail.com](mailto:pyctilton@gmail.com).

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department responded to 102 calls for service and made the following arrests during the week of March 9-16. 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.

Gavin McNeil, age 20, of Belmont was arrested on March 9 for Possession of Controlled/Narcotic Drugs.

Joshua R. Doubleday, age 24, of Belmont was arrested on March 10 for Criminal Mischief (Vandalism) and three counts

of Simple Assault. Steven M. Van Gelder, age 58, of Farmington was arrested on March 11 for Possession of Controlled/Narcotic Drugs.

Christopher Bickford, age 40, of Franklin was arrested on March 11 for one count of Possession of Drugs, two counts of Possession of Controlled/Narcotic Drugs, Misuse or Failure to Display Plates, driving an Unregistered Vehicle, and in connection with two outstanding warrants.

Emily A. Danforth, age 27, of Belmont was arrested on March 15 in connection with a warrant.

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 490 calls for service and made the following arrests during the week of March 12-18. 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.

Arrested during this time period were Jennifer Morrill (for Resisting Detention), Christopher Kelly (in connection with a warrant), Matthew St. Jacques (for Violation of a Protective Order), Tristen Thibault (for Operating Without a Valid License), and Caitlyn Sottile (for Willful Concealment).

# NH Humanities Council brings humorist Rebecca Rule to Belmont Library

BELMONT — Rebecca Rule will present her program "That Reminds Me of a Story" on March 26 at 6 p.m. at the Corner Meeting House in Belmont. She's collected stories about what's special about this rocky old state of New Hampshire for more than fifteen years, and includes many of them in her new book "Headin' for the Rhubarb: A NH Dictionary (Kinda)." Her other books include "Live Free and Eat Pie: A Storyteller's Guide to New Hampshire"; "Could Have Been Worse: True Stories, Embellishments and Outright Lies"; and "The Best Revenge," which won the NH Writers Project award for Outstanding Work of Fiction. New Hampshire magazine named her "Thalia: Muse of Comedy" in its list of Granite State muses. She also hosts an interview show, the NH Authors Series, on NHPTV.



Rebecca Rule

About her passion for stories, she says, "The great thing about collecting stories is they're free and you don't have to dust them. Stories not only speak to us of history, they hold our identity."

Her work in Berlin collecting stories of the mills, logging, and the Androscoggin Valley reinforced her idea that New England stories need to be preserved and shared. In this program she'll tell some of her favorites (especially the funny ones) and invite audience members to tell some of their own.

New Hampshire Humanities is working in all corners of our state to provide wide-ranging, thought-provoking programs that connect people to culture, history, places, ideas and one another. New Hampshire Humanities' most accessible

and far-reaching program is the speakers bureau, Humanities to Go. It enables nonprofit organizations and community groups to

offer free, high-quality cultural programs to the public at minimal cost to the host. Each year 400 Humanities to Go programs get 12,500-

plus NH residents together in more than 165 local community settings to learn together on topics that challenge one's understanding of the past and expand one's perspectives.

The Belmont Public Library is open six days a week and any time at [www.belmontpubliclibrary.org](http://www.belmontpubliclibrary.org), serving the community with books, digital resources, and cultural programming.

For more information, contact: Eileen Gilbert 267-8331 [bpl@belmontnh.org](mailto:bpl@belmontnh.org) PO Box 308 Belmont NH 03220

## Masons hosting monthly breakfast and bake sale 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 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, March 24. They serve a full breakfast, including 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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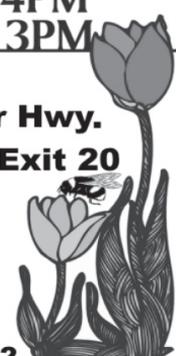
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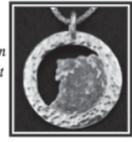
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# Opinion

A4 Thursday, March 22, 2018

WINNISQUAM ECHO

## MARK ON THE MARKETS

### Curves and correlation



BY MARK PATTERSON

MHP Asset Management crafts investment portfolios with conviction and purpose. In other words, we manage the assets in house, as opposed to charging you a relationship fee and sending it out to mutual fund managers and other third parties. MHP manages the assets because that is our background and expertise. So, what I'm going to discuss now may sound technical boring, but if you stick with me on this topic.

If you've been reading my column you know that typically I will look at your current portfolio and perform an analysis and explain your product diversification and hopefully uncover all the hidden fees in the portfolio. The most common scenario I see is a portfolio of investment products, usually managed mutual funds, that the previous broker has steered the client into funds that benefit the broker dealer and not necessarily the client. Without fail, there always seems to be a high-yield bond fund. What you must understand about this high-yield bond fund is that "high-yield" is a nice name for what you may know as "junk bonds." Well, doesn't modern portfolio theory tell us that we should have low to non-correlated asset classes to create a portfolio that over time has less volatility and more return? The answer is yes! The problem typically not understood by the broker is that high-yield bond funds are highly correlated to the equity markets, or stocks. As you get to invest-

ment-grade bonds you have a slight correlation to the equity markets, however it is minimal. A negative correlation would be US treasury debt. The issue with treasury debt is that there is no yield to speak of, so very good compromise of yield, good credit quality and a minimal correlation to the equity markets is a corporate bond portfolio made up of investment-grade bonds that are ladder out over a period of maybe 10 years, depending on the yield curve, with maturities every year to immunize the portfolio against interest rate risk.

A bond fund is perpetual, meaning that there is no maturity date, and even with a short duration is still perpetual, meaning that you are always at interest rate risk and depending on the credit quality potentially at credit risk.

So, for an action item I would suggest you pull out your portfolio and look at all your bond funds. Calculate the internal fees, this can be done on Yahoo finance. Then if you're being charged advisory fee on top of that, you may be paying 1 1/2% for a fund that yields little more or maybe less than your expense.

Unless your account is in a 401(k) 403B or other company plan that limits your options, or you have a small amount of money to work with, my opinion is that you should not be in bond funds. You may also have income funds that have dividend paying stocks that are also somewhat correlated to the bond market. Have you noticed that when interest rates spike up your bond funds and dividend paying stocks both go down?

Portfolio construction and ongoing management takes experience, knowledge and time, but worth finding.

*Mark Patterson is chief investment officer at MHP asset management can be reached at 447-1979 or Mark@MHP-asset.com.*

## PET OF THE WEEK

JAZMIN

Lost and lonely in a foreign land describes Jazmin, a petite

Labrador mix who will be 1yr old in July. She's been calling New Hampshire Humane Society home since December -and has been horribly overlooked by the adopting public for months. We hope and pray this young dog will not celebrate her first birthday in our shelter!

Jazmin was abandoned outside the gates of a rescue in Puerto Rico. Whomever dumped her did so, with no regard for her health and well-being. She was seen to literally staggering and

falling over in the dirt almost succumbing to dehydration. This little dog has weathered the storms of human indifference and disregard for the basics - food, water, shelter, love.

We've provided all that and more, but who can blame her for not trusting people. Jazmin is by degrees shy then bold. Timid but so incredibly clever, she's learned many new tricks. She doesn't 'show well' in her kennel, but outside, she her special Obsidian gem qualities shine. Her pensive look and those mournful eyes truly speak volumes.



Please give this young dog a chance, she surely deserves it. Ask to speak with our Adoption Team to learn more. Call 524-3252 - check www.nhhumane.org

## LETTERS TO THE EDITOR

### Got tax money?

To the Editor:

A small group of parents want to force taxpayers to contribute to an all-day Kindergarten program through the Winnisquam Regional School District. Many very good reasons for saying no.

First, by no means is it a given all kids benefit from ADK. Parents will decide whether their kids need or would benefit from kindergarten. Second, this project requires new building space before we know how many students will attend! Estimated cost \$ 250,000. Third, we already have morning and afternoon kindergarten and some kids attend both. Fourth, ADK is available by private businesses currently and this

might put some out of business. Fifth, ADK is available with our local charter school with no additional dollar outlay by WRSD or parents.

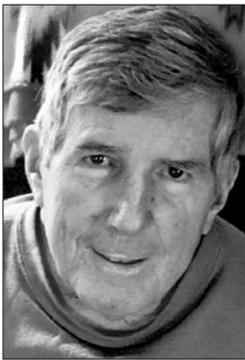
Any of these are good reasons to say no. But a bigger reason exists to say, "definitely not now," and that is, the state is currently working on legislation which appears to greatly open up the possibilities for parents for where they educate their children. We should wait until the dust settles....

Please attend the WRSD district meeting on Saturday, March 24.

*Rep. Greg Hill  
Northfield*

## North Country Notebook

# Missing the furnace, and its smoke. And who starts the day at 9 a.m.?



By JOHN HARRIGAN  
COLUMNIST

Doing dishes is something I don't mind at all, because it can be done by rote and gives me time to think. This chore is made all the more pleasant by the scene out the window, which takes in back lawn, bird feeders, apple trees and an alder swamp.

I miss something, however, and I didn't realize how keenly until now. Back in October, with medical issues

looming, I had to make a decision on whether to run the outdoor wood-fired boiler, which easily heats the entire house and annex and provides domestic hot water, or shut it down. And because what circulates is water, not antifreeze, shutting it down meant draining the whole system, buried pipes and all, not an easy thing, but so it went.

It's not that I begrudge Chip Bean and crew at C.B. Transport the money I've had to spend on fuel oil, not one red cent. I'm fortunate to have an oil-fired backup system and a dependable supplier, which as is typical with dealers in this often-wild territory will deliver the product no matter the weather.

But what's missing from my window picture is the gentle wafting of white smoke when the boiler is idling, and the



JOHN HARRIGAN

The furnace has a five-gallon bucket turned over on its stack and a crown of snow to boot--no smoke to help gauge the weather.

blast of equally white smoke when it's firing up. It is a comforting scene, and the smoke tells me the direction of the wind, which gives me a pretty good guess on the weather.

+++++

Smoke from outdoor wood furnaces is a big

issue, which is why they never should have been allowed or installed in closely built neighborhoods. But they were, back when oil became outrageously expensive and people turned to wood. It was allowing these things to be set up too close to neighbors, plus people doing really

SEE NOTEBOOK, PAGE A12

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Our fax number is 279-3331.

Or, you can e-mail us at [echo@salmonpress.news](mailto:echo@salmonpress.news)

Please include your name, address and phone number.

# Franklin Savings Bank offers assistance to homebuyers through Federal Home Loan Bank program

## Equity builder program assists homebuyers with down payment & closing costs

FRANKLIN — Franklin Savings Bank has been selected to participate in the Federal Home Loan Bank of Boston's Equity Builder Program, which assists local homebuyers with down payment and closing costs as well as homebuyer counseling and rehabilitation assistance.

"We are pleased to be able to offer this assistance to help ease some of the challenges associated with purchasing a home. Homeownership

is key to building wealth and creating financial stability, and programs like the Equity Builder Program are a critical component to ensuring that our communities continue to thrive," said Ronald Magoon, President & CEO.

The \$3.1 million program provides grants to financial institutions to assist households at or below 80 percent of the area median income. Borrowers are eligible to receive up to \$11,000 in assistance on a first-

come, first-serve basis. Buyers must also complete a homebuyer counseling program.

FSB is eligible to receive up to \$110,000 in 2018 through the Equity Builder Program depending on availability of funds.

Since 2003, the Equity Builder Program has awarded more than \$35 million in EBP funds assisting 3,150 income-eligible households to purchase a home. To learn more about applying for assistance,

please contact FSB's residential lending team at 934-4445, or schedule an appointment online by visiting <https://www.fsbnh.bank/personal-banking/mortgages-loans/residential-lending-team/>.

### About FHLB Boston

The Federal Home Loan Bank of Boston is a cooperatively owned wholesale bank for housing finance in the six New England states. Its mission is to provide highly reliable

wholesale funding and liquidity to its member financial institutions in New England. The Bank also develops and delivers competitively priced financial products, services, and expertise that support housing finance, community development, and economic growth, including programs targeted to lower-income households.

### About FSB

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire.

Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford and Merrimack, as well as an office in Bedford for business lending. Franklin

Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nashua, Rochester and Merrimack, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting [www.fsbnh.bank](http://www.fsbnh.bank), or following the bank on Facebook, LinkedIn, Twitter and YouTube.

# Franklin VNA & Hospice takes part in National Healthcare Decisions Day

FRANKLIN — On April 16, Franklin VNA and Hospice is offering an opportunity to learn about Advanced Care Planning and how important this can be to your family.

Come and meet with our Medical Social Worker, Hospice Administrator and Chaplain to discuss what Advanced Care Planning is and how to prepare for the unexpected for yourself and your loved ones.

Some of the most

difficult conversations we have with our loved ones are the ones where we discuss what our wishes are for medical treatment if we were unable to make medical decisions for ourselves.

If we are fortunate, our loved one planned ahead and wrote down in an Advanced Directive what their wishes were.

Unfortunately, the reality is that many families are left wondering...

Join us at 75 Chest-

nut St., Franklin, on April 16 from 9 – 11 a.m. or 3 – 5 p.m.

To reserve your spot, please call Nancy at (934) 3454

The greatest gift you can give your family is not to leave them wondering...

Looking for quality, local home care or hospice service? Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care

needs of the community. We provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Laconia, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information, call Franklin VNA & Hospice at 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org) your local VNA.

# All In Fitness celebrates new location with grand opening

TILTON — All In Fitness has relocated to Suite 222 in the Tanger Outlets, 120 Laconia Rd., Tilton; previously in downtown Tilton.

"We were approached by Tanger at the right time; this has given us more room for opportunities for our members," explains All In Fitness Partners Jamie Dolpies and Bonnie Tisdale. "Tan-

ger Outlets and All In Fitness have a commonality- we appeal to people of all ages and abilities, so when they approached us to make the move it was a no brainer."

All In Fitness is dedicated to improving people's lives mentally as well as physically. We provide the widest variety of group fitness instruction taught by

our team of inspiring instructors that really care about your progress and make fitness fun. We have also partnered with Align Physical Therapy, giving our members access to a local, on-staff physical therapist.

Members come to us from as far south as Concord and Bow and as far north as Plymouth, and other Lakes

Region towns including Belmont, Laconia, Gilford, Gilmanton, Franklin, Andover, Meredith, New Hampton, Bristol and more.

Are You IN? For more information on All In Fitness, visit them on the web at [www.allinfitnessnh.com](http://www.allinfitnessnh.com), or contact Jamie Dolpies or Bonnie Tisdale, Partners, at 286-2266.

# Local residents named to Simmons College Dean's List

BOSTON, Mass. — Megan L. Yandian of Northfield has been named to the 2017 fall semester dean's list at Simmons College in Boston.

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or high-

er, based on 12 or more credit hours of work in classes using the letter grade system.

Yandian is majoring in Nursing.

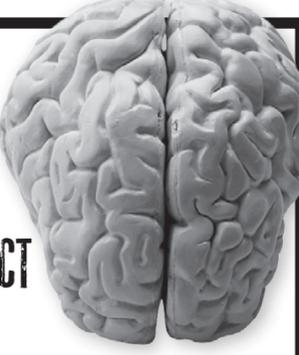
Simmons College ([www.simmons.edu](http://www.simmons.edu)) is a nationally recognized private university located in the heart of Boston, and is the

preeminent authority on women's leadership. Founded in 1899, Simmons is the only undergraduate women's college in Boston, and maintains a history of visionary thinking and a focus on social responsibility. The College offers world-class

coeducational grad-

uate programs in nursing and health sciences, including physical therapy and nutrition; liberal arts; education; behavior analysis; library and information science; management; and social work. Follow Simmons on Twitter at @SimmonsCollege and @SimmonsNews.

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*AARP Safe Driving program, March 22 at Taylor Community*

LACONIA — The AARP Safe Driving Program is a six-hour classroom refresher course designed to ensure drivers 50 and older stay safe behind the wheel. Upon successful completion, participants may be eligible for automobile insurance discounts (check with individual providers).

The course is scheduled for Thursday, March 22 from 9 a.m. to 4 p.m. in Taylor Community's Woodside Building. The fee is \$15 for AARP members who show their membership card and \$20 for all others. Lunch will be available in the Woodside Café.

There is limited space for this program, so don't delay, register as soon as possible with Brenda Keen at 366-1226.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. Visit [www.taylorcommunity.org](http://www.taylorcommunity.org), or call 366-1400 for more information.

**MARCH SPECIALS**



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**Cynthia Lee Sargent, 71**

Cynthia “Cindy” Sargent passed away peacefully on March 15, 2018 at the age of 71 years.

A longtime resident of New Hampshire, she loved nature and would spend hours at a time watching birds, squirrels, and chipmunks. She would take her family on day trips to explore new places, and as an avid reader what she couldn't reach in person she would experience through books. She was active in the community, and always put caring for others ahead of caring for herself.

She was born in North Conway on July 11, 1946 to Charles and Mildred Taggett.



She was preceded in death by her parents and brother, Charles Taggett, Jr.

She is survived by her husband of 52 years, Walter Sargent; her daughter, Mary Peck, and husband Joseph; her daughter, Barbara Cote, and husband Maurice; her grandchildren, Nicole McAleny and

husband Stuart, Tyler Bacon, Amanda Peck, and Nicholas Peck; great grandchildren, Isolde and Jourdan; and her brother, William Taggett and wife Ann.

A Memorial Service will be held on April 14 at 11 a.m. at the Beane Conference Center, 35 Blueberry Lane, Laconia, NH, 03247-0074.

Given her love of animals, memorial contributions may be made in her name to the New Hampshire Humane Society, P.O. Box 572, Laconia, NH, 03247-0572.

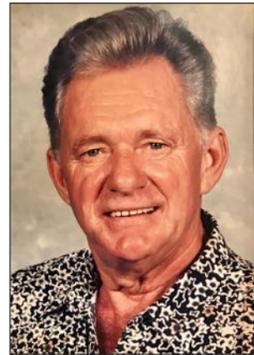
Assisting her family is the William F. Smart Sr. Memorial Home in Tilton; for more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

**Osborne Roberts III, 81**

ORMOND BEACH, Fla. — Osborne (Ozzie) Roberts III, 81, of Ormond Beach, died Wednesday, March 14, 2018, at Florida Hospital Memorial Medical Center in Daytona Beach.

He was born in Laconia, the son of Osborne and Anna (Petroskey) Roberts, and was raised in Bristol. He joined the U.S. Army, and after his discharge, he lived in Franklin, and later in Ormond Beach, Fla.

Ozzie began work at Acme Staple in Franklin and later retired from the Sisters of the Holy Cross, where he took pride in maintaining all of the convent's buildings. As a young man, Ozzie enjoyed hunting, fishing, restor-



ing antique automobiles and going on family camping trips. Later in his life, he enjoyed surf fishing and time with his pet dogs, Muffin and Muffy. He also enjoyed his daily coffee with friends at McDonald's.

Family members include his daughter, Shelly Roberts of Dingmans Ferry, Pa.; his

son, Dean Roberts, of Daytona Beach, Fla.; his daughter, Sheila Wicksey, and her husband Thomas, of Manchester; and his daughter, Sandra Kelley, and her husband, Kevin, of Newton, Mass.; ten grandchildren; one great grandchild; and a sister, Ida Lyford, of New Hampton.

He was predeceased by his sister, Joan Laiweneek, and his brother, Chester “Tiger” Roberts.

A Memorial Service was held on Wednesday, March 21, at 2 p.m. at Haigh-Black Funeral Home, Ormond Beach, Fla. In lieu of flowers, donations may be made to your local animal shelter or ASPCA.

**LRSO invites to “An Evening at the Ballet” March 24**

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to our concert on Saturday, March 24 at 7:30 p.m. at Inter-Lakes Auditorium in Meredith. The concert, titled “An Evening at the Ballet,” features a beautiful blend of well-known and well-loved themes from renowned ballets. Selections include Tchaikovsky's “Overture to Swan Lake,” “Sleeping Beauty Waltz,” and “Waltz of the Flowers” from The Nutcracker; Stravinsky's “Berceuse and Finale” from Firebird; Gliere's “Russian Sailors Dance”; and the second half of the concert features the all-American musical brilliance of Aaron Copland's “Appalachian Spring.”

Not to be overshadowed by the Ballet theme of this concert, we are also extremely pleased to present the co-winner of the LRSO's annual student concerto competition. Our first co-winner, cellist Roric Cunningham played to a standing ovation at our November concert. Our second co-winner, violinist Danilo Thurber, will delight with his rendition of Camille Saint-Saens’ “Violin Concerto #3, Op 61 in B, 1st movement.” An interesting note – Danilo auditioned last spring



COURTESY

**Violinist Danilo Thurber, co-winner of LRSO's student concerto competition, performs with the Lakes Region Symphony Orchestra on March 24, 2018 at Inter-lakes Auditorium in Meredith.**

with a piece that was previously performed by last year's concerto competition winner, so we asked Danilo to learn this entirely new piece to showcase his talent at the March concert. Fifteen-year-old Danilo was eager to oblige!

Danilo (Dacha) Thurber is a student at

Phillips Exeter Academy who began studying violin in 2004 at the age of two. He has been a student of music since that time studying and performing with esteemed teachers and performers.

In addition to performing with the Phillips Exeter Academy's Sym-

phony Orchestra, Dacha has played with the Boston Youth Symphony Orchestras (BYSO) since 2012. Currently, he performs with the BYSO's premier ensemble, the Boston Youth Symphony. Prior to that he served as concertmaster for BYSO's Repertory Orchestra and Junior

Repertory Orchestra.

Together with his brother he has been honored to play for a few notables, including the President of Serbia, on TV for WMUR (playing The Star Spangled Banner at the Boston Marathon memorial), and for NH Governor Maggie Hassan at the State

House.

Dacha has been proud to donate proceeds from his public performances to the Phoenix Society, which provides support services to young burn survivors. Together with his brother, he has raised more than \$2500 for this cause.

This March 24 concert is the third in the LRSO's spectacular 2017-2018 season. Reserve the dates for our final dual-performance POPS concert on May 19 and May 20, featuring songs of stage, screen, and beyond sung by theater performer Abigail Dufresne. Full concert details are at [www.LRSO.org](http://www.LRSO.org).

Tickets are \$20 for adults and \$10 students college-age and under (no children under age 5 please). Tickets are available online at [WWW.LRSO.ORG/TICKETS](http://WWW.LRSO.ORG/TICKETS), or from these ticket outlets: Innisfree Bookshop in Meredith and Greenlaw's Music in Laconia. Any unsold tickets will be available at the door starting one hour before the concert.

The LRSO greatly appreciates the support of its concert sponsor the Robert T. Smith Family Trust. Bob's love of the LRSO and his generous support is a big part of what makes the LRSO, a community orchestra, possible.

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# Central VNA pediatric program remains vibrant and strong

REGION — Nothing is more important to the healthy development of a newborn than a close relationship with his or her mom. In fact, when mothers are close, infants require less intervention and thrive more quickly. “Mom is a powerful treatment,” said Dr. Matthew Grossman, a pediatric hospitalist at Yale-New Haven Children’s Hospital.

Central New Hampshire VNA & Hospice (accredited by Prevent Child Abuse America for high performance standards and a com-

mitment to quality) is the only Visiting Nurse Association north of Concord that provides home based healthcare to children, no matter where they’re born. Last year, they cared for 113 pediatric patients in their homes and made more than 600 home visits. Some were born in Concord, others in Dartmouth. But when they come home to any of the 45 communities in the Lakes Region, Central VNA is there. The beauty of homecare is that, unlike scheduled visits in clinical settings, it al-

lows a close assessment of home and family, creating the ability to address issues before they become problems. This, in turn, mitigates the need for extended and expensive services.

In 2017, their nurses and medical social workers saw dozens of children exposed to opioids in some fashion, and provided safe, appropriate and loving care right there in the home. Sadly, the need for bereavement services for children who have lost someone to the opioid crisis has

skyrocketed. To address this need Central VNA has created a new bereavement workshop for all ages; Arts ~ Music ~ Memory ~ Hope. Free and open to the public, these workshops are designed to offer children, teens and their families a means of expression and a path to healing.

Central New Hampshire VNA & Hospice is on the forefront of care for infants, children and teens in the Lakes Region. They have been doing so for years and will continue to provide

quality care for those in both our Hospice and Young Families Programs, as well as for the community at large for years to come. For more information, contact

### About Central New Hampshire VNA & Hospice

The Mission of Central New Hampshire VNA & Hospice is “Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services.” Central New Hampshire VNA & Hospice has served

Lakes Region communities since 1918 and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.



COURTESY

The Spring Student Nature Photo Contest is underway at Sanbornton Public Library in conjunction with the Sanbornton Conservation Commission.

## Entries welcome for Sanbornton Library’s Spring Photo Contest

SANBORNTON — The Spring Student Nature Photo Contest is underway at Sanbornton Public Library in conjunction with the Sanbornton Conservation Commission. Students ages four to 18 are invited to enter a photograph of New Hampshire nature in celebration of Earth

Day. Photographs will be judged in three age groups: under 8, 8 to 12, and 13 to 18 years of age.

The rules can be picked up at the library or viewed on our Web site at splnh.com. The photos are due by 5 p.m. on Tuesday, April 3. The photos will be judged on creativity,

composition and technique, and the winners announced on Thursday, April 19. The prizes are provided by the Conservation Commission.

Providing inspiration for this year’s photo contest, the library has on display the fine art works of Sanbornton photographer Ian

Raymond. Please visit the library to see these inspiring photos of local nature scenes. The library is open Tuesday and Friday 9 a.m. to 5 p.m., Wednesday and Thursday 1 to 8 p.m., and Saturday 9 a.m. to 2 p.m. For more information, call the library at 286-8288.

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## Edward Jones: Financial Focus

### Time for Financial “Spring Cleaning”

The days are longer and the temperatures are warmer – so it must be spring. For many of us, that means it’s time for some spring cleaning. But why stop with sprucing up your living space? This year, consider extending the “spring cleaning” concept to your financial environment, too.

How can you tidy your finances? Here are some suggestions:

**“De-clutter” your portfolio.** As you go through your home during your spring cleaning rounds, you may notice that you’ve acquired a lot of duplicate objects – do you really need five mops? – or at least some things you can no longer use, like a computer that hasn’t worked since 2010. You can create some valuable space by getting rid of these items. And the same principle can apply to your investment portfolio, because over the years you may well have acquired duplicate investments that aren’t really helping you move toward your goals. You may also own some investments, which, while initially fitting in to your overall strategy, no longer do so. You could be better off by selling your “redundant” investments and using the proceeds to purchase new ones that will provide more value.

**Get organized.** During your spring cleaning, one of your key goals may be to get organized. So you might want to rearrange the tools in your garage or establish a new filing system in your home office. Proper organization is also important to investors – and it goes beyond having your brokerage and 401(k) statements in nice neat piles. For example, you may have established IRAs with different financial services companies. By moving them to one provider, you may save some fees and reduce your paperwork, but, more important, you may find that such a move actually helps you better manage your investments. You’ll know exactly where your money is going, and it could be easier to follow a single investment strategy. Also, with all your IRAs in one place, it will be much easier for you to manage the required minimum distributions you must start taking when you turn 70-1/2. (These distributions are not required for Roth IRAs.)

**Protect your family’s financial future.** When cleaning up this spring, you may notice areas of concern around protecting your home – perhaps there’s a crack in your window, or your fence is damaged or part of your chimney is crumbling. Your financial independence – and that of your family – also needs protection. Is your life insurance sufficient to pay for your mortgage, college for your kids and perhaps some retirement funds for your spouse? Do you have disability insurance that can provide you with some income if you become ill or injured and can’t work for a while? Have you considered the high costs of long-term care, such as an extended nursing home stay? A financial professional can help you determine if your insurance coverage is adequate for all these needs.

Consider putting these spring cleaning suggestions to work. They may help you keep your financial house in good shape for all the seasons yet to arrive.

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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# Meredith Village Savings Bank Fund announces grants to local non-profits

MEREDITH — The Meredith Village Savings Bank Fund at New Hampshire Charitable Foundation has awarded \$120,000 to 35 non-profit organizations. These include \$99,000 awarded to 21 local agencies, and \$21,000 donated to 14 area food pantries. These grants are additional to the Bank's many local contributions in the form of sponsorships, donations and scholarships, as well as the impressive volunteer efforts of its employees.

"The community has always been at the heart of our mission," said Rick Wyman, President of Meredith Village Savings Bank. "We're very proud to be able to offer any support we can to organizations that provide so many wonderful local resources and services."

Recipients of the MVSB Charitable Fund include:

**Camp Lawrence – Merrimack Valley YMCA (Lawrence, Mass.)**

-Awarded \$5,000 to help fund camping experiences for ten local boys from underprivileged families within the communities that the Bank serves to attend Camp Lawrence for Boys. Camp Lawrence is a diverse community of 150 campers and over 60 staff members from around the world. The camp covers 70 acres of Bear Island on Lake Winnepesaukee, and serves boys, ages 8-16.

**Communities for Alcohol- and Drug-Free Youth/ CADY (Plymouth)**

-Awarded \$5,000 to support the Launch Youth Entrepreneurship Program, a development program that combines workforce training, paid summer employment and substance misuse prevention strategies for youth living in the Newfound and Pemi-Baker regions. CADY was founded to educate families, schools and communities about the importance of drug prevention and misuse among youth of Central and Northern New Hampshire.

**Copper Cannon Camp (Franconia)**

-Awarded \$2,500 to allow children from low-income families who live within MVSB's service area to attend a one-week program at Copper Cannon. Copper Cannon offers free traditional summer camp experiences to participants who engage in stimulating activities that promote teamwork, group learning and social skills.

**Friends Program (Concord)**

-Awarded \$2,500 to help support the Friends Foster Grandparent Program, which focuses on early childhood development for at-risk children who need behavioral, emotional and educational support. The Friends Program



**Rick Wyman, President of Meredith Village Savings Bank (center), stands with Meredith Village Savings Bank Fund Committee Members (left to right): Bill Johnstone alongside MVSB Board Members John Kitchen, Michael O'Leary and Charley Hanson.**

accomplishes this by placing low-income senior volunteers in child-care centers and public school classrooms to provide critical support for student learning. The Friends Program is a social service organization that creates meaningful opportunities for seniors to work with children through a mentoring program for at-risk youth.

**Got Lunch – Ashland/ Holderness (Ashland)**

-Awarded \$1,000 to support the Got Lunch program serving the towns of Ashland and Holderness for the summer of 2018. Got Lunch is a community-based program that provides healthy lunch foods to children during their summer break.

**Grafton County Senior Citizens Council (Plymouth)**

-Awarded \$5,000 to go toward the cost of a professional delivery service to pick-up donated food twice per week for GCSCC Seniors. The Plymouth Regional Senior Center receives generous donations of up to 50 cases of food from Hannaford Supermarkets through the Fresh Produce Rescue Program of the NH Food Bank, and funding supports pick-up and distribution. GCSCC provides home-deliv-

ered meals, outreach and counseling, on-demand transportation, activities, educational programs, congregate meals, volunteer opportunities, assistance with chores and repairs and telephone reassurance to the homebound community.

**Granite State Adaptive (Mirror Lake)**

-Awarded \$5,000 to help fund its outreach to Lakes Region and Seacoast area children who will benefit from equine assisted therapies such as adaptive riding and hippotherapy. The Granite State Adaptive was founded to provide individuals who have a disability the opportunity to develop independence, confidence, life skills and fitness through participation in sports, therapy, training and recreation programs.

**Greater Lakes Child Advocacy Center (Laconia)**

-Awarded \$2,500 to build the organization's 2018 literature library for children and families that visit its center. The Greater Lakes Child Advocacy Center is a program of the Granite State Children's Alliance, serving children throughout Belknap County. Its mission is to provide victims

of child abuse in New Hampshire a neutral environment where justice, healing, equity and prevention are fostered through the consistent, high quality and sustaining collaboration of community partners.

**Harbor Homes (Nashua)**

-Awarded \$25,000 to support the construction of the organization's Boulder Point Veterans Housing Facility in Plymouth. The facility will provide permanent housing to the area's most vulnerable, low-income, disabled and homeless veterans. Harbor Homes is based in Nashua, and serves low-income individuals and families who are homeless, at risk of homelessness, or living with mental illness and other disabilities.

**Laconia Police Department (Laconia)**

-Awarded \$2,500 to help the department promote non-enforcement contact with the public and local youth through its Cop Card program, which consists of trading cards created about each officer with his/her picture and biography. The program is popular among young local residents, promoting invaluable bonds between children and trusted adults of the community.

**Lakes Region Visiting Nurses' Association (Meredith)**

-Awarded \$5,000 to support specialized care in a patient's home with hospice related services within Meredith. This is a significant community project and critical to the Lakes Region, as there are currently no local hospice program available in Meredith. LRVNA provides health care services to citizens of its rural communities within the comfort of their homes.

**LIFE Ministries Food Pantry (Wolfeboro Falls)**

-Awarded \$5,000 to help remodel and renovate the LIFE Ministries Food Pantry. Major goals of the renovations include creating more storage and private rooms, improving of traffic flow patterns and increasing space for newly donated refrigerators and freezers. LIFE Ministries Food Pantry serves meals to individuals and families up to three times per day, three or more times per week.

**Meredith Center Free Will Baptist Church (Meredith)**

-Awarded \$5,000 to help fund the repair of the steeple and bell cradle for Meredith Center Free Will Baptist Church, one of area's landmark churches located on 122 Meredith Center Rd.

**New Durham Food Pantry (New Durham)**

-Awarded \$10,000 to

contribute to the purchase of its current building. The purchase will allow the New Durham Food Pantry to continue operating for local area residents who depend on its services. The Food Pantry provides needed food and household essentials to families and individuals in New Durham and its surrounding communities.

**NH Historical Society (Concord)**

-Awarded \$2,500 to support the expansion of the Society's education program to Lakes Region students. Educational services are provided through class field trips to its museum in Concord and through visits to local-area schools by Society teachers. The New Hampshire Historical Society is the independent nonprofit that saves, preserves and shares state history, serving thousands of children and adults each year through its museum, library, education, publications and outreach programs.

**NH Humane Society (Laconia)**

-Awarded \$1,500 to help fund the roof construction of its outside pens, which would allow shelter dogs to play outside year-round, while remaining protected from the elements. The Humane Society was founded on the mission of finding responsible and caring homes and shelter for lost, abandoned animals. SEE GRANTS, PAGE A14

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 Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.



# Five reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year

ends. Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around



physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health

benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of

success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children

the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.



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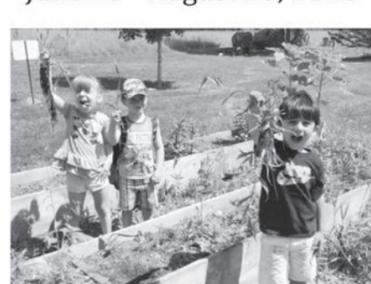
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# 16th Annual Summer Camps '18

## Get prepared for summer camp season

Summer camp season is just around the corner. Each summer, millions of children depart for campsites around the country to swim, hike, craft, and enjoy the companionship of friends.

Summer camps in North America were first established in the 1880s and were attended by children without their parents for overnight stays. By the 20th century, summer camps had become an international phenomenon,

and various organizations hosted traditional summer camps or camps geared toward religion, sports, music and other subjects and activities. According to the American Camp Association, each year more than 14 million children and adults in the United States attend camp. America is home to more than 14,000 day and resident camps (8,400 are overnight camps and 5,600 are day camps). Nonprofit groups are



the largest sponsors of summer camps.

Many people put off summer camp planning until it is too late. Parents should keep in mind that camps begin registration early in the year and have specific cut-off dates for enrollment. Parents

who want to beat the crowds this year can use this guide to help plan a summer camp agenda.

• Attend an orientation seminar. Take the time to visit prospective camps for a tour, and use this open house as an opportuni-

ty to learn more about the programs offered. If available, find a camp employee to discuss your child's eligibility for enrollment. Some camps may offer webinars for convenience.

• Fill out the enrollment package completely. Each camp has their own requirements for registration. Expect to submit some personal information, including a medical background and proof of insurance, names and numbers of emergency contacts, and any other pertinent information as it applies to the camper. This may include allergies, fears, physical or mental disabilities, or even preferences in camp courses.

• Establish payment schedules. Summer camps vary in price. The ACA says camp costs range from \$100 to more than \$1,500 per week. However, many accredited camps offer some sort of financial assistance for children from families with limited financial means. If cost is a factor, be sure to broach the subject.

• Prepare children for the physical challenges a camp may present. Summer camp activities may be rigorous, and campers may need to be cleared by a physician before starting. Be sure to schedule your child a physical and bring along any pertinent forms. Children also can increase their levels of physical activity compared to the often sedentary nature of winter. Such preparation can prevent injuries when engaging in outdoor and physical activities.

• Shop for supplies. Camps are likely to provide a list of requirements with regard to clothing and other equipment campers will need. Make sure kids have enough shorts, T-shirts, socks, athletic shoes, swimsuits, toiletries, and other camp necessities before they leave.

• Keep children in the loop. Engage children in the planning process to help alleviate their fears and get them excited about summer camp.

Summer camp can foster lifelong memories. Parents can help kids prepare in advance for the fun that's soon to arrive.

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# Vets connect with fly fishing class

GILFORD — Thirteen veterans recently attended a Camp Resilience retreat in Gilford and tried something new. The national non-profit Project Healing Waters, through their New England Regional Coordinator, George Draper, offered to bring the program and instructors to Gilford to support Camp Resilience. Over the course of the four days, the veterans built their own fly fishing rods and reels from components provided at no cost by Project Healing Waters.

"It seemed kind of strange to see the vets working on fishing rods with more than a foot of snow outside the windows," said Camp Resilience volunteer, veteran Mark Corry of Gilford.

"But our visiting vets learned a new skill and bonded as a team through the rod and reel construction as well as through the hiking, downhill skiing and Escape House problem solving we provided them," Corry added.

Veterans from throughout New En-



Some of the veterans pose with the fish they hope to catch next Summer on Lake Winnepesaukee. Seated second left is Project Healing Waters New England Coordinator George Draper and standing rear right is reel instructor Mike Hackney.

COURTESY

gland are eligible to apply for a Camp Resilience retreat where they will be exposed to peer-to-peer counseling, life skills and outdoor recreational activities designed to

## TILTON

CONTINUED FROM PAGE A1

local lakes though, especially Silver Lake. Since the fund is part of a five-town effort to clean Lake Winnisquam, residents along Silver Lake were advised to organize a plan on how to battle that lake's problems and future funds might then be available to enact it.

The final monetary request was for \$20,000 to replace carpeting and tile on the first floor of the town hall. Selectmen explained the current carpet is frayed and even taped together in spots and the tile is worn in many areas. Their proposal is to install commercial grade materials that will be safer and last for many years. That article was also approved, adding \$151,000 to this year's budget figure

for a total tax impact of \$5,773,101.

Among the other articles approved was one that will allow Keno operations at local establishments with a valid liquor license. Selectmen

had hoped to wait and see how the first year of Keno in New Hampshire would go but a petitioned article asked for voter approval this year and the measure was accepted by a ballot vote of

40-27. A second ballot vote asked to reduce the number of elected seats on the Budget Committee from six to five members and voters wholeheartedly supported it.

## NOTEBOOK

CONTINUED FROM PAGE A4

dumb thinks like burning tires and garbage, that got us into all the regulations.

My unit, a Central Boiler made in Minnesota and built to last, was one of the first in the territory, and people came from all over to see it. It is a pretty straightforward apparatus, sort of like a Model A Ford—pretty hard to improve on except for comfort and gadgets. It burns wood right down

to a fine powder, like flour, and there is no need for an ash-pit. Cleanout (which for me, if I burn carefully, is twice a heating season) involves using a long-handle flat-bottom shovel to transfer the ashes into the bucket-loader, to be spread uphill of the apple orchard.

Alert readers will have noted that I was careful to say "white smoke." Properly dried firewood emits white smoke; unseasoned, (i.e. "green" wood) emits a pale blue. If any blue

smoke came out of my furnace all my neighbors would see it, and I'd be some embarrassed and would maybe even have to move.

+++++

Speaking of smoke, the story that was big news one day and gone the next concerned the government's plan to cut nicotine content in cigarettes in not-so-subtle increments, to the tune of something like 90 percent.

This, one might predict, will create a brisk black market and all sorts of cross-border shenanigans, virtually overnight, to provide desperate smokers with good old (or not so good) nicotine-loaded smokes. Not that any smuggling whatsoever goes on anywhere in northern New England, nosiree Bub.

+++++

My laugh of the week came from a PBS story on the Pennsylvania primary, in which a news crew visited a wood-working factory.

"Even at 9 a.m.," an evidently amazed reporter said, "this factory is already humming." Yes, you heard it, "Even at 9 a.m." (emphasis mine).

Well, yup, hello, and welcome to the real world. How about factories that start the day at 7, or the loggers, truckers, road crews and tradesmen grabbing coffee and a bit of breakfast at (gulp) 4:30? It might cause one to faint.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or to Box 39, Colebrook, NH 03576.)

## NOTICE OF PUBLIC HEARING

The Shaker Regional School Board will hold a Public Hearing relative to a withdrawal from the Facilities & Grounds Expendable Trust Fund. The hearing will be held on Tuesday, March 27, 2018 at 6:00 pm at Belmont High School.

**Town of Northfield Planning Board**  
**Town Hall Monday, April 2, 2018**  
**7:00 p.m.**  
**AGENDA**

1. Minutes- March 5, 2018
2. Steven Partridge—55 + Community & Campground
3. Other Business

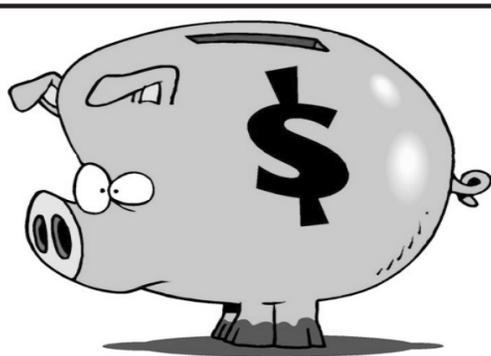
Respectfully,  
 Jason Durgin, Chairman

## Shaker Regional School District

Serving the Communities of Belmont & Canterbury

### CHILDFIND CLINIC

Are you concerned about your child's development? Do you suspect that your child may have a disability? We will be holding a "Child Find Clinic" on Monday, March 26, 2018 at Canterbury Elementary School from 1:00 – 3:00 pm for children age birth through 6 years old. Certified staff will screen students for possible learning disabilities, speech and language disabilities, motor skills, and overall developmental functioning. The clinic is open to any resident of Belmont or Canterbury, but APPOINTMENTS ARE REQUIRED. Please contact the SAU office at 267-9223 ext. 5306 for additional information or to make an appointment.



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## CORRECTION

### Winnisquam Regional School District WARRANT ARTICLES 2018 02/21/2018 State of New Hampshire

To the inhabitants of the Winnisquam Regional School District in the Towns of Northfield, Sanbornton and Tilton qualified to vote in the district affairs.

You are hereby notified to meet at the Winnisquam Regional High School, 435 West Main Street, Tilton, NH, in said District on the twenty-fourth [24th] of March 2018, at 9:00 o'clock in the morning to act on the following articles, provided that any recessed meeting to consider non-bond articles shall be held at the said place on the twenty-eighth [28th] of March at 7:00 o'clock in the evening.

**Article-1**  
 To see if the Winnisquam Regional School District will vote to raise and appropriate the School Board's and Budget Committee's recommended amount of Twenty Six Million Nine Hundred Fifty Three Thousand Six Hundred Fifty Four dollars, [\$26,953,654] for the support of schools, for the payment of salaries for the district officials and agents, and for the payment of statutory obligations of the District. The article does not include appropriations voted in other warrant articles.  
 [Majority vote required]  
 This article raises the appropriations for the General Fund, plus Special Revenue Funds for Food Service and Local, State and Federal Grants.

**Article-2**  
 To see if the Winnisquam Regional School District will vote to establish a study committee pursuant to Article 14 of the Articles of Agreement of the District to study the apportionment formula contained in Article 5 of said Articles, last amended in March 2006; said committee to be composed and appointed as specified in Article 14; said committee is to report its findings and recommendations to the School Board no later than one hundred twenty (120) days before the 2019 school district meeting.  
 [Majority vote required]  
 The School Board recommends this appropriation 8-0.  
 The Budget Committee recommends this appropriation 9-0.

**Article-3**  
 To see if the Winnisquam Regional School District will vote to raise and appropriate a sum of up to **Four Hundred Fifty Thousand dollars [\$450,000]** to be placed in the Capital Reserve Fund-Building Renovations and Repairs, with such amount to be funded from the June 30, 2018, unreserved fund balance available for transfer on July 1, 2018.  
 [Majority vote required]  
 The School Board recommends this appropriation 8-0.  
 The Budget Committee recommends this appropriation 9-0.  
 This will help maintain a favorable trust fund balance to fund building repairs and improvements in accordance with the District's Capita/Improvement Plan.

**Article-4**  
 To see if the Winnisquam Regional School District will vote to raise and appropriate the sum of **Four Hundred Sixty Thousand dollars [\$460,000]** for the following purpose: At Middle School, Library Renovation, Gymnasium- interior skin, at Ag Building, replace fire panel, re-paint brick and replace pitched

roof, District Wide, HVAC control replacement (Honeywell), Safety & Security (cameras, communication and access control), and Athletic Fields & Ground, a 2nd story on Track Shed, and to authorize the withdrawal of Four Hundred Sixty Thousand dollars [\$460,000] from the Capital Reserve Fund-Building Renovations and Repairs created for that purpose.  
 [Majority vote required]  
 The School Board recommends this appropriation 8-0.  
 The Budget Committee recommends this appropriation 9-0.

**Article-5**  
 To see if the Winnisquam Regional School District will vote to raise and appropriate a sum of up to **Fifty Thousand dollars, [\$50,000]** to be placed in the Special Education Capital Reserve Fund, said sum to be paid from the June 30, 2018 unreserved fund balance available for transfer on July 1, 2018.  
 [Majority vote required]  
 The School Board recommends this appropriation 8-0.  
 The Budget Committee recommends this appropriation 9-0.  
 Annually, the District budgets an estimated amount in the hopes of covering unanticipated costs that may arise in the area of Special Education. Per RSA 186-C:13, the district is liable for all expenses incurred in this area, regardless of budgeted amounts. Therefore, the potential exists that an unanticipated placement could pose a considerable burden on the District's budget. This reserve fund was established July 1, 2011 per RSA 35:16-a to enable the District to set aside funds to assist with the expenditure in the event of unanticipated costs.

**Article-6**  
 To see if the Winnisquam Regional School District will vote to raise and appropriate the sum of **Four Hundred Ninety-Two Thousand Nine Hundred Forty-Five dollars [\$492,945]**, in part through incomebased enrollment fees established by the authority of the school board and not to exceed Four Thousand Dollars [\$4,000] per pupil, to create and establish appropriate building space, curriculum and programming in order to offer and operate Optional Full-Day Kindergarten beginning in the fall semester of the 2018-19 school year.  
 [Submitted by Petition]  
 The School Board recommends this appropriation 8-0.  
 The Budget Committee recommends this appropriation 9-0.

**Article-7**  
 To transfer any other business that may legally come before this meeting.  
 Given under our hands at said Tilton, NH this 21st day of February 2018.  
 Jon Cilley, Wayne Crowley, Christina Flanders, Sean Goodwin, Tarra LaChapelle, Julie Lonergan, Keith Murray, Jasen Stock, and Kevin Washburn.  
 A TRUE COPY OF WARRANT-ATTEST:  
 Given under our hands at said Tilton, NH this 21st day of February 2018.  
 Jon Cilley, Wayne Crowley, Christina Flanders, Sean Goodwin, Tarra LaChapelle, Julie Lonergan, Keith Murray, Jasen Stock, and Kevin Washburn.

**BUDGET**

CONTINUED FROM PAGE A1

grant money available through federal or state aid toward that project. The first year's payment would amount to \$51,480, and voters approved the measure with a two-thirds vote of 131-7.

Allowing for the required one-hour vote on a bond issue and feeling there could possibly be another ballot vote on the budget, Moderator Tim Lang moved forward with other articles and deferred the budget until the end of the night.

With only occasional discussion, most of the other articles breezed right through a voice vote process. Among those were an authorization for the purchase of a new police cruiser at the cost of \$34,000, appropriations of \$626,995 for Capital Outlay, \$290,000 for Capital Reserve Funds and a total of \$245,150 to replace two vehicles at the Highway Department. Those vehicles will be purchased through annual payments with \$35,000 and \$14,000 respectively due

in the first year.

"It (Truck 3) was supposed to be replaced a while ago. Now it's worn out and repairs are (not) cost worthy," explained Highway Department Director Johnny Van Tassel.

The other vehicle was 25-years-old and in need of replacement, too. Both will be sent to auction and any sale money will be placed in the general fund.

Voters also approved the placement of \$350,000 in the Capital Reserve Fund for Construction, with that amount to come from the unassigned fund balance, not through taxation.

One other transfer from the unassigned fund balance was for \$55,000 that will move to the Facilities Repair and Refurbish Capital Reserve Fund. It's purpose will be to fund a building and design concept for town-owned properties that are in need of upgrades, repairs or possible replacement.

Town Administrator Katie Ambrose said the study will help the town move forward in plan-

ning for future renovations and to address safety issues at some of the facilities. Voters heard from several department heads who described overcrowded work space, non potable water in several buildings and the need for a decontamination shower at the fire department. They also listened as Town Clerk/Tax Collector Marla Davis described issues at her office that have prompted her to call the police several times.

"I do not feel safe in my building. There are critical safety issues for me and my deputy," she said.

The article passed unanimously, and the meeting then turned back to the budget.

While the Budget Committee presented a detailed account of why they made the decisions they did this year, not everyone agreed. Selectmen got the first amendment process underway with a proposed increase of \$89,355 for what they felt were "short funded" lines and a Highway Department employee salary that was removed

from the budget. The established position had been open but was recently filled and required funds for wages, insurance and retirement benefits.

Selectman Karen Ober further pointed out that the highway department would need more for diesel fuel costs or they could run out of money by the end of "mud season."

Her amendment brought the Municipal Operations budget to a total of \$4,043,489 and was unanimously approved, but things weren't done there.

A second amendment was presented by resident Justin Howe, a Sergeant on the Sanbornton Police Department. Howe's request was to add an additional \$88,065 to the budget to fund a sixth officer position for the department. Chief Stephen Hankard was brought forward to speak on the topic and explained the department has currently been operating with only four officers, requiring assistance from New Hampshire State Police for coverage in the early morning hours. The chief said his department is understaffed, and with sick time vacations and other emer-

gencies that can crop up, officers are forced to work many hours of overtime to make up for any openings. They are also underpaid in comparison with other local departments and that has caused additional issues.

"This was a bad year for staffing. We lost three qualified officers...pay was a large reason why for two of them," he said.

Contracting with Tilton Police Department for the services of a Prosecutor has freed up officers from attending court all day, but Hankard said he needs to bring the staff up to six officers to adequately serve the town.

"Most police departments don't do 24-hour coverage without seven officers," he added.

Residents agreed and the amendment passed easily, bringing the final approved budget to \$4,131,554.

Ending the night was resident Stephen Benoit, who informed the town that the Metrocast Franchise agreement for Sanbornton was expiring in the next week. Benoit has a background in communications and after advisement on a few areas where Metrocast has failed to live up with the last agreement, resi-

dents authorized selectmen to negotiate with the company on the next agreement. Benoit also volunteered his expertise to the board should they need assistance in that process.

Town elections were also held on March 13 and Lang announced that winners in those contests were Tom Salat-Iello, who won a write-in campaign against candidate Glenn Frederick for the Board of Selectmen by a vote of 267 to 119. Craig Davis retained his seat on the Budget Committee, and will be joined by write-in candidate Kate Osgood. Karey Caldwell defeated Deborah Gibson for an opening as Cemetery Trustee (197-161) and Paula Grassie won her quest for a three-year term as Library Trustee by a vote of 257-74 over Donna Schimming, while Grita Olmstead ran unopposed for a two-year Library Trustee opening. Lynn Chong was unopposed for Trustee of the Trust Funds and Sheryl Anderson ran an uncontested race for Supervisor of the Checklist. A zoning board amendment concerning Solar Energy Systems was also approved by a vote of 195 to 153.

**LIBRARY**

CONTINUED FROM PAGE A1

31:95-h) was established for the future purchase or replacement of police department equipment. It will be funded through all Special Detail monies the department earns each year, minus any salaries, wage taxes and retirement benefits due as a result of those details.

Voters further established a Road Repair Revolving Fund for roads, bridges and reconstruction projects, with money received through Highway Block Grants to be deposited into that account until approved for use by voters.

As for the Road Reconstruction Capital Reserve Fund, voters

said yes to the use of \$415,807 for upcoming projects; \$288,807 of that amount is to be withdrawn from the Road Reconstruction Capital Reserve and the remaining \$127,000 to be taken from the new Road Repair Revolving Fund.

Unassigned Fund Balance monies were also approved for use in the Sandogardy Pond Road Reconstruction project that will be further assisted by State Aid Reconstruction reimbursement funds.

Other Unassigned Fund Balance dollars were given the green light for use in the purchase of highway equipment for plowing and roadside maintenance, a deposit into the Computer Replacement Cap-

ital Reserve, and the replenishment of the Facility Emergency Repair Fund.

In the matter of elections, there were no contested races this year. Joining the Board of Selectmen for the next three years will be Glen Brown. Scott McGuffin was reelected as Town Moderator, as was Town Treasurer Roland Seymour while Terry Anne Steady won the six-year seat on the Supervisors of the Checklist. There were no registered candidates for an opening as Trustee of the Trust Funds, however Deb Tessier received the most votes as a write-in candidate for that position and agreed to accept the three-year term.

**BELMONT**

CONTINUED FROM PAGE A1

M. Sargent Trust Funds. This year's requests will benefit organizations and programs such as scouting, Police Explorers, D.A.R.E., the St. Joseph Food Pantry, youth baseball, Belmont Conservation Commission, educational programs, Old Home Day activities and more.

A complete look at the results is available on the town's Web site.

As for the 2018 elections, incumbent Ruth Mooney won a write-in challenge from Kevin

Sturgeon for another three-year term on the Board of Selectmen. Mooney received 341 votes in that race, and Sturgeon received 20 votes.

For the Budget Committee's three-year term openings, the winners were Justin Borden (283 votes), Robert Chapman (296 votes), Mark Roberts (347 votes) and Preston "Pret" Tuthill (316 votes). For the two-year positions on the committee Roland Coffin Jr. and write-in candidate Kevin Sturgeon each won with 334 and

56 votes respectively.

On the Planning Board it was Gary Grant (331 votes) and Recardo "Rick" Segalini (316 votes) taking the two open seats in an uncontested race while David Durham and John Froumy will each serve three years on the Zoning Board.

In the final uncontested races, David Caron won reelection as Trustee of Trust Funds, Gail Thomas was selected as a Library Trustee, and Sharon Ciampi won the three-year term as a Cemetery Trustee.

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# HEALTHFIRST is growing

*Richard A. Young is back at HEALTHFIRST!*

FRANKLIN/LACONIA — HEALTHFIRST Family Care Center is pleased to announce that

Richard Young, APRN, is returning to HEALTHFIRST and will be accepting new patients in

the Laconia and Franklin locations effective April 11. Young has been with LRGH's Moulton-

borough Family Practice for the past several years; however, prior to Moultonborough, Young moved to New Hampshire from Kitsap, Alaska, and started working at HEALTHFIRST so Rich has a long history in family practice medicine.

Young has an enormous amount of experience providing family practice medicine with an emphasis on chronic conditions management such as diabetes, high blood pressure, and asthma. He is an engaging and enthusiastic primary care provider who sees children, adults and

elders. He works well in an integrated behavioral health and primary care model practice, and understands the importance of looking at patients long-term goals and measuring clinical outcomes. We are very excited to have Rich coming back to HEALTHFIRST!

## About HEALTHFIRST

HEALTHFIRST Family Care Center is a private nonprofit 501(c)(3) Federally Qualified Health Center serving a 23 town area in Central New Hampshire since 1996. HEALTHFIRST has two primary loca-

tions for clinical service delivery: 22 Strafford Street, Laconia, NH 36610; and 841 Central Street, Franklin, NH. HEALTHFIRST serves all individuals except all insurances and utilizes a sliding fee scale. For more information contact Richard D. Silverberg LICSW, President and CEO of HEALTHFIRST Family Care Center.

To register as a new patient, please call HEALTHFIRST Franklin 934-1464, or HEALTHFIRST Laconia 366-1070, or visit us online at [www.healthfirstfamily.org](http://www.healthfirstfamily.org).

## Taylor Community hosting TED Talk on "Your Body Language May Shape Who You Are"

LACONIA — Amy Cuddy leads this TED Talk. Did you know watching a physician interact with a patient without sound can determine who will be sued? Come find out more about what your body says in this presentation scheduled for Wednesday, March 28 at 2:30 p.m. in Taylor

Community's Woodside Theater. This event is free and open to the public.

TED (Technology, Entertainment, Design) Talks are influential videos from expert speakers on education, business, science, tech and creativity,

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Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. Visit [www.taylorcommunity.org](http://www.taylorcommunity.org), or call 366-1400 for more information.

## GRANTS

CONTINUED FROM PAGE A9

done and unwanted animals.

### One Sky Community Services (Portsmouth)

-Awarded \$5,000 to contribute to One Sky's Readiness Fund that addresses needs not covered by Medicaid or other state funding. The Fund helps clients support their most basic needs to facilitate personal growth and success in life. One Sky Community Services is a private, non-profit organization under contract with the state of New Hampshire that assists infants, children, young adults and seniors with developmental disabilities or acquired brain disorders to live as valued and participating members of their communities.

### Patriot Resilient Leader Institute (Gilford)

-Awarded \$6,000 to sponsor a Camp Resilience session in 2018. Camp Resilience provides sustained comprehensive curriculum to help wounded veterans recover their well-being by engaging in sports, adventure activities and life-skill programs.

### Pemi Youth Center (Plymouth)

-Awarded \$2,500 to help expand its services, centers and reach into Tilton and Franklin. Pemi Youth Center is an empowerment program serving

youth, ages 10-17, within the Greater Plymouth region. The organization was founded to provide a safe and welcoming place for young people outside of school, so that they can gain a sense of community, belonging and self-esteem.

### White Horse Addiction Center (Center Ossipee)

-Awarded \$5,000 to go toward the implementation of treatment programs for Medical Withdrawal Management, 28-Day Residential Treatment, Low Intensity Residential Treatment and Sober Living by 2018. White Horse Addiction Center provides care for substance misuse and substance use disorder through its recovery center and outpatient program.

### WinnAero (Gilford)

-Awarded \$3,000 to support its 2018 Aerospace Career Education (ACE) Academies conducted at Laconia Municipal Airport. The ACE Academies include field trips and aerospace education programs for students in high school, middle school and elementary school. WinnAero was founded to promote youth interest in STEM through aviation and aerospace educational programs and experiences. WinnAero also aims to foster enthusiasm for flight, aeronautics and aerospace for people of all ages.

*The Meredith Village Savings Bank Fund was established in 1997 under the leadership of John Starrett, then President and CEO of the Bank. Since then, 351 grants totaling \$1,410,867 have been awarded to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth and NH Seacoast areas. Over the years, the Fund has supported literacy programs, after-school programs, environmental monitoring and education, restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. The deadline for consideration for the next grant cycle is Oct. 15. Applications are available on the Bank's website and at all MVSB offices.*

*For nearly 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Hampton Falls, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).*

## It's Time for a Tea Party



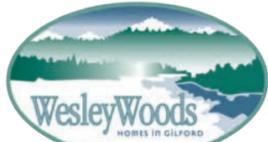
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Thursday, March 29, 2018 • 3:00 pm

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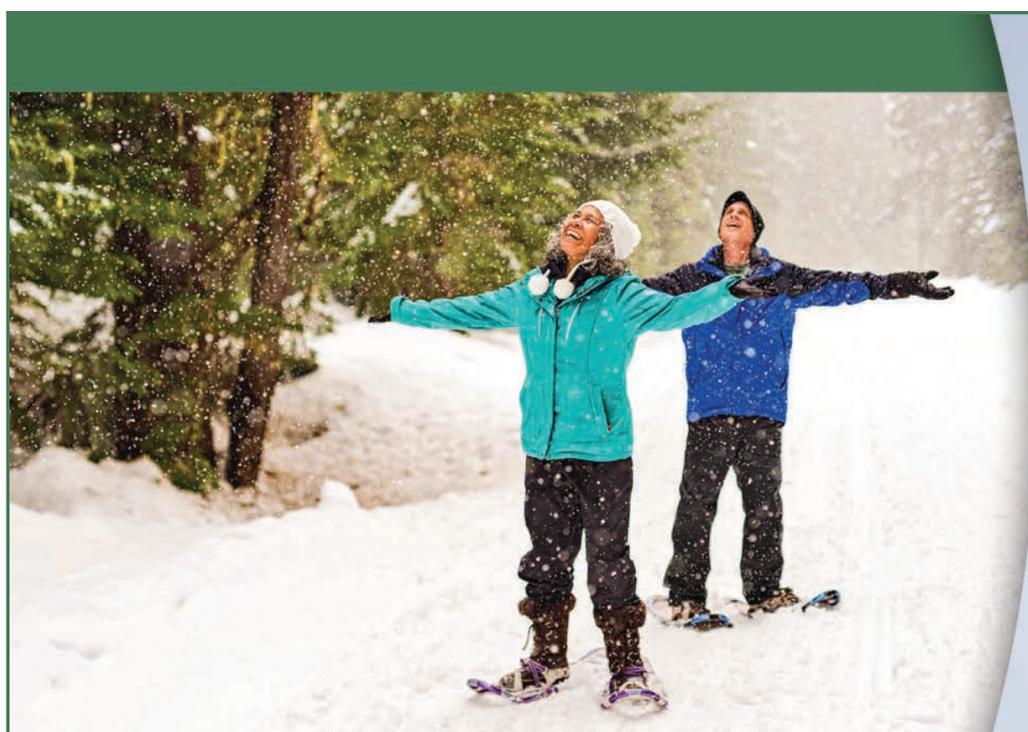
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## SPORTS

THE WINNISQUAM ECHO  
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## Bear cheerleaders bring home another state title

BY BOB MARTIN

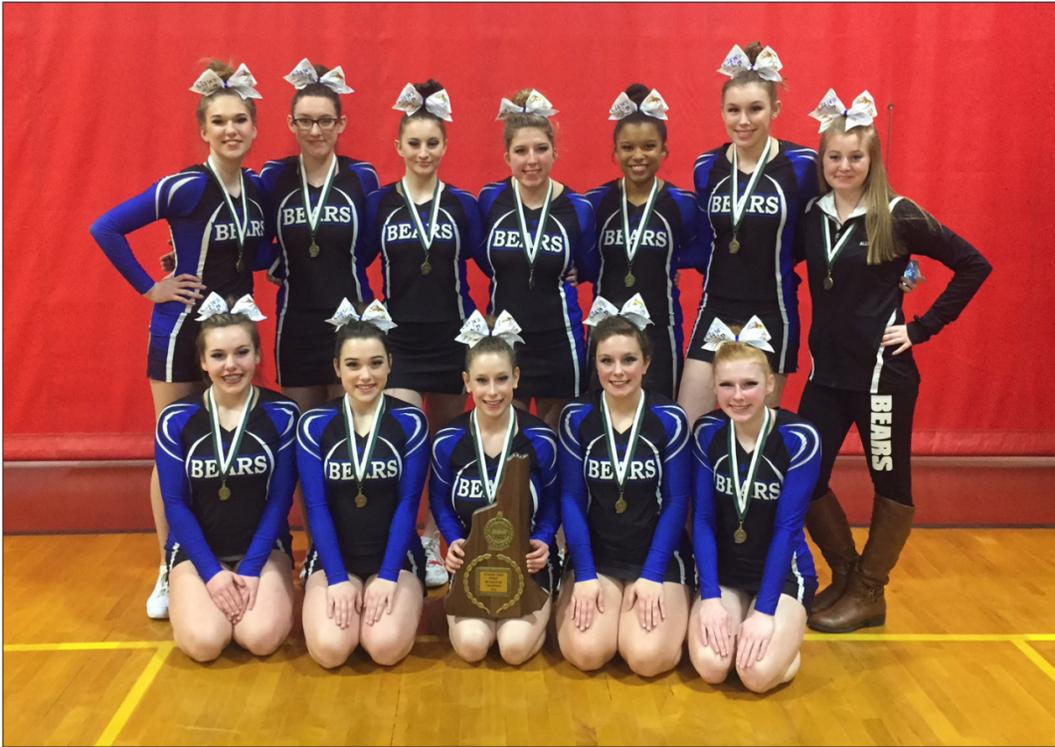
Bob@salmonpress.news

TILTON — The Winnisquam Regional High School Spirit team became repeat champions when it took the Division 3 title last week.

Coach Ryann Riberdy said she couldn't be more proud of her team, saying that it is never easy to repeat as champions, especially when the team was a fairly young and diverse group of student athletes. There were 11 students who competed, which was a mixture of some who were there last year and others who were new.

"The beginning of the season was a little tough in terms of molding and gelling, but it was great to see them come together as a team as the season went on," said Riberdy.

The division has five teams, which includes Winnisquam, Campbell, White Mountains, Berlin and Stevens. While it is a small division, Riberdy said it is competitive and fun. She also noted that while Campbell can be considered a rival, in cheering it is a bit different. She said the two teams are very positive toward each other and it was fun to compete.



The Winnisquam Regional High School Spirit team won its second consecutive Division 3 title last week, beating out Bow for the win.

COURTESY

motions, dance, tumbling, jumps and pyramids. There are also subcategories like formation and time. There is a difficulty score and an execution score.

Riberdy said the difficulty in the division was across the board, and the teams were in the same range. In the preliminary competition, she said the focus was to nail the routine and generate an appeal with the judges. The team did miss a stunt, which did cost points, but the team came out on top ahead of Campbell.

"We were all shocked and they were so happy," said Riberdy.

In the state championship, Riberdy admitted that Campbell did not have its best day. She said this can hap-

SEE CHEER, PAGE B10

"It's like a positive rival," said Riberdy. "They keep us competitive."

Riberdy explained that the team went to invitational meets throughout the year to compete. She said the preliminary competition was a success for Winnisquam. The team was judged on stunts,

## Parent is Division III Player of the Year

BY BOB MARTIN

Bob@salmonpress.news

LACONIA — Harrison Parent wrapped up his hockey career for the Belmont/Gilford Bulldogs this season on a high note by being named the Division 3 Player of the Year in his senior season.

Parent had 51 points for the Bulldogs this season, which included 26 goals and 25 assists.

His career numbers for Belmont/Gilford are also outstanding, finishing with 128 total points good for third in the team's history. He had 66 goals and 62 assists for Belmont/Gilford in his four years with the team.

"Harrison really worked hard at hockey and it's nice to see that hard work pay off," said coach Dave Saball. "Get-

ting Player of the Year in Division III is a great accomplishment and I'm so proud of him. Harrison is a special player on and off the ice."

Parent said it was a true honor to be named the Player of the Year, saying that he set this as a goal for himself at the beginning of the season. Last year Parent was a second team All-Stater and this year he put in the extra effort to make himself the best player he could be.

"I wanted to help my teammates reach our goal of making the playoffs and along the way I reached my own personal goal of being named," said Parent. "Good fortune and hard work, I guess."

This was an interesting season for the Bulldogs, as there were many players on the team who were playing out of position and finding their roles on the team. The team found its identity as the season wore on,

and the Bulldogs ended up going all the way to the semifinals of the state tournament.

"We had guys that came onto the team and jumped off the team for whatever reason, so we started the season trying to fill spots," said Parent. "We had to have people play positions they weren't that comfortable with, but everyone was a team player and worked hard."

Parent said the beginning of the seasons started a bit tough due to this, but he said the excellent coaching and senior leadership made a big difference.

Looking back on the season, Parent said he had a couple moments that were most memorable. One was on Jan. 27 on a game against Hollis Brookline/Derryfield where he reached the 100-point milestone.

"This was a big milestone and something I had been looking forward to my whole high school career," said Parent.

SEE PARENT, PAGE B3

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# Pluskis earns All-State Second Team honors

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT — For the second straight year, Matt Pluskis of the Belmont High School basketball team was recognized for his strong play by making the All-State team. Last year he was an honorable mention but in his senior season he made it to the second team

Pluskis averaged about 16 ppg, six rebounds and also had just over three assists per game. He was always the number one scoring option for the Red Raiders this season, which was a bit of a different role than years past. Pluskis knew after losing 1,000-point scorer Trevor Hunt, he would be taking on the brunt of the scoring load, and he did not disappoint.

"It was a goal that I set for myself this offseason after losing a couple of great senior leaders from last year's team," said Pluskis. "I knew I need-



Matt Pluskis earned Second Team All-State for his work this season.

BOB MARTIN

ed to step up and lead. Thanks to my coaches, teammates and lots of hard work in the offseason I was able to be recognized."

Pluskis ended his career with 947 points and this year was his best as far as scoring. He admitted that his career was a bit of a rollercoaster, as

his freshman year was a dismal 2-16 season. The Red Raiders bounced back from the tough season by making the playoffs in his sophomore

year. In his junior and senior seasons the team made the quarterfinals and he was happy to help put Belmont basketball back on the map.

One of his most memorable games came this season against Laconia where Pluskis drained a buzzer beater three-pointer to win the game. He said it was a surreal feeling against a rival.

Pluskis said knowing that he was going to be called upon to score more often gave him a sense of urgency to fine tune his play and hit the gym more in the offseason.

"I knew I needed to get stronger and I also played in the Granite State Games this summer, so I had some good competition there," said Pluskis. "I worked on my shots and worked with my dad a lot too. It was just about putting in more effort and offseason work."

Pluskis was also an All-Stater in baseball during his sophomore year and he hopes that he can be named again for his play at second base in the upcoming season.

## Ennis competes at Easterns

BY BOB MARTIN

Bob@Salmonpress.news

RUMFORD, MAINE — The Eastern High School Nordic Championships took place last weekend at Black Mountain Ski Resort, and Zach Ennis of Belmont High School participated for Team New Hampshire.

In the 1.2K free tech sprint, Ennis

placed 35th with a time of 2:49.18. In the 7.5K classical race, Ennis was 29th with a time of 21:41.7. In the 5K freestyle race, Ennis placed 24th with a time of 11:21.3.

Ennis was also on Team New Hampshire's mixed relay team and had a time of 8:03, which was incorporated into the combined time of 33:06.4, good for sixth.



Troy Gallagher was named second team All-State this season in Division 3.

BOB MARTIN

## Gallagher earns Second Team All-State honors

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA — It was a great season for junior defenseman Troy Gallagher of the Belmont/Gilford Bulldogs, and his hard work did not go unnoticed as he was named second team All-State this season.

Gallagher finished the season with 18 points, which included six goals and 12 assists. This was good for fourth on the team. Coach Dave Saball was proud of the way Gallagher stepped up this season, playing large amounts of minutes and helping the Bulldogs reach the semifinals of the state tournament.

"Troy really deserved to make the All-State team this year," said Saball. "Troy was a big reason for the team's success. He was a force on

defense all year, logging unbelievable minutes. He is a great leader on and off the ice. I'm very proud of him. He did a great job for us."

Gallagher said it was a complete surprise to be named to the team, saying it was something that wasn't really a goal in mind.

"I just pushed to bring the team as far as we could and this just kind of happened," said Gallagher. "This is the first time I have been named to any All-State team, so this came as a surprise."

Gallagher said he has worked hard to become the player he is today, and he plans to push even harder to make his senior season the best yet. This past off season he trained hard and played in a summer hockey league in Hooksett. He is a three-sport

athlete, also playing lacrosse and soccer, and he emphasizes the importance of cross training.

"Soccer improves my vision on the ice a lot and lacrosse surprisingly really helps with my stick handling," said Gallagher. "Also, I am spending a couple times a week just going outside and working on stick handling with pucks or a ball."

Looking back on the season, Gallagher felt that his most memorable game was in the quarterfinals against Berlin/Gorham. He said this probable goes for everyone on the team.

"I have never seen a team effort so powerful where we devastated so many people and surprised so many," said Gallagher. "You might look at it seeing the fifth

seed beating a fourth seed, but that doesn't tell it all. Playing in Berlin is so difficult. We executed everything and got the win."

Gallagher said he has a goal to take his team to the finals next year, as he was inspired by teammate Liam Lacy, who gave a locker room speech that he will never forget. Gallagher said Lacy told all the seniors that he will devote the next season to being "Road to the Ship 2019."

"Liam really inspired me with that," Gallagher said. "I will pick up my training a lot more than I have in the past and try to promote daily exercise, weight training and skills training. I want to be able to be a reliable and consistent hockey player and see how far I can take the team next season."

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# Mann selected All-State Honorable Mention

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam boys' basketball team had a tough season, going 5-13, but a bright spot on the team was junior Kyle Mann, who was recognized for his strong play by being named honorable mention for the Division 3 All-State team.

Mann had 18.4 ppg to go along with 5.7 rebounds and 3.7 assists.

Mann was the go-to guy all season for the Bears and coach Kevin Dame has high hopes for him to lead the team next season.

"The kid is a workhorse, both as a basketball player and as a runner," said Dame. "He doesn't come off the court a whole lot and can do it all. He loves to get to the hoop, driving and scoring."

Dame said while scoring on drives is his forte, he also shined as being the second best rebounder on the team and the top defender. Mann was always tasked to face the opponents' top players



Kyle Mann earned Division III All-State Honorable Mention.

BOB MARTIN

throughout the season.

"We really utilized him a lot and he is usually up to the challenge," said Dame.

This was the first season that Mann was recognized for All-State. Dame explained that he was not on the court

a lot in his freshman season, when the team went 16-2. Last year he was still the third option on offense, but this year they had the ball in his hands a lot. Dame said he has watched him progress nicely as a player.

"He has a motor, that is probably his biggest thing," said Dame, adding that athleticism is his strong point. "He is best in transition but also shot the ball well for us. He is looking to get to the rack and he can do that quite a bit."

A true athlete, Mann is also a star in cross country and track. He said keeping active helps in all of his sports.

His most memorable game against Prospect Mountain this past season on Dec. 19. Despite losing a tight battle 45-44, he said it was the game he felt most on point. Mann had his

season high in points that game with 27.

Mann said what he loves most about basketball is the team atmosphere, saying it is like having another family. He loves going up against big competitors and pushing his limits.

Mann said when he heard from Dame that he was recognized he was very happy, but now he has a goal to improve both his personal play as well as the team play. He said his goal is to be named to second or first team All-State, while also bringing the Bears back to the playoffs.

He explained that he has put in plenty of hard work to become the player he is, and Mann said this is something that will only increase. He shoots in the gym before school and this past year participated in AAU basketball for the first time.

"I will continue to further my skills as a player," said Mann. "I'm looking forward to coming back next year. We are only losing one senior so that looks really good for us."

## Trio of Red Raiders compete at New England championships

BY BOB MARTIN

Bob@Salmonpress.news

BOSTON, Mass. — The Belmont High School indoor track team was represented at the New England Interscholastic Championship at the Reggie Lewis

Center on March 3, with three athletes participating against the top runners from all around the northeast.

Sana Syed was 26th in the 55-meter hurdles with a time of 9.74 seconds. Asa Vasile of

Medway High School in Massachusetts took the win with a time of 8.36 seconds.

Nick Randos was 23rd in the 1,000 meters with a time of 2:42.31. Jason Doyle of Westford Academy in Massachu-

setts won with a time of 2:28.47.

Hunter Dupuis was 16th in the 300 meters with a time of 36.80 seconds. Phillips Magree of Somerville High School in Massachusetts won with a time of 34.24.

## PARENT

CONTINUED FROM PAGE B1

Parent said another came in the quarterfinals against Berlin/Gorham, where the Bulldogs came away with a win on the road. It was the first time Belmont/Gilford had beaten Berlin/Gorham on the road in the history of the team. The two teams have had some battles over the years, with wins being traded back and forth, and Parent said this was extra special to him.

"My dad played hockey in Berlin so it was kind of crazy," said Parent. "We were underdogs going into the games so it was one of the greatest feelings I've had, winning that game."

Parent said going into a game against a team like Berlin/Gorham has a different feel than other games, although he said the team tries to go out and play their style of hockey and not change things up much. He said everyone was locked in and ready for the quarterfinal game.

"Going into that game a lot of people didn't think we were coming away with a win, but our whole team knew that this was going to be a game we would win," said Parent.

Parent said these were two of the most memorable games of his career, along with winning the state championship in his freshman year against Berlin/Gorham.

"That was something I will never forget," said Parent.

Parent had the



BOB MARTIN

Harrison Parent was named the Division 3 Player of the Year this past season.

chance to play alongside his brother this season, also, which was something new to him. He said because Hayden is only a sophomore he didn't get to play with him much in youth hockey, but it was a great experience to be out there controlling the ice with him.

"He is a great playmaker and an easy guy to play with," Parent said. "He makes playing the game a whole lot easier."

Parent said being the Player of the Year was something he was working toward, and also something that didn't come easy. He explained

that he played summer leagues and played with the New England Wolves in the fall. Parent said he is always fine tuning his skills to get to the next level.

"I'm always doing something that translates to hockey, whether it is on or off the ice," said Parent.

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**Meredith, NH** - A man and a woman that both value family above everything else finally found each other in this crazy, hectic world. They merged their homes and created an incredible family of 8! They built this home 4 years ago to be big enough for everyone and to have lots of space throughout the 14 rooms. They thought they would cherish this home for many years but a job relocation has pushed them to pack up and find their next route. You can benefit from their careful planning and move to this wonderful location! They know that their easily maintained finishes are not for everyone so with quotes in hand for around \$7,000 for hardwood floors and \$3,000 for granite countertops, they are willing to offer any buyer \$10,000 in concessions to go towards these high-end upgrades.

**MLS # 4642173 Offered at \$348,900**

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Meredith, NH  
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603-253-4345

**LACONIA**  
348 Court Street  
603-524-2255

RESIDENTIAL BROKERAGE [CenterHarbor.NH@NEMoves.com](mailto:CenterHarbor.NH@NEMoves.com) [LakesRegionInfo@NEMoves.com](mailto:LakesRegionInfo@NEMoves.com)



**Alton \$1,495,000**  
Lake Winnepesaukee year round camp, great location.  
MLS# 4680152  
**Ellen Mulligan**  
603-387-0369



**Tilton \$260,000**  
Stunning restored post & beam Cape with views.  
MLS# 4680484  
**Ed Bones**  
603-275-7574



**Sanbornton \$649,900**  
Restored 1790's Colonial with views.  
MLS# 464262  
**Barbara Mylonas**  
603-344-8197



**Milton \$175,000**  
Completely remodeled waterfront home.  
MLS# 4680521  
**Josh Matthews**  
603-781-4030



**Sandwich \$349,000**  
Charming 3BR cape on 7 acres.  
MLS# 4679534  
**Bob Williams/Danielle McIntosh**  
603-455-0275/  
603-393-5938

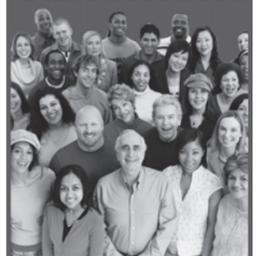


**Moultonborough \$79,900**  
Gorgeous SW facing .79 acre lot in Suissevale.  
MLS# 4680246  
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**GUN SALE**, 12ga shotshells \$59.95 cs only, S&W 9mm 2.0 Shields \$379, S&W BG380 \$269, We Buy & Trade Used Guns, Fair Prices Paid. East Central Arms, 30 Depot Rd, New Durham Wed-Sat 9-5, Sun 10-4 603-701-2112

**OLD NH FISH** and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" / May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email [liz@salmonpress.news](mailto:liz@salmonpress.news)

**Precore Elliptical EFX5.21i** - Like new. Used for less than 30 hours. Weight 197lbs. \$950.00. Call 603-968-7548 and speak with Betsy or Bruce.

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Are published Free of Charge. 30 words for 1 week.

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Mon-Fri 8:00-4:00

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[www.salmonpress.com](http://www.salmonpress.com)

24/7

#### HAVE YOU SEEN ME?

#### I AM LOST!

#### MY NAME IS BUDDY

I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road PLEASE CALL MY FAMILY at 279-7000. Reward if found.

#### Still Lost!

Shane - Shetland Sheepdog  
9 Years old

We are hoping someone may have him or have seen him?

-Lost in Laconia NH-

August 27, 2016

Do not chase.

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Call Owner 603-365-1778  
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for browsing  
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#### West

Meredith News  
Record Enterprise  
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#### Publication Rates (30 words)

\$12 - 1 Week

\$20 - 2 Weeks

\$27 - 3 Weeks

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Call Our main Call Center

1-877-766-6891

Mon-Fri 8:00-4:00

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#### Deadline:

Monday 10:30 am

### Appliances/Used

#### FOR SALE

Rattan matching set: 2 chairs, love seat, sofa - Set \$150.00

Antique Tea Cart \$60

Whirlpool Large Capacity Dryer, GE Hi-Capacity Washer - Multi-sets Excellent cond. \$300/setting or \$175 each

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Bristol Call Paul cell 508.380.3958 Cash Only

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#### LOW COST SPAY/NEUTER

Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line [www.RozzieMay.org](http://www.RozzieMay.org) or call 603-447-1373

### General Help Wanted

#### CONSTRUCTION WORKERS

- WE'RE HIRING! Want to get outside & earn a decent paycheck? Since 1982 R.M. Piper, Inc. has been committed to providing good jobs for individuals in the heavy/highway/bridge construction industry. To see what we do visit [www.facebook.com/rmpiperinc](http://www.facebook.com/rmpiperinc) Experience is not required but a good work ethic and dependability are. Seasonal positions are available, must be 18 years old. We offer competitive wages and benefits including paid holidays, vacation pay, health, dental, retirement, and travel pay.

For more information or to apply: (603)536-4154 [jobs@rmpiper.com](mailto:jobs@rmpiper.com) [www.rmpiper.com/employment.htm](http://www.rmpiper.com/employment.htm) Equal Opportunity Employer

#### Experienced Carpenter Wanted

Lakes Region Area Looking to fill a full time position. Must have own transportation. Contact Paul at Paul V. Fleming and Sons Construction (339) 832-9078

#### Professional Painters Needed.

License and references required. Experienced only need to apply. Call 387-9760.

### Part-Time Help Wanted

#### Associate Rug Maker

Country Braid House, in Tilton is looking for a part-time rug lacer. Flexible hours. Braiding/sewing experience a plus. 603-286-4511 [cbraid@metrocast.net](mailto:cbraid@metrocast.net)

### Professional/Technical

#### Diesel Mechanics needed for busy trucking company.

Dayshifts in Lancaster location. 1 year of experience required. Paid training provided. If interested, please send resume to [hr@mctrucks.com](mailto:hr@mctrucks.com)

#### SURVEY TECHNICIAN

Job Description:  
- Field survey/site mapping for septic system design, shoreland permitting, boundary surveys, etc.  
- Light office work to include downloading and initial processing of field data, preparing CAD files and some deed research  
- Excellent opportunity to progress toward survey licensure

Qualifications:  
- One year minimum surveying experience or equivalent  
- Experience with Trimble or other robotic survey instruments a plus

Full or Part Time considered. Year Round or Seasonal considered.

Forward resume to David Ames, Ames Associates, 164 NH Route 25, Meredith, NH 03253, [david@amesassociates.com](mailto:david@amesassociates.com). 603-279-5705.

### General Services

**AFFORDABLE STEEL ROOFING-**  
For FREE Estimate Call 603-455-2014



### General Services

**Turkey Opportunity**  
Northern New Hampshire  
Coos County

Refuse, Garbage,  
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Family Operation Well Established  
3 to 4 Trucks Running Daily

Town Contracts,  
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Also debris, demo, roll-off hauling  
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Waste Svc. Business Broker  
[LBF@FELIXBUSINESSSALES.COM](mailto:LBF@FELIXBUSINESSSALES.COM)  
(518) 944-7082

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Still time to sign up!  
Come learn all about Herbs!  
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Learn to make soaps, lotions,  
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and so Much More!  
Call today! 603-859-0464 or  
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### Real Estate



#### Equal Housing Opportunity

All real estate advertising in this newspaper is subject to  
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"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."  
(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

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You may also call  
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Commission for Human Rights  
at 603-271-2767  
or write

The Commission at  
163 Loudon Road,  
Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

### Apartments For Rent

**Meredith:** 2 BR. Private wooded setting. No smoking/pets. Heat, hot water included. One car Garage. \$1100/mo. One year lease. Call David 781-665-8400.

### Comm. Space For Rent

**PLYMOUTH SPACE FOR RENT:**  
9 Main Street. Present site of Pemi River Fuels. Approx. 700 sq ft.; 3 to 4 work areas depending upon configuration. \$800 per month including heat, snowplowing and trash removal. Tenant pays separately metered electric. Onsite parking is available. Security deposit required. Available on or about April 1, 2018.

Please call Brian at 536-2300.

### Automobiles

**2012 TOYOTA CAMRY**, white, 66k mi, one owner, garaged, v.g. cond, 40+ mpg, \$13,500 - Call (603) 569-9912

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Photo: Grant Delin

Your family, friends and neighbors are all counting on you. If you own a firearm and are not using it, please be responsible and be sure that it's stored in a safe place. Visit [ncpc.org](http://ncpc.org) to determine the best firearms safety solution for you.





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**Town of Center Harbor  
Parks & Recreation  
SEEKING SUMMER EMPLOYMENT**

Lifeguards & Swim Instructor  
Must be 16 years or older  
ARC Lifeguard Training Certification  
Go to: [centerharbornh.org](http://centerharbornh.org);  
Departments; Parks and Recreation  
for details and application!  
Submit application to Center Harbor  
Town Hall, 36 Main Street  
Contact: Sandy Frost, Director  
[chparksandrec@metrocast.net](mailto:chparksandrec@metrocast.net)



Upper Connecticut  
Valley Hospital

**\$3,000 SIGN-ON BONUS**  
For two years of experience staff RNs

**REGISTERED NURSES**

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181 Corliss Lane, Colebrook, NH 03576  
603-388-4236  
EOE



**JOB OPPORTUNITY  
TOWN OF  
MOULTONBOROUGH**

General Laborer (Part-Time): Support operations of Public Works Department by maintaining cemeteries, buildings and grounds, assisting road crews and Transfer Station, as required. Knowledge of maintenance practices, ability to use hand held/operated equipment such as mowers, power brooms, leaf blowers, and minor mechanical ability helpful. Year round, 29+/- hours per week. Valid driver's license, High School Diploma or GED required. Hourly wage range: \$16.98 - \$22.22.

Submit letter of interest, Town Standard Application, available at Town Hall or [www.moultonborough-nh.gov](http://www.moultonborough-nh.gov) (Paid, Volunteer & Contract Opportunities), to Walter Johnson, Town Administrator, 6 Holland Street, PO Box 139, Moultonborough, NH 03254. Position(s) open until filled. Reviews begin March 23, 2018. EEO Employer.

**CLARK'S TRADING  
POST JOB FAIR  
SATURDAY APRIL 14, 2018**  
Come to the Clark's Gift Shop from 10:00-2:00



Clark's Trading Post is looking for seasonal employees with strong customer service skills for the following positions:

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- RETAIL
- RIDES & GUIDES
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- JANITORIAL
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- PAINTING & LIGHT MAINTENANCE

Come join the Clark's team for our 90th anniversary season!  
Call Anne at 603-745-8913 Ext. 19 for more details.  
Download an application at [www.ClarksTradingPost.com](http://www.ClarksTradingPost.com)  
110 Daniel Webster Highway, Lincoln, NH



**GIVE SAFETY A  
Green Light.**

School is in session, and before you can say, "red light, green light, one...two...three", a child can dart out of nowhere, and get hurt. Please be prepared to stop and exercise extra caution when driving near playgrounds and schools.

**Please Drive Carefully.  
Our Kids Are Depending On You.**

**Thank You**  
for browsing  
The  
Town-to-Town  
Classifieds!



North Country Home  
Health & Hospice Agency

**VOLUNTEER COORDINATOR**

COME JOIN OUR GROWING TEAM! New Day, New Management, New Staff.

We are currently looking for a part-time, Volunteer Coordinator, to join our Hospice team. The Hospice Volunteer Coordinator is responsible for planning, coordinating, and managing all volunteer program activities in the organization.

**POSITION QUALIFICATIONS:**

1. College degree, advanced degree in human services preferred.
2. Minimum of two years experience in a health care setting. Hospice and/or volunteer experience preferred.
3. Ability to supervise, coordinate, and evaluate volunteer services.
4. Understands Hospice philosophy.
5. Ability to organize and develop volunteer personnel for both patient and organizational needs.
6. Ability to manage a group of individuals providing volunteer time and who will be considered employees.

For more information, please contact Jennifer Everleth, Human Resources (603) 444-5317 or [jeverleth@nchha.org](mailto:jeverleth@nchha.org) • Apply online at [www.nchha.org](http://www.nchha.org)

North Country Home Health & Hospice Agency is an Equal Opportunity Employer

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As a full-time employee, you will qualify for health insurance/dentail/401K retirement plan/paid vacation/paid holidays and production bonuses.

If you wish to apply, stop in to our Wentworth office for an application or drop off a resume and a completed employment application, which can be downloaded from our website and dropped off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

*King Forest is an equal-opportunity employer.*

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there's more than a job.**




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For more information or to apply online, visit [www.cottagehospital.org](http://www.cottagehospital.org)



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Woodsville, NH 03785  
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**POTENTIAL! DISCOVER  
CLASSIFIED**



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IN THE CLASSIFIEDS**



**2018-2019 School Year  
SCHOOL NURSE VACANCY**

**Ashland Elementary School  
SCHOOL NURSE**

This full-time nursing position administers to the health and well-being of students in grades K-8. The AES School Nurse is also a key member of the Special Education Team and chairs both the School Safety, and the School Wellness Committees.

**Qualifications:** Valid R.N. license; School Nurse Certification required, experience in a school setting is preferred.

**Compensation:** Per the Ashland Teacher's Association Collective Bargaining Agreement.

**Applications:** <http://www.sau2.k12.nh.us/jobs.html> for a Professional Application – Teacher. To be included with the application are resume, transcripts, three letters of reference, copy of certification.

**All applications should be submitted to:**  
Ashley Dolloff, Human Resources Director  
[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
Inter-Lakes School District  
103 Main Street, Suite 2, Meredith, NH 03253

**Open until position is filled**



**Full-Time Position**

Energysavers Inc is looking for a self motivated individual to add to its staff. The position would include, but is not limited to, organizing and pulling parts & jobs as well as receiving deliveries. We are a highly recommended 42 yr old Lakes Region retailer of well known hearth & spa products. You can earn while you learn! Potential to move into a "Dedicated Sales Advisor" position is a possibility. No prior experience required. Must have a valid driver's license & be able to lift/carry a 80lb min. Stop in to fill out an application:

**Energysavers Inc,  
163 Daniel Webster Hwy, Meredith NH**

**THORNTON SCHOOL DISTRICT  
Thornton Central School  
2018-2018 School Year  
K-2 Elementary Teacher  
(Must Be Certified)**

Please send letter of intent, resume, certification, transcripts and references to:

Jonathan Bownes, Principal  
Thornton Central School  
1886 NH Rte 175  
Thornton, NH 03285

**NO ON-LINE APPLICATIONS PLEASE  
THANK YOU**



**Oil/LP Gas Service Technicians**

White Mountain Oil & Propane is currently seeking **Oil/LP Service-Technicians**, based out of our North Conway and our Lincoln offices.

This is a year round full time permanent position. We offer a full benefits package including paid vacation, holidays, health & dental insurance, 401 (K), and profit sharing.

**Minimum requirements:**  
**N.H. Service Technician Gas Fitters License,  
Maine Propane Technician's License desired**

Interested experienced applicants can fill out an application in our North Conway or Lincoln showrooms or should email or mail a resume to:

Attn: Service Manager  
PO Box 690, North Conway, NH 03860  
Fax: (603) 356-7181

[jobs@whitemountainoil.com](mailto:jobs@whitemountainoil.com)  
No phone calls please

*White Mountain Oil & Propane  
is an equal opportunity employer*

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**Full & Part-Time Opportunities**

**Local & Regional - New England / East Coast**

Drivers Are Home Most Weekends  
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Will Train. Valid Driver's License required.  
Application available at:

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Plymouth, NH 03264  
(603) 536-3533

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**2018-2019 School Year  
VACANCIES**

**Elementary Teacher (Grades 1/2)  
(One Year Position)**

Full-time, one-year position includes team-teaching students in grades 1 & 2. Flexibility, perseverance, knowledge of 21st Century Learning, and the use of data to inform and personalize instruction are all a must.

**Qualifications:** Valid NH Teacher Certification required.

**Compensation:** Per the Ashland Teacher's Association Collective Bargaining Agreement.

**Applications:** <http://www.sau2.k12.nh.us/jobs.html> for a Professional Application – Teacher. To be included with the application are resume, transcripts, three letters of reference, copy of certification.

**All applications should be submitted to:**  
Ashley Dolloff, Human Resources Director  
[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
Inter-Lakes School District  
103 Main Street, Suite 2, Meredith, NH 03253

**Open until position is filled**

**Join Our Team**

**Part-Time Positions Available:**  
Waitstaff  
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284-6219  
[info@cornerhouseinn.com](mailto:info@cornerhouseinn.com)

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**RMA/CMA**

**Registered or Certified Medical Assistants**

ACHS is seeking experienced full-time Medical Assistants, registered or certified, at our busy ACHS sites. The CMA/RMA position is responsible for assisting providers in delivering quality health care to patients of all ages. The ideal candidate will have prior experience, possess excellent critical thinking skills and a keen eye for detail, as well as the ability to provide superb customer service and quality care. You must be a team player and take an active role in the core clinical team.

**ESSENTIAL SKILLS & ABILITIES**

- Confident, self-assured and reliable
- Excellent customer service skills and ability to deal with the public, often in stressful situations
- Excellent spoken and written communication skills
- Good computer skills a must
- Ability to maintain strict patient confidentiality
- Work independently with minimal supervision
- Experience with Centricity EHR platform
- Two years RMA/CMA experience preferred

If you are looking for a rewarding career with the potential for exciting learning opportunities, competitive pay and benefits at an award-winning, active and caring organization please send your resume, cover letter and salary requirements to [hr@achs-inc.org](mailto:hr@achs-inc.org).

ACHS EOE

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Littleton • Franconia • Warren • Whitefield • Woodsville [www.ammonoosuc.org](http://www.ammonoosuc.org)

**Full-Time, Year-Round Position:**

**Snowmaking/Trail Maintenance Foreman**

Assist in leading team in snowmaking in winter season to trail maintenance in summer season. Must be able to work in variety of weather conditions and multiple projects.

For more info and to apply on-line visit [www.loonmtn.com](http://www.loonmtn.com)



Human Resources  
60 Loon Mountain Road, Lincoln NH 03251  
Equal Opportunity Employer




**Gifford Fire-Rescue**

**Firefighter/AEMT**

Gifford Fire-Rescue seeks highly motivated FF/AEMT (EMTP preferred) to become part of our team and assist us in delivering high quality fire and EMS services in our community. 12 hour day, 2 on, 2 off base schedule. AS in Fire/EMS-related field; NR AEMT; CDL-B w/ tank; must meet all NH full time firefighter reqs, including FF2, CPAT. Starting at \$17.00 to \$18.50 DOQ. Send inquiries, cover letter, application, and resume to Chief Stephen Carrier ([scarrier@giffordnh.org](mailto:scarrier@giffordnh.org)), 39 Cherry Valley Road, Gifford, NH 03249. Accepted through April 6, 2018 9AM.



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- Construction Laborers
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**JOB OPPORTUNITY  
SEASONAL LABORERS  
TOWN OF  
MOULTONBOROUGH**

Support operations of Public Works Department by maintaining cemeteries, buildings and grounds, assisting road crews and Transfer Station, as required. Knowledge of maintenance practices, ability to use hand held/operated equipment such as mowers, power brooms, leaf blowers, and minor mechanical ability helpful. 30+/- hrs per week. Some positions are 8+/- weeks while others may be 16-23+/- weeks. Valid driver's license, High School Diploma or GED required. Hourly Wage: \$13.75.

Submit application letter, and Town Standard Application, available at Town Hall or [www.moultonboroughnh.gov](http://www.moultonboroughnh.gov) (Paid, Volunteer & Contract Opportunities), to Walter Johnson, Town Administrator, 6 Holland Street, PO Box 139, Moultonborough, NH 03254. Position(s) open until filled. Reviews begin March 23, 2018. EEO Employer.



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EOE

**CHEER**

CONTINUED FROM PAGE B1

pen to any spirit team at any time, and this is an aspect of the sport that makes it so interesting. "On any given day

anyone can win," said Riberdy. "You either have it or you don't."

Riberdy said nerves were taking over for her team, but the team went on the floor and performed incredibly.

"It was amazing because these kids worked super hard through things like the flu, and snow days, and all kinds of adversity," said Riberdy. "I have some veterans who are hardcore

and never miss practice, which can be intimidating sometimes, and then there are some new kids. It was a tough year at times and winning was a nice icing on the cake for them to know they can do it."

Next year Division 3 and 4 will combine for the first time, which should add even more competition. Riberdy hopes the team can come back and go for a three-

peat next season, despite losing four seniors.

"We might not be amazing rock stars next year, but you never know, because we weren't supposed to be this year and we came away with the win," said Riberdy. "Any given Sunday, as they say."

The team consists of Julie Amico, Mckenzie Ball, Kayla Briere, Chloe Colarusso, Olivia Dill, Brooke Edmunds, Mad-

ison House, Jaycilyn Lane, Victoria Laporte, Amanda O'Leary, Allyson Lloyd and Alexis Carpenter. She said the group was a pleasure to coach, and it was great to watch them grow as a team and as people.

"I try to build them as citizens, and they are overall good kids," said Riberdy. "I am so proud of them and all the work they have done."



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- 12:20 - Abercrombie & Kent, Norma Spadola
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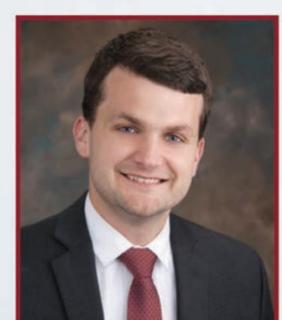
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