

GHS student wins national essay contest

BY ERIN PLUMMER
mnews@salmonpress.news

A Gilford High School student was named the top winner in a national business essay contest, in which she recounted her experience moving to New Hampshire from the Midwest.

Reece Sadler was named the winner of the SIFMA Foundation's InvestWrite competition for the Fall of 2020 during a surprise assembly on Friday. Sadler attended the assembly with the rest of the junior class but soon realized she would actually be the guest of honor. Business teacher Steve O'Riordan with help from her parents Casey and Lori Sadler and a virtual appearance by Liz Reidel, national director of The

Stock Market Game, presented Reece with her accolade.

The Securities Industry Financial Marketplace (SIFMA) Foundation offers a number of educational opportunities for students on various financial and stock market topics. Recently GHS student Owen Richardson was the top winner of The Stock Market Game in the region, beating out more than 550 other teams in a stock market simulation game.

O'Riordan said during the assembly the competitions are meant to teach students the value of investing and how much can be saved by putting aside small amounts of money over time.

Reidel said they asked students to take every-

thing they learned in O'Riordan's class and turn it into an essay prompt.

"Our program is for students learning about these concepts at a very young age," Reidel said.

The InvestWrite competition is a national essay contest where students' write about a business-related theme. In the latest contest students were asked to describe something they have done to adapt to change or overcome an obstacle and discuss how a publicly traded company did the same.

"Change is a natural part of life, this is not only for individuals but also companies," Reidel said.

SEE CONTEST PAGE A10



PHOTOS BY ERIN PLUMMER

Gilford High School junior Reece Sadler receives prizes from business teacher Steve O'Riordan for winning the InvestWrite essay competition.

Jalen Reese earns First Team All-State honors



JOSHUA SPAULDING

Jalen Reese earned First Team honors to cap off his sophomore season at Gilford.

BY JOSHUA SPAULDING
Sports Editor

REGION — Teams throughout the region recently concluded the season and a number of boys' basketball players earned All-State honors from the New Hampshire Basketball Coaches Organization.

In Division III, Jackson Ruelke of Belmont was named the Player of the Year and was joined on the First Team by Phil Nichols of Winnisquam and Jalen Reese of Gilford, along with Christ Stanchfield of Kearsarge, Ben Seiler of Mascoma and Brandon Elrick of Hopkinton.

Avery Hazelton of White Mountains earned Second Team, where he was joined by Colson Seppala of Conant, Josh Krafon of Raymond, Jake Kidney of Monadnock, Dylan Rice of Campbell and Owen Milchick of Hopkinton.

Honorable Mention was given to Nate Sottak and Jamison Gaudette of Belmont, Anthony Robins and Jacob Seavey of Winnisquam, Malik Reese of Gilford, Tyler Hicks of White Mountains and Malaki Ingram of Newfound. They were joined by Sam Carl of Kearsarge, Mike Cavanaugh of St. Thomas, Shea Zina of Mascenic, Tyler Herbert of Monadnock, Nate Krafon of Raymond, Xander Ford of Fall Mountain, Zack Coombs of Hillsboro-Deering and Gabe Rock of Mascoma.

All-Defensive Team honors went to Joseph Tsepas of Hillsboro-Deering, Cooper Peavey of Mascoma, George Jallah of Kearsarge and John Jacobsen and Milchick of Hopkinton.

Rock was presented the Jack Ford Award while Jaryd Peicuch of

Raymond was named Varsity Coach of the Year. Belmont's Greg Deschuiteneer was named Sub Varsity Coach of the Year for Division III.

For the Division II boys, Kingswood senior Brogan Shannon earned First Team honors, where he was joined by Player of the Year Dylan Khalil of Sanborn, Jake Dumont of Pelham, Demarco McKissic of Laconia, Matt Lamy of Bow and Calvin Bates of Lebanon.

Second Team honors went to Mike Pitman of Pembroke, Wyatt Davis of Con-Val, Ben Mattioni of Oyster River, Griffin Wheeler of Merrimack Valley, Jackson Stone of Lebanon and Max Galbraith of Hanover.

Kingswood's Ethan Arnold and Plymouth's Griffin Charland both earned Division II Honorable Mention. They were joined by Shaun Lover Jr. of Bow, Zach Jones and Jake McGlinchey of Pelham, Rob Haytayan and Matt Dias of Hollis-Brookline, Karsten Hansen and Braeden Falzarano of Lebanon, Keegan Paradis and Cole Smith of Coe-Brown, Jared Khalil of Sanborn, Kayden Roberts of Laconia, Ryon Constable of Milford, Ben McKean of John Stark and Eli Gove of Merrimack Valley.

All Defensive Team honors went to McKissic, Falzarano, Dylan Khalil, Davis and Jake Herrling of Pelham. Dylan Khalil was also presented the Jack Ford Award while Dan Murray of Milford was named Varsity Coach of the Year and Don Gutterson of Milford was named Sub-Varsity Coach of the Year.

SEE REESE PAGE A10

Most of fire department vaccinated

BY ERIN PLUMMER
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Around 70 percent of the fire department has received the COVID-19 vaccination, which has been optional for department personnel.

Fire Chief Steve Carrier talked about the department's vaccination rate under Phase 1a of the state's plan among many other topics during his department update

during the March 10 selectmen's meeting.

At that time, COVID-19 cases in Gilford were remaining steady. Carrier said they receive the numbers through emergency communications, which gets the information from the Department of Health and Human Services. As of then they were down to about a dozen active cases. This was about the same as

the week before, but significantly down from the number around the holidays.

"We're in much better shape; it certainly looks like the vaccines are helping," Carrier said.

Carrier said since the pandemic began no firefighters or employees have come down with COVID-19.

SEE VACCINE PAGE A10

Volunteers sought for Public Works Building Committee

BY ERIN PLUMMER
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The town is looking for volunteers for the newly formed Public Works Building Needs Committee.

The selectmen unanimously approved forming the committee during the March 10 meeting and issued a resolution addressing the work of the committee and the department's needs. Applications will be accepted until April 2.

According to the resolution, the current public works building at 55 Cherry Valley Rd. was built in the 1970's, and is nearing the end of its life. There are numerous safety and environmental concerns and the property's water table has caused problems with the mechanical shop. The facility is located close to Gunstock Brook, which creates issues considering the large amounts of salt, sand, and motor vehicles on the property.

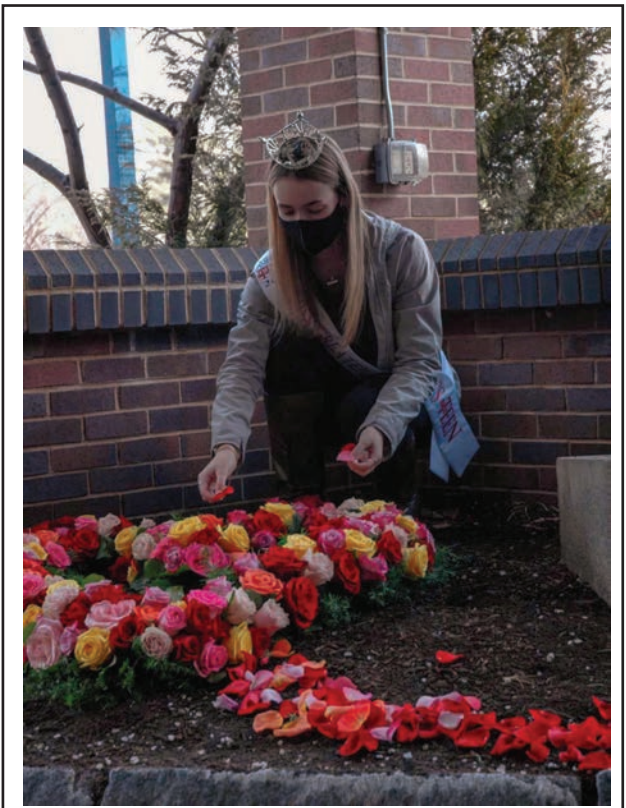
Voters approved \$100,000 toward the evaluation, design, and construction of a new public works building. Now the selectmen are asking for citizen volunteers to serve on a committee to determine the best options for a building.

The town is looking

for up to seven people for the committee including the public works director, one selectman, and

five citizens. All the resident members must be

SEE VOLUNTEERS PAGE A10



COURTESY — CONNOR CALDON

Day of Mourning

Monday, March 1 was the National Day of Mourning coordinated by the Floral Heart Project to honor those lost to COVID-19. In all 50 states, volunteers laid more than 100 memorial heart wreaths for citizens to grieve together at safe and socially distanced events. New Hampshire's only site, the New Hampshire Veterans Home in Tilton, was chosen by volunteer organizer, Miss Greater Plaistow's Outstanding Teen, Marena Beale, a sophomore at Gilford High School. A small group of family, friends and staff gathered to honor the memory of all New Hampshire lives lost to COVID-19. Prescott's Florist of Laconia, graciously donated this beautiful rose wreath and Lowe's Home Improvement of Tilton, provided attendees with seed packets to plant memorial flowers.

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events

March 25 - April 1
*Sign up and face masks required

Thursday, March 25
*Geri Fit, 9:45-10:45 a.m.

Mother Goose On the Loose (Virtual), 10:30-11 a.m.

*Book Discussion, 1-2 p.m.

This month's book is "The Vanishing Half" by Brit Bennett, a book that examines sisterhood, personal identity, starting fresh, and what it means to be Black (and white) in America. The discussion will be led by Maria Suarez, and copies

of the book are available at the front desk. Sign up required, maximum of nine people.

Flamenco Kids, 3:30 p.m.

Tune in on FB live for a weekly flamenco lesson for kids. Local flamenco dancer Gladys Clausen will get the kids moving and learning about this fun dance!

Friday, March 26
*Advanced Line Dancing, 9-10 a.m.

*sign up required, max nine people

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

Flamenco Fridays, 1 p.m.

Learn how to Flamenco dance in the comfort

of your own home with professional flamenco dancer Gladys Clausen! A fun event to learn or just sit back while listening to sweet guitar sounds and watch spectacular flamenco performance. Join us each week for lessons and put it all together on the last week.

*Knit Wits, 1:30-2:30 p.m.

All knitters, stitchers, and fiber workers welcome! Work on your projects with other crafters in a comfortable place. Masks required. Maximum of 10 people.

Gilford Library Games, 3:30-4:30 p.m.

Join Hayden for interactive live games! Check out our Teen Discord

Server for more information. Email hayden@gilfordlibrary.org for an invite.

Monday, March 29
NO EVENTS

Tuesday, March 30
*Geri Fit, 9:45-10:45 a.m.

Bilingual Storytime, 10:30 a.m.

*Acrylic Paint Night with Kayleigh and Arielle, 5-6 p.m.

Paint your own masterpiece with Kayleigh and Arielle. This month, we will be painting an ocean scene. Sign up to join us in person to paint a masterpiece. All supplies provided, limited to 10 in-person, but we will have 5 extra kits to

follow along at home.

Wednesday, March 31
Check out an Expert, 10 a.m.-noon

*After School Teen Club, 2:30-3:30 p.m.

Hangout with friends, play games, and make stuff. This club is whatever you want it to be! 5th-12th grade.

Virtual Pajama Party!, 7 p.m.

Join Miss Maria for a fun virtual party in your pajamas! Dance party, scavenger hunt, conversations, and a bedtime book to wind it down. Prizes awarded for best pjs, scavenger hunt, and dancing! *Preschool-2nd grade.

Thursday, April 1
*Geri Fit, 9:45-10:45 a.m.

Mother Goose On the Loose (Virtual), 10:30-11 a.m.

Bee & Bunny Dessert Bombes, 1-1:30 p.m.

Join Kayleigh and Arielle on Facebook Live as they make special springtime dessert bombes in the shape of a cheery bunny and springy bee!

Gilford Public Library Top Ten Requests

1. "The Four Winds" by Kristin Hannah
2. "Dark Sky" by C.J. Box
3. "Before She Disappeared" by Lisa Gardner
4. "Win" by Harlan Coben
5. "The Last Traverse" by Ty Gagne
6. "Serpentine" by Jonathan Kellerman
7. "Where You'll Find Me" by Ty Gagne
8. "Later" by Stephen King
9. "The Affair" by Danielle Steel
10. "The Russian" by James Patterson

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from March 12-21.

Leroy H. Boynton III, age 53, of Laconia was arrested on March 14 in connection with a warrant.

Leo Milford Hanson, Jr., age 54, of Laconia was arrested on March 17 for Operating After Certification as a Habitual Offender and Disobeying an Officer.

Nicolas Didonato, age 39, of Laconia was arrested on March 17 in connection with multiple bench warrants.

Heather D. Paul, age 30, of Gilford was arrested on March 17 in connection with a warrant.

A 53-year-old woman from Meredith was involuntarily admitted for emergency medical treatment on March 19.

Kelly A. Brackett, age 36, of Gilford was arrested on March 20 for Domestic Violence-Simple Assault-Physical Contact.

Julie L. Riley, age 39, of Belmont was arrested on March 21 for Possession of a Controlled Drug, Breach of Bail, and in connection with multiple bench warrants.



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Red Anchor Wellness brings lifestyle medicine to Lakes Region

GILFORD — Melissa Morrison, APRN, FNP-C, Certified Health Coach and Gilford resident, is excited to officially announce the opening of her health coaching and wellness practice, Red Anchor Wellness. Red Anchor Wellness is now open and accepting clients who are ready to commit to a change in their health.

Red Anchor Wellness (R.A.W.) is Melissa’s way of pairing her ten years’ experience in nursing, three years as a family nurse practitioner, and now as a certified health coach, with her passion for caring for others in a meaningful, holistic, personal and sustainable way.

Morrison is devoted to helping her clients take complete control of their “wellness” through sustainable lifestyle changes that prevent, mitigate, and even reverse chronic disease. Wellness is different to each individual and will be treated as such. There is no “one size fits all” wellness program.

Lifestyle medicine focuses on behavior modifications that include nutrition, physical activity, stress management, sleep hygiene, mindset and so much more!

Morrison uses her experience, knowledge, and skills to create the ultimate health coaching partnership with her clients. She takes the time to get to know each client on a personal level, looking at their current physical and mental health; their emotional state; their support system; how, where and with whom they spend most of their time and how it all plays into their wellness. She works in tandem with her clients to bridge the gap between where their wellness is now and where it needs to be.

She does not replace a client’s primary care provider (PCP); rather, she serves as an extension of that care and keeps complete, open communication with their PCP.

Morrison states,

“Having open communication with my client’s PCP is an important part of my service. It allows that client-provider relationship to have a continuity of care that can sometimes be limited by time.”

Whether the health goals are client or PCP driven, Morrison and Red Anchor Wellness is there to step in to create the action plan to achieve and sustain them, along with the support and accountability needed on that journey.

“I created Red Anchor Wellness because there is a dire need for exceptional lifestyle medicine by professionals who are passionate and excited to be the change agents in their client’s lives,” she shares. Preventive medicine and sustainable lifestyle habits that focus on overall wellness is just the beginning of optimal health delivery.”

Morrison’s passion is to help people make small, feasible, and sustainable changes in their lifestyle that will lead them to better overall



Melissa Morrison

health. This is no quick fix. She works with her clients to change their habits and behaviors to live a healthier life.

Morrison concludes, “I’m looking for the clients who want to be empowered...who want to be held responsible and accountable because they want to change their lives. I love helping

my clients who want to become the best versions of themselves and doing so in a fun and supportive way.”

Red Anchor Wellness is located in Gilford, but Morrison is happy to meet clients wherever they would feel most comfortable. She is also able to chat on the phone or meet online via Zoom

for those who are not comfortable with face-to-face meetings at this time.

To learn more about R.A.W., visit RedAnchorWellness.com or call 570-573-4277. You can also follow R.A.W. on Facebook or Instagram at @redanchorwellness.

Powerhouse Theatre Collaborative announces inaugural 2021 season

LACONIA — Powerhouse Theatre Collaborative, the new theatre program at the Belknap Mill, is excited to announce the planned lineup for its inaugural 2021 season, sponsored by Spectacle Live. While it’s an abridged season due to the pandemic, the 2021 slate will give Lakes Region audiences an idea of the types of theatrical productions and collaborations that Powerhouse will be producing. Serving as the resident theatre company at both the Belknap Mill and the Colonial Theatre Powerhouse will be producing

a “Mill Series” and a “Colonial Series.” The 2021 “Colonial Series” will be sponsored by RE/MAX Bayside and The Taylor Community.

Powerhouse is starting its “Mill Series” with two Covid-safe events, a Zoom New Play Festival in April sponsored by The Taylor Community and Chisholm Persson and Ball, PC, and an outdoor Park New Play Festival in Rotary Riverside Park in May sponsored by TS Event Productions and The Dow Realty Group. These festivals are produced in collaboration with Community

Players of Concord. More than 30 community theatre participants will be in each of the festivals as serving playwrights, directors, and actors!

In August, Powerhouse hopes to present its first Colonial production, “The Dinner Party,” a lesser known play by America’s comedic master, Neil Simon. Directed by Powerhouse Producer Bryan Halperin, the play will be produced in collaboration with Community Players of Concord.

In September, in commemoration of the 20th Anniversary of 9/11, Powerhouse will hold a

reading of Anne Nelson’s 9/11 play, “The Guys,” sponsored by Boothby Therapy Services and The Prior Family. In this touching play a fire captain seeks the help of a writer in crafting eulogies for his men lost at the Twin Towers.

November brings the first large-scale community theatre production at the Colonial when Powerhouse will produce the Pulitzer Prize winning masterpiece, “Our Town” by Thornton Wilder.

“‘Our Town’ is my favorite play, being all about celebrating community in small town America, we couldn’t resist putting it in our inaugural season as we try to build a theatre community in our town,” says Halperin.

“Our Town” is sponsored by Lovering Volvo Meredith and The Soucy Family, and will audition in late August.

The season will wrap up in December with a collaboration with NCCA at Jean’s Playhouse, sponsored by Melcher and Prescott Insurance

and Misiaszek Turpin, PLLC Architecture/Planning. The Colonial stage will be the place for “A Christmas Carol: The Musical Ghost Story,” an adaptation by Joel Mercier, Producing Artistic Director of NCCA.

Powerhouse is dedicating its inaugural season to David Bownes.

“David was instrumental in getting us involved in the Colonial. He was a tireless advocate for the Colonial rehabilitation project, a dedicated advocate of the

Belknap Mill and a passionate supporter of, and participant in, community theatre in the Lakes Region. We want to make sure his contribution is recognized,” says Halperin.

Follow Powerhouse through the Belknap Mill and Colonial Theatre websites, on Facebook, or contact powerhouse@belknapmill.org for more details on these productions and other opportunities to get involved or become a sponsor.

Maria Draper of Laconia named to Emerson College Dean’s List

BOSTON, Mass. — Maria Draper, a native of Laconia has been named to Emerson College’s Dean’s List for the Fall 2020 semester. Draper is majoring in Communication Disorders and is a member of the Class of 2021. The requirement to make Emerson’s Dean’s List is a grade point average of 3.7 or higher.

About Emerson College

Based in Boston, Mass., opposite the historic Boston Common and in the heart of the city’s Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has 3,780 undergraduates and 670 graduate students from across the United States and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups.

Emerson is known for its experiential learning programs in Los Angeles, Washington, D.C., the Netherlands, London, China, and the Czech Republic as well as its new Global Portals, with the first program launching this fall in Paris. The College has an active network of 51,000 alumni who hold leadership positions in communication and the arts. For more information, visit emerson.edu.

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Celebrating strong women

March is Women’s History Month, which includes International Women’s Day that took place on March 8. This may seem like a new progressive holiday; however, it stems back to 1909, when the Socialist Party of America, organized a day for Women on Feb. 28 in New York. One year later, the International Socialist Woman’s Conference announced that a day for women be held each year.

Fast forward to 1917 in Russia, where, on March 8, women were given the right to vote. In 1975, the holiday was adopted by the United Nations.

The long and the short is that this day is a day to celebrate women past, present and future. With that said our staff chose to highlight the women that we feel have had a standout role in influencing how our world operates today. The list was endless, therefore naturally hard to choose, so in order to prevent a 200-page editorial we narrowed the list down to our favorites.

Social reformer Emmeline Pankhurst founded the Women’s Social and Political Union in 1903 to campaign for the parliamentary vote for women in Edwardian Britain, ‘Deeds, not words’ being its motto. Pankhurst is described as a charismatic leader and powerful orator, Pankhurst rallied thousands of women to demand, rather than ask politely, for their democratic right in a mass movement that has been unparalleled in British history. The battle did not come without consequences, she endured 13 imprisonments, leading her name and cause becoming known throughout the globe.

At the age of 15, Claudette Colvin was arrested at the age of 15 in Montgomery, Alabama when she refused to give up her bus seat to a white woman. This event gave the famous Rosa Parks the courage to do the same. Colvin was one of five plaintiffs involved in the federal court case filed by civil rights attorney Fred Gray in 1956, in which they challenged bus segregation. The outcome was that a judge ordered that the local laws in regards to bus segregation were unconstitutional. To find Colvin’s name in a history book is rare. This in part because she was an unmarried teenager who apparently was with child. Colvin went on to become a nurse’s aid.

In an interview in 2005, Colvin said, “I feel very, very proud of what I did. I do feel like what I did was a spark and it caught on.”

As for recognition, Colvin said, “I’m not disappointed. Let the people know Rosa Parks was the right person for the boycott. But also let them know that the attorneys took four other women to the Supreme Court to challenge the law that led to the end of segregation.”

Colvin’s family has been trying since 2016 to have her recognized and honored in the National Museum of African American History and Culture. Colvin was not invited officially to the opening of the museum in 2016.

Marie Curie is the next on our short list. Curie was a Polish and naturalized-French physicist and chemist who was the first to delve into radioactivity. Curie who was born in 1867, was the first woman to win a Nobel Prize, and the only person to win it two times. Collecting several firsts, Curie was the first woman to become a professor at the University of Paris. In a time when most women spent their days in the home taking care of their children and husbands, Curie had to smash several ceilings for her own advancement. Curie was known for her honesty and moderate lifestyle. All of her prize money, she donated to scientific research and refused to copyright the radium-isolation process so that her fellow scientists could continue research unhindered. In 2011, Poland and France declared the year would be “The Year of Marie Curie.” She became the first woman to be entombed on her own merits in the Pantheon in Paris in 1995.

In 1933, Anna Eleanor Roosevelt turned the position of First Lady from benign symbol to an active and intellectually vigorous power center. Roosevelt served as the United States Delegate to the UN General Assembly from 1945 to 1952. Roosevelt was the topic of much controversy for her outspoken nature, especially in regard to civil rights for African Americans. She was the first, First Lady to hold regular press conferences, host a weekly radio show and to speak at a national party convention. She was so bold to even disagree with her husband on certain policies. After her husband’s death, Roosevelt spent her remaining years in active politics. She was the first chair of the UN Commission on Human Rights and chaired John F. Kennedy’s administration’s Presidential Commission on the Status of Women. Roosevelt was nicknamed the “First Lady of the World.”

Last but not least is Agent 355, who was instrumental to the Patriot cause during the Revolutionary War. Agent 355 was a part George Washington’s Culper Spy Ring. With the fear of a trip to the gallows in the back of her mind every day, Agent 355 managed to continue to help get crucial information to the General. Unlike the women we mentioned before, Agent 355 used her role as a quiet unassuming woman to make monumental gains that led to our freedom today. The identify of ‘355’ is not yet known, however she is referred to as ‘lady’ 355 in Washington’s code book. The only direct reference to ‘355’ was from ringleader Abraham Woodhull (known as Samuel Culper, Sr.) to Washington in which Woodhull described her as “one who hath been ever serviceable to this correspondence.” We hope that one day her true identity will be discovered.

While we pay homage to strong women who have done incredible things, this does not negate the influential women we come into contact with in our everyday lives. As women we don’t have to smash ceilings or gain notoriety to make a difference. We can be positive, powerful and influential in our everyday lives which in turn creates a domino effect that can last years after we’re gone.



COURTESY

Artists of the Month

After a long period of time and unable to meet because of Covid-19, members of The Lakes Region Art Association, following the guidelines of wearing masks, and social distancing, were finally able to gather on Monday, March 15, for its monthly meeting. One of the scheduled events is member artists bringing to the LRRA Gallery their most recent art, and/or photo to be voted the best by members. Each winner will then have their work on display for a month at area banks, and other institutions, for public viewing. Voted the best for the Month of March are, back row, L-R: Pat Edsall, Sally Hibberd, Sherwood Frazier, Duane Hammond, front row, L-R: Gail Brunt, Barbara McClintock and Martha Aucoin. The LRRA and Gallery is a non-profit 501 C-3 organization. Its goal is to support and promote artists and photographers. The gallery is located in the Tanger Outlet Mall, 120 Laconia Rd., Suite 132, Tilton.

FROM OUR READERS

Grateful for voters supporting fair redistricting

To the Editor:
Thanks to all the voters in Alton, Barnstead, Belmont, Gilford, Gilmanton, Meredith, and Tilton that passed the warrant articles requesting fair redistricting. Many other towns in New Hampshire passed similar measures.

New Hampshire voters have used the democratic process to show their preference for voting districts to be designed in a fair, non-partisan manner during meetings that are open

to the public. Towns with at least 3,290 residents should have their own New Hampshire House district, with one or more representatives from that town, as our New Hampshire Constitution requires it.

Your supportive vote on these articles sent a message to New Hampshire legislators that fairness, openness, and non-partisan processes are crucial to democracy in New Hampshire.

Now it’s up to the Special Committee on Redis-

tricting to follow the advice of voters. Our job, as voters, is to ensure that Governor Sununu, party leadership, and the Special Committee on Redistricting listen to our demands.

As members of the Open Democracy Team, we thank you for passing the warrant articles on fair redistricting. If you would like to join us in defending democracy go to OpenDemocracyNH.org/volunteer.

Jane Westlake
Barnstead

Don House
Belmont

Brian Beihl
Alton

Johnna Davis
Gilford

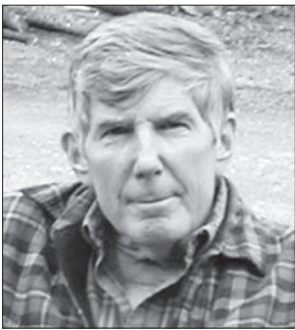
Lew Henry
Gilmanton

Jim McFarlin
Meredith

Lucinda Hope
Tilton

North Country Notebook

The “It’s a dog’s life” Department, and what this place was like



By JOHN HARRIGAN
COLUMNIST

Good manners regarding dogs is just one of those learning by doing things, I guess. If your dog and a visitor’s dog go for each other’s throats, the visit probably wasn’t a great idea, for the people or the dogs. I mean, who has any fun, with all that nervous twitching (the people), not to mention the growling (the dogs).

This kind of situation gets talked about a lot, but doesn’t seem to get visited much when it counts, like before a dog-inclusive visit. I mean, “Communications 101” could cover most of this stuff.

“I usually travel with my dog,” for instance,



JOHN HARRIGAN

A dog (mine) silhouetted in the setting sun, almost but not quite a show-stopper.

gives the other person plenty of wiggle-room. So does the one I like most to hear, “You and your dog are welcome.”

+++++

Figuring that there must be a gazillion publications and websites on this subject, I nosed around, and sure enough, there were. After lots of sampling, I settled on “DogEtiquette.

info,” which had this opening sentence in its mission statement:

“There are no bad dogs” (which yes, can’t help myself, I’m using

SEE NOTEBOOK PAGE 5

Comfort Keepers

Seniors and kitchen safety: Tips for the “Heart of the Home”

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

A kitchen is often the central gathering place in the home. Family dinners, special occasions and time shared together all happen in the heart of the home.

Making sure the kitchen a safe, happy place is important. On a daily basis, many of us spend time in our kitchens, and it is easy to forget that the kitchen can be a place where dangerous accidents are not uncommon – especially for seniors.

When it comes to senior adults and kitchen safety, the numbers show where potential issues can occur:

- The National Fire Protection Association reports that three in 10 home fires start in the kitchen, more than any other room in the house.
- The Centers

for Disease Control and Prevention reports that 76 million cases of food-borne illness occur each year, including 5,000 fatal cases. Older adults, due to a natural decrease in their immune systems, can succumb to food poisoning more easily and have a harder time fighting it off if they do.

- Kitchens are also areas with high fall-risk areas: items stored out of reach, slippery floors, and the likelihood that meals are carried to eat in another room.
- The Federal Emergency Management Agency (FEMA) reports that people over the age of 65 have a 2.7 times greater risk of dying in a kitchen fire than the general population.

For those that want to ensure that the kitchen is as safe as possible for their senior loved ones, there are three key areas

to consider:

- Fire prevention and safety – The primary cause of kitchen fires is unattended food – seniors should never leave the kitchen when food is cooking. Automatic shut-off devices are a great tool to help seniors that have memory issues but like to spend time cooking. Loose clothing, kitchen towels and pot-holders can all catch fire if too close to the stove, so it is good to be mindful about fabric near flames. And, on a regular basis, a qualified electrician should check wiring and outlets to ensure safety compliance – this is a common cause of fires in older homes.
- Foodborne illness prevention – Because of the ways our bodies change when we get older, foodborne illness can become a much more serious issue. This can be prevented by

properly storing food, checking fridge temperatures often, properly reheating food, cleaning old items out of the fridge and pantry often and checking expiration dates.

- Reduce fall risks – When seniors need to reach an item, whether stored too high or too low, it can cause a balance issue that may lead to a fall. Keeping cooking items within reach is critical. Clutter on counters should be removed, bright lights are helpful, and the heaviest objects should be stored at waist level. Water is often a problem in the kitchen – possible issues include spilled water from the sink, leaking refrigerators and pipe leaks. Spilled water can make kitchen floors slippery, so adding mats and checking water sources often is important.

The kitchen can be a

joyful place in the home, with intentional action to minimize the risk of accident or illness. Being safe in the kitchen is not just common sense - and revisiting safety tips for the kitchen is never a waste of time.

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Lions, UU Church aid Isaiah 61 Café



On Saturday March 27, from 10 a.m. -1 p.m., the Laconia-Gilford Lions Club will partner with the Laconia Unitarian-Universalist Society's Social Justice Committee on a food collection drive to benefit Isaiah 61 Cafe, the local volunteer organization

Courtesy
An earlier Lions/UU food drive event. Pictured left to right: Lions President Matt Soza, UU member Inez Andrews, Lion Allyn Bridge.

dedicated to assisting the homeless. Lions and church members will be

in front of the little white church at 172 Pleasant St., curbside, to collect donations.

“Items requested include all types of canned food, particularly easy open pop top cans, and also non-dairy creamers, granola & protein bars, coffee, sugar,” explained Lions Club President Matt Soza. “Please check expiration dates—expired items cannot be accepted.”

“This event is designed to be as safe & responsible as possible,” added UU member Roger Andrews. “Please note that the church remains closed at this time due to Covid-19. If you wish to participate, wear a mask and maintain social distance. If you have been out of state, been around someone who is Covid-19 positive or suspected positive, please stay safe

at home.”

“All guidelines set up by the CDC and Gov. Sununu will be followed,” Lions Secretary Lori Chandler continued.

“This project is the latest in an ongoing series where the Lions partner with area faith groups to address the issue of food insecurity,” said Lion Bill Chandler. “We call it our ‘Step Up to the Plate’ campaign. On Saturday March 27, from 10 a.m. -1 p.m., look for the yellow Lions vests in front of the little white UU church at 172 Pleasant St.”

Isaiah 61 Cafe is located at 100 New Salem St. and can be reached at 524-6161. To reach the UUSL call 524-6488. For more information call 998-5549.

LRMHC receives Lakes Region Children’s Auction Grant Funding

LACONIA —Lakes Region Mental Health Center (LRMHC) was recently awarded a grant from the Greater Lakes Region Children’s Auction that will help support the agency’s ongoing efforts to respond to the growing need for mental health services for children.

For the past year since the COVID-19 pandemic began, many aspects of children’s lives have been deeply affected. From transitioning between varying schedules of remote learning, missing out on many traditions and having to stay home and secluded from their friends, it’s not surprising that we are seeing an increase in service requests for youth who are feeling increased anxiety, depression and an overwhelming sense of isolation due to the pandemic,” says Maggie Pritchard, CEO of Lakes Region Mental Health Center.

A recent Centers for Disease Control and Prevention re-

port shows that hospital emergency departments are seeing a greater proportion of children and adolescents with mental health problems. Between July 2019 and June 2020, Lakes Region Mental Health Center emergency services staff treated 88 children in the emergency room at Lakes Region General Hospital. Between June 2020 and December 2020, that number almost doubled in half the time, to 154 children during that period.

“Many children and teens have been out of school since last March and as schools begin to reopen more fully, I anticipate that we will see an increase as schools begin to identify kids who need mental health services. The majority of kids we are seeing report symptoms of anxiety and depression, and their caregivers report struggling with managing behaviors or maintaining a structure within the home envi-

ronment,” said Charlotte Hassett, Director of Child & Family Services at Lakes Region Mental Health Center.

“We are so grateful for the support from the Children’s Auction,” said Hassett.

This funding will help us build the necessary resources that are needed to expand and enhance our children’s programming.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Ad-

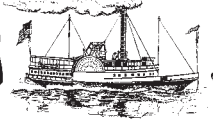
ditionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

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



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CONTEST

(Continued from Page A1)



Reece’s parents Lori and Casey Sadler joined Reece onstage as she won her award.

More than 3,000 students wrote essays for this year’s contest, including 1,749 at the high school level. More than 2,000 financial industry professionals judged the contest.

Reece wrote about how Eastman Kodak tried to overcome challenges and adapt in the digital era. She also talked about how she adapted to a major change in her life: moving to Gilford from Nebraska.

Three years ago, Reece lived with her family in Lincoln, Nebraska. Her father Casey had worked as a sales manager at a local motorcycle shop for 24 years and she wrote that he dreamed

of doing bigger things. He has been coming to New Hampshire since he was a kid and greatly wanted to move to the East Coast. Casey got a degree from Southern New Hampshire University and said he decided to look on the Kawasaki website for potential job opportunities. He then found the position of district manager for northern New England.

Reece wrote about how he called a family meeting to talk about how he was in line for the position. By the end of 2017, they found out they would be moving to Gilford and starting a new life.

“Moving across the

country to a completely unfamiliar place has played an immense part in shaping who I have become,” Reece wrote in her essay. “At first, I was the quiet new girl who didn’t have a place. Since then, I’ve done great things for myself. I’ve gotten good grades in school, become captain of the varsity soccer team, gotten my first job, and have met some of my closest friends. Through all the highs and lows of change, I’ve managed to come out better on the other side.”

Reece is now on the GHS soccer team and is also a member of National Honor Society.

She also wrote about



The Sadlers after the surprise awards ceremony at Gilford High School.

the struggles of Eastman Kodak to make it in a digital world. Reece said she asked her dad for a suggestion on what company she could write about. Casey said one of the first that came to mind was Kodak.

She wrote the essay in December, O’Riordan said she didn’t know he had submitted it to the SIFMA contest.

“I knew it was good, but I didn’t think I would win any awards or anything,” Reece said.

SIFMA later contacted O’Riordan and said someone in his class won the contest.

Reece had no idea she won the award until the announcement was

made during that assembly.

“I was shaking; I was really nervous,” Reece said of the moment she found out. “It was really exciting. I love it; it’s so amazing.”

Her parents, however, knew about the award a few weeks before and had been doing everything they could to keep it a secret.

“She was reading me an essay. I said someday, you’re going to win a prize,” Casey said.

Her parents said they are really proud of her.

“She has a gift for writing for sure,” Lori said.

Casey also expressed his appreciation for the

warm reception they received from the Gilford community when they first moved.

“Along with the whole thing we’re very grateful for how we were treated when we moved to Gilford and how the town welcomed us,” Casey said. “It’s a great place to be.”

Reece received a \$100 AmEx gift check as well as a trophy, a medal, and a banner.

Reece said she wants to get into Bentley University in Waltham, Mass., and hopes to study business. She said she’s not sure of exactly what area to go in but has an interest in business law.

REESE

(Continued from Page A1)

Parker Paradise of Littleton and Elijah Flocke of Woodsville earned Division IV First Team honors, where they were joined by Player of the Year Karl Yonkeu of Holy Family, Owen Tower of Newmarket, Owen Finklestein of Epping and Jah Gordon

of Pittsfield.

Second Team honors went to Littleton’s Josh Finkle, Groveton’s Julian Kenison and Woodsville’s Cam Tenney-Burt. They were joined by Isaac Jarvis of Concord Christian, Yann Yonkeu of Holy Family and Sean Moynihan of Sunapee.

Matt St. Cyr of Groveton, Cam Clermont of Lin-Wood, Landon Bromley of Littleton, Anthony Frisk of Gorham and Corey Bemis of Woodsville all earned Honorable Mention and they were joined by Jason Stockbower and Maxx Spinel-

li of Portsmouth Christian, Carson Rancourt of Colebrook, Ama Phoubaykham and Owen Hayes of Newmarket, Jesse MacGlashing of Pittsfield, Mike Picard of Epping, Harper Flint of Sunapee, Arth Patel of Hinsdale and Zach Douville of Franklin.

All-Defensive Team honors went to Bromley, along with Hayes, MacGlashing, Rancourt and Coleman Philbrick of Portsmouth Christian. Zach Mosher of Newmarket won the Jack Ford Award.

Woodsville’s Jamie Walker was named Var-

sity Coach of the Year for Division IV.

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

Bank of New Hampshire voted Best Commercial Lender, Best Local Bank for Small Businesses

LACONIA — Bank of New Hampshire was voted Best Commercial Lender and Best Local Bank for Small Businesses in NH Business Review’s 2021 Best of Business (BOB) Awards. NH Business Review readers casted more than 4,700 online votes to select this year’s BOB Awards recipients, which included nearly 100 businesses across New Hampshire in a range of business-to-business categories. Bank of New

Hampshire, along with all 2021 BOB Awards winners, will be celebrated during NH Business Review’s Best of Business (BOB) virtual awards party on April 1.

“At Bank of New Hampshire, we have been dedicated to our customers, our communities and their futures for 190 years,” stated Chris Logan, Executive Vice President - Chief Operating Officer for Bank of New Hampshire. “As we celebrate this milestone year, it

is an honor to be recognized statewide for our commitment to delivering innovative solutions and exceptional service as both a top local bank and commercial lender. We are celebrating being awarded Best Local Bank for the 9th consecutive year, which is a testament to our ability to remain safe, strong and secure even in the midst of these challenging times.”

“The annual BOB awards recognize the hard work of businesses that provide outstanding products and services

throughout the Granite State each year,” said Jeff Feingold, editor of NH Business Review. “Congratulations to Bank of New Hampshire, and the rest of the 2021 winners, on this well-deserved acknowledgement.”

To learn more about the 2021 Best of Business Awards, and for a full list of winners, visit nhbr.com/BOB-Awards.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and

businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a

mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Gilford Cal Ripken registration is open

GILFORD — Spring time is fast approaching and that means it’s almost time to play ball.

Gilford Cal Ripken baseball is accepting registrations for its 2021 Spring League for age four (prior to Aug. 1, 2017) through 12 (as of May 1, 2008). All levels including T-ball, Rookie (coach pitch), Minors and Majors are available. The league is looking to get back outside after a long winter of indoor activities. If you are interested in signing up your ballplayer, please visit the league’s web site at <https://sports.bluesombrero.com/gilfordbaseball> for registration or e-mail gilfordcalripken@gmail.com.

If you are interested in supporting the league in a sponsorship capacity, please reach out to gilfordbaseballsponsor@gmail.com.

They look forward to seeing everyone out on the field.

PET OF THE WEEK

Isn’t Duke the cutest! He is a hound dog who loves to sniff, run and explore, and would love to go on long on-leash hikes! Duke is currently working on sharing his food and basic manners. He would do best in a quiet home with adult humans, can do well with some dogs but can be picky about his dog friends, but cats and small animals would just be too much fun to chase. An ideal home for Duke would be understanding of hound traits and personality, work on his manners with positive reinforcement, and able to keep him mentally and physically exercised.



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Gilford schools adapting to pandemic

BY ERIN PLUMMER
mnews@salmonpress.news

The selectmen got an update on how Gilford schools are handling the pandemic and the different changes that have been made this year.

Superintendent Kirk Beitler gave the board an update on the school district during the March 10 meeting.

“This has really been a year of adjustment basically because of the COVID virus,” Beitler said. “We’ve had a lot of different adjustments in the schools and the school district.”

Schools opened up on Sept. 8, 2020, and Beitler said elementary school students celebrated the 100th day in school in February.

“I think that’s really a tribute to the teachers, the administrators, the school board, everybody has worked really hard to get our kids into the schools and make it work,” Beitler said.

When school started families were given a survey where they had the choice of sending their kids to school in-person or doing a remote option.

For those students

coming to school in-person, protocols have been in place including masks, social distancing, and hand hygiene. The schools have also worked to keep class sizes small and spread students out. Beitler said they have worked to stay flexible and make adjustments.

In the elementary school, kids have been having lunch in their classrooms. Recess has been going on as normal, though students go in their different pods instead of scattering with everyone.

For the middle school, half the students have been having lunch in the gym and half have had lunch in the cafeteria. Students have assigned seats to make sure they don’t sit together in large groups.

Periodically a few groups or whole grade levels had to be quarantined when someone tested positive for COVID-19. Beitler said the whole district was put on remote for about three days before Christmas vacation when a high number of people were quarantined.

“It just kind of made sense not to spoil everybody’s Christmas and let’s go remote for a few days,” Beitler said.

With the third trimester starting up soon, Beitler said a new survey went to families before February vacation to decide what model they preferred. He estimated that 20 students in the elementary school would be remote and 25 at the middle school. Around 65 to 70 high school students have gone remote.

“We’ve seen a lot of seniors go remote this year because they have an opportunity to do other things, I think, besides school so they can do their school and they can maybe (go to) work or do something else,” Beitler said.

As Phase 2 of the state’s vaccination program opened up, Beitler said they scheduled a few days for teachers and staff to get vaccinated.

“I’ll give you credit and your staff,” said selectman Kevin Hayes. “When I heard you guys were going remote in school last fall, most of us in town didn’t think



PHOTO BY ERIN PLUMMER

Gilford schools have been finding ways to adapt to new ways of doing things amid the COVID-19 pandemic. you’d hold it together and you’ve done a great job.”

Selectman Chan Eddy asked how the situation is impacting the mental health of staff and students. Beitler said students and staff overall have been doing pretty well, but he did have concerns about students who had been remote for the whole year. He said

he was concerned about how well they would adjust to returning to an in-person environment.

“We’re trying to think of opportunities that we can offer through the summer to get kids back in,” Beitler said. “We really feel like that’s going to be the big question mark as to how people are gonna come back in.”

He said this will especially be difficult for students who were pre-teens when the pandemic began and will be coming back in a year later.

He did say they have the advantage that they have been in-person and have already worked through those challenges while some school districts have still been remote for the whole year.

Osborne’s Agway sponsors “Tap into Maple” program at Prescott Farm



LACONIA – Now more than ever, Lakes Region residents and visitors are eager to connect with nature. Prescott Farm answers that call every Saturday in March with the “Tap

into Maple” series.

Local businesses and organizations help make these programs possible through Community Connections Program sponsorships. Osborne’s

Agway Winnisquam is the “Eco-Partner” sponsor for the Saturday, March 20 Tap into Maple programs.

Jude Hamel, Prescott Farm Executive Direc-

tor, is grateful to the team at Osborne’s for demonstrating their support of the organization’s mission.

“When businesses partner with us, they help to ensure that our programs are both high-quality and accessible to community members,” Hamel said. “Especially during the last year of social isolation and economic uncertainty, Osborne’s Agway and our other business partners help signal to the broader community: what happens at nonprofits like Prescott Farm is important to the community and worth our investment. We couldn’t be more grateful for their support.”

Osborne’s Agway Winnisquam (527-3769) is located at on Daniel Webster Highway in Belmont and has the equipment and expertise

to help novice maple tappers get started.

During Saturdays in March, visitors to Prescott Farm can attend one of the 90-minute Tap into Maple sessions. Programs begin on the hour and run from 10 a.m. – 3 p.m. The cost is \$12 per person and free to members of Prescott Farm. Sessions are 100 percent outside, with mandatory masks and social distancing. Groups will be strictly capped at 10 participants so pre-registration is strongly recommended.

Additional program and registration information is available at prescottfarm.org, or by contacting ahession@prescottfarm.org or 366-5695.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has

been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with more than 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Lakes Region Scholarship Foundation deadline is April 1

GILFORD — The Lakes Region Scholarship Foundation, which has been serving the scholarship needs of students of the area for 65 years, announced that the deadline for scholar-

ship applications for the 2021-2022 school year is April 1.

Executive Director, Karen Switzer noted, “Anyone interested in a scholarship to pursue education beyond high

school is advised that all paperwork must be filed by that date. She said that scholarships are available online through their website: lrscholarship.org. These applications may be downloaded and filed online or downloaded and printed out to fill in by hand and mailed to the LRSF office.”

Assistant Director, Amanda Dudek added that applicants should make sure to read over the instruction sheet that is also posted on the website, as there is additional paperwork which must accompany the scholarship application. A large percentage of the LRSF scholarships are limited to students from the Gilford, Laconia, Belmont high schools or residents of Gilford, Laconia, Belmont area, however, there are exceptions, which are also listed on the LRSF Web site. If anyone has a question, they may contact the LRSF office at 527-3533 or email them at scholarship@lrscholarship.org.



COURTESY

Scholarship deadline approaching soon. The deadline for filing applications for a scholarship through the Lakes Region Scholarship Foundation is fast approaching. All scholarship applications are due by April 1. Pictured above with application in hand is LRSF Assistant Director, Amanda Dudek.

New organization serving veterans in the Lakes Region

REGION — The Lakes Region Veterans Coalition (LRVC) was recently formed as part of the Veteran Administration’s (VA) Together With Veterans (TWV) Rural Suicide Prevention Program. It is comprised of local veterans and community leaders working to implement a Veteran-focused suicide prevention program in the Lakes Region. The Partnership for Public Health and the Gilford-based Patriot Resilient Leader Institute, which runs the Camp Resilience program for military, veterans, first responders and their families; have partnered to administer the LRVC. The LRVC leadership team also includes representatives from the NH Army National Guard, New Hampshire Veterans Home, Veterans of Foreign Wars, Manchester VA Medical Center and District 1 VA Vet Centers.

The goal of the VA’s TWV program is to enlist Veterans and local partners to join forces to reduce Veteran suicides in rural communities. This is because the suicide rate for Veterans is significantly higher than that for the general population and is even higher in rural areas where access to care is limited. The LRVC is following the TWV’s guiding principles by ensuring that the program is Veteran-driven, collaborative, evidence-informed, and community-centered.

The LRVC’s first initiative is a “Buddy Check Coffee” program. It is a chance for Veterans to reconnect with other Veterans. Veterans who register for this program will receive a \$5 gift card for a coffee shop as will their Veteran buddies. The only requirement is that the Veterans get together, either virtually or in-person, and have a con-

versation to reconnect after the long pandemic lockdown. Veterans can also connect with another Veteran they do not know and will receive a \$10 gift card if they do so. The goal of this effort is to encourage anyone who served in the military who may feel isolated due to the pandemic or other reasons, to get re-engaged with the Veteran community.

If you are interested in learning more about the LRVC or if you want to participate in the “Buddy Check Coffee” program, you can do so at www.LRVCNH.org. Also, the LRVC welcomes any Veteran or other concerned citizens who want to get involved in helping Veterans in the Lakes Region. If you are interested, you can get more information at the LRVC Web site or you can contact the LRVC at INFO@LRVCNH.ORG.



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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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VOLUNTEERS

(Continued from Page A1)

registered Gilford voters interested in municipal affairs and experienced with public works projects.

The committee will examine the feasibility and best options for a new building and conduct the appropriate evaluations to reach these recommendations. They will solicit and talk with engineers, architects, and other professionals to figure out the best options. The committee will also examine possible new locations for the public works building and compare them to the current property.

In the end the committee will make recommendations to the selectmen on the best options for a new building and make funding recommendations.

As a selectman's committee, the Public Works Building Committee will be subject to the Right to Know law and its provisions for public meetings.

The committee is tasked with serving until no later than Dec. 31, 2023.

For more information on the Public Works Building Committee and how to apply visit https://www.gilfordnh.org/assets/municipal/10/postings/Bldg_Needs_Committee.3-12-2021.pdf. The link can also be found on the front page of the town Web site.

VACCINE

(Continued from Page A1)

So far, around 70 percent of the department has been vaccinated, including Carrier himself. Selectman Kevin Hayes asked if any more personnel would receive the vaccine sometime soon. Carrier said he thought that would be the case.

"I think some people were skeptical or unsure of how people would react to the vaccine when it was first rolled out," Carrier said. "I think a few of those people will probably get vaccinated down the road. There are some people that get the sense that they will not be vaccinated, they just don't feel that it's necessary."

Carrier said he had a "very mild" reaction to the vaccine, moreso on the first dose than the second.

Carrier said the vaccine is optional for department personnel and there have been no plans has been made to make it mandatory.

"We really haven't tried to push anybody into it," Carrier said. "It's kind of a touchy subject, I think, because it is your personal health and your personal beliefs, so I've told everybody that we would love to see 100 percent vaccination, and that certainly would make everybody safer."

With so many department members vaccinated, Carrier said the fire station has relaxed its mask rules when training, eating meals, and during other group activities. He said those who are not vaccinated are asked to self-monitor.

Carrier said several members of the department have encountered people in the community with the virus during their work. Department members do have adequate personal protective equipment when working with members of the public.



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Barnstead Elementary School

PART-TIME CUSTODIAL POSITION

Immediate opening

Hours are 7:00 a.m. to 12:00 p.m. for the 2020-2021 school year.

Please contact Mike Hatch for more information or an application at 269-5161 ext. 312

EEO/AA

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www.gwrsd.org (employment tab)

Past and future applicants: Please update your application, applying specifically for any new vacancies of interest as they open, to be sure your application will be reviewed.



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Ucvh-hr@ucvh.org
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Barnstead Elementary School

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Please send the following information: Letter of Intent, Resume', Three (3) Current Letters of Reference, Transcripts and copy of N.H. Certification, to:
Timothy D. Rice, Principal

Barnstead Elementary School
91 Maple Street, P.O. Box 289
Center Barnstead, NH 03225
(603) 269-5161

Local employer receives statewide award for new lactation room

LACONIA — Lakes Region Community Services (LRCS) is dedicated to meeting the needs of its nursing mothers. As an effort to improve workplace breastfeeding policies, they constructed a new lactation room in their Laconia office and were recently awarded the 2021

Breastfeeding Friendly Employer Award by the New Hampshire Breastfeeding Task Force in recognition of their commitment to establish and maintain comprehensive, high-level lactation support for their employees.

In 2019, LRCS was one of ten businesses in the state of New Hampshire awarded a grant to create a supportive space for working mothers of infants from Keene State College's Public Health faculty in cooperation with the New Hampshire Department of Health and Human Services, Division of Public Health Services. With grant funds matched by LRCS

and project management lead by Dave Emond, VP of Operations, in just a few months, the agency was able to renovate and construct a state-of-the-art lactation room for its employees, and families who participate in childcare classes offered by the LRCS Family Resource Center. The room features a comfortable chair, sink area for washing equipment, locked storage space for breast pumps, a refrigerator for the temporary storage of breast milk, books, and other resources for working mothers.

"The feedback we received was immediate and powerful: mothers

returning to work, or planning to start a family in the future, felt recognized and appreciated," said Joleen Welford, Director of Employee Relations. "As a large workforce, we continue to identify barriers and increase our efforts to support our employees."

"We believe strong families lead to healthy communities," noted LRCS President and CEO, Becky Bryant. "We are honored to be the 2021 recipient of this award and are hopeful that this comfortable, accessible room will help mothers returning to the workplace."



Joleen Welford, Director of Employee Relations (right), accepts award from Joyce Kelly, Chair, New Hampshire Breastfeeding Task Force (left).

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SHAKER REGIONAL POSITIONS OPEN

Shaker Regional School District is seeking to fill the following positions as soon as possible:

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Speech Pathologist – Full Time

Belmont Elementary School
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1:1 LNA

Canterbury Elementary School
1:1 Special Education Assistant

Belmont Middle School
1:1 Behavioral Assistant (2 positions)

Belmont High School
1:1 Behavioral Assistant

Please visit the Human Resource Department section of the District website, www.sau80.org, for more information and to apply for available positions.

Green Heron to perform for Belknap Mill’s Virtual Coffeehouse Concert Series

LACONIA — The Bell & Brick Virtual Coffeehouse Concert series is pleased to welcome Green Heron on Thursday, March 25 at 6:30 p.m. Ensuring a high quality musical experience, we are pleased to be working with The Green Heron Recording Studio and NH Music Collective. You can Livestream this concert on the Belknap Mill’s Facebook Page and YouTube Channel.

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The music of Green Heron stretches across the entire folk landscape. Old-time, folk, bluegrass, country, Irish and blues music are all represented as the band brings the back porch to the stage. Featuring Betsy Heron on fiddle, banjo and vocals, and Scott Heron on guitar, banjo and vocals, the duo has been sharing stages together since 2016. With two albums to their name, the two songwriters weave the contemporary with the traditional

and deliver high energy live performances. Visit greenheronmusic.com to learn more! Wayfarer Coffee Roasters and Hermit Woods Winery will offer special concert promotions the day of and during the show that will be available through the following weekend. The code for this special offer will be streamed during the concert. Find a comfy spot on the couch, grab your favorite tea, Hermit Woods wine, brew or Wayfarer coffee and enjoy the show! For more information, please contact Tara Shore at operations@belknapmill.org.

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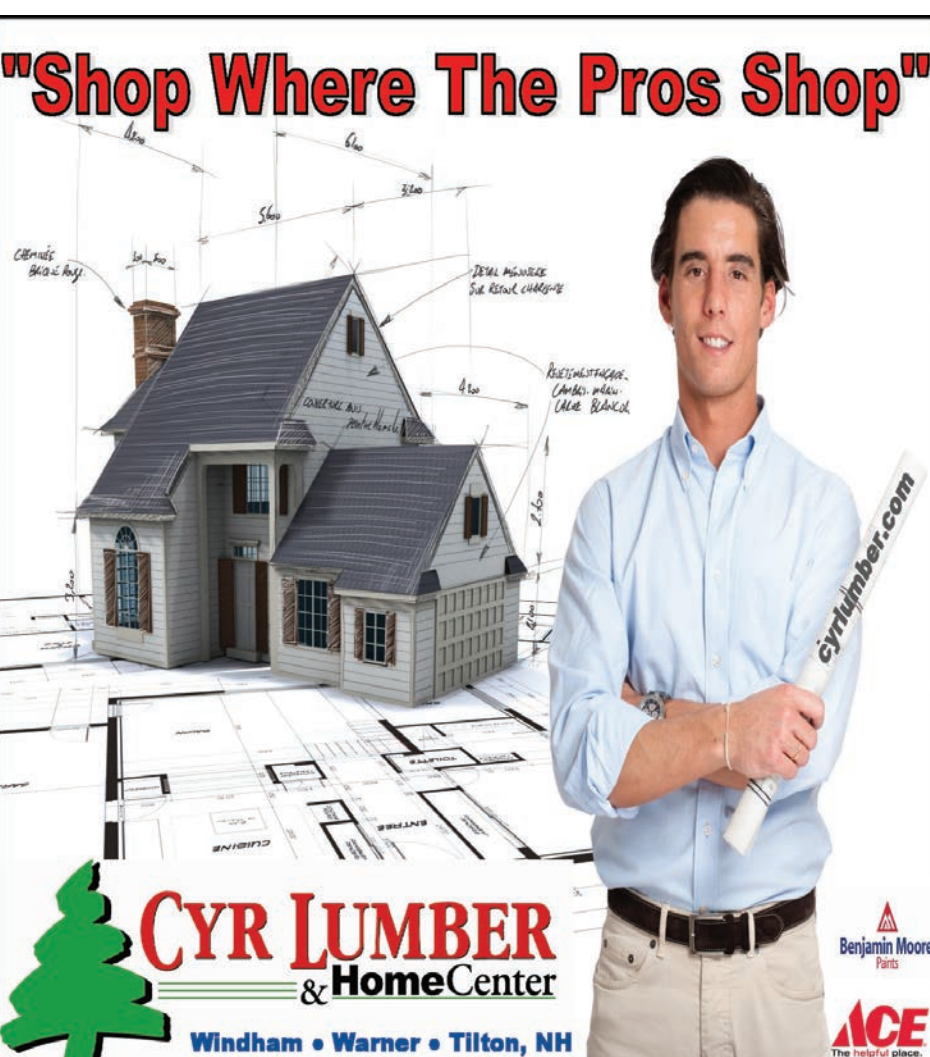
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