

# Winnisquam Echo

THURSDAY, MARCH 25, 2021

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FREE

## New Belmont business hopes to reach community through comics



COURTESY  
Peter Swain, owner of Repetes Comics & Collectibles, with the popular character Hellboy.

BELMONT — The Lakes Region has a new destination for comics and pop culture memorabilia with the recent opening of Repetes Comics & Collectibles at 141 Main St. in Belmont.

Centered between the Lakes Region and Concord, the new store, which celebrated its grand opening

on March 16, is worth a trip. Packed with quality comic books, vintage toys, and unique local art, Repetes is guaranteed to have something to make everyone stop in their tracks and say “Oh, wow...that’s cool!”

Owner Peter Swain and his partner, Jeanne Blair, are artists and longtime collectors of



The Lakes Region has a new destination for comics and pop culture memorabilia with the recent opening of Repetes Comics & Collectibles at 141 Main St. in Belmont.

comic books and related memorabilia. They are excited to have the opportunity to share their

passion for comics and art with the whole community.

“We are lucky to work

with a dedicated network of small businesses. We work together, and are like a small fami-

ly,” they explain. “That’s how we are able to stock

SEE COMICS, PAGE A11

## Jackson Ruelke named Division III Player of the Year

## Spaulding Academy & Family Services expands medical team

NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth Center) has expanded its medical team with the promotion of Carolyn Brown (ARNP) to Primary Care Provider (PCP), and the hiring of Chandra Miller (MSN, RN, CPNP-PC) as medical director and Nicholas Lefebvre (RN) as health services director. This expansion enables the organization to accept and support children with complex medical and behavioral needs to its therapeutic Northfield campus.

Carolyn Brown has served as Spaulding’s medical director since 2018. She will continue to perform routine physicals, administer medical care, and manage the healthcare requirements and medication regimens of residential students, and will provide medical care to community-based and day students as needed. From Moultonborough, Brown has 20 years of nursing experience and holds a MS in Nursing, Family Nurse Practitioner from Rivier University. She is currently studying for certification as a Psychiatric ARNP to provide psychiatric support for all children in her care.

Chandra Miller oversees the daily operations, regulatory compliance, and quality of Spaulding’s medical care and services. Previously the medical director of Student Health Services at Crotched Mountain Foundation, she has extensive experience working with children, having served as the head nurse at Camp Tevya, a school nurse for Boston Public Schools, and a RN case manager for J & K Home Care. In addition to her Pediatric Nurse Practitioner Certification through the Pediatric Nursing Certification Board, Miller is licensed as an Advanced Practice Registered Nurse (APRN) in Pediatrics through the State of New Hampshire and is a RN in both New Hampshire and Massachusetts. A Merrimack resident, she earned her MS and BS in Nursing from the MGH Institute of Health Professions and her BS in Exercise Physiology from the

SEE SYC, PAGE A11

## Three Bears, three Raiders earn All-State honors

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 Krafton 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 Robbins 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 Krafton of Raymond, Xander Ford of Fall Mountain, Zack Coombs of Hillsboro-Deering and Gabe

SEE RUELKE, PAGE A11



JOSHUA SPAULDING

Jackson Ruelke was named Division III Player of the Year to cap off his senior season.

## 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” spon-

sor for the Saturday, March 20 Tap into Maple programs.

Jude Hamel, Prescott Farm Executive Director, 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

SEE MAPLE, PAGE A11

# 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



Melissa Morrison

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 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](http://RedAnchorWellness.com) or call 570-573-4277. You can also follow R.A.W. on Facebook or Instagram at @redanchorwellness.

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## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 8-15.

Robert N. Thomas, age 25, of Belmont was arrested on March 8 for Breach of Bail Conditions.

John M. Stebbins, age 46, of Laconia was arrested on March 9 for Domestic Violence-Simple Assault-Physical Contact.

Ian M. Shaw, age 22, of Laconia was arrested on March 9 for Possession of Marijuana.

Scott M. Clark, age 54, of Belmont was arrested on March 11 in connection with multiple bench warrants.

Robert R. Ramalho, age 28, of Tilton was arrested on March 11 in connection with a warrant. Caitlin E. Fillion, age 31, of Somersworth was arrested during the same incident in connection with multiple bench warrants.

Benjamin Charles Geddis, age 33, of Northfield was arrested on March 11 for Breach of Bail.

Erik A. Ouellette, age 44, of Belmont was arrested on March 12 in connection with multiple bench warrants.

Beau Charles Clough, age 30, of Laconia was arrested on March 13 for Operating Without a Valid License and in connection with a warrant.

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# 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 Loving 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 Christ-

mas 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.

## 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 scholarship 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 download-

ed 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.

## 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.

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# Opinion

## 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 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 identity 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 — 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.**



## STRATEGIES FOR LIVING

### No greater love

BY LARRY SCOTT

When John Ernest opened fire at the Chabad of Poway (CA) Synagogue Saturday morning, April 27, 2019, it memorialized a Passover celebration the congregants will never forget. CNN reported that Lori Kaye, aware of what was about to happen, "jumped between the gunman and Rabbi Yisroel Goldstein, sacrificing her own life to save the spiritual leader."

As Rabbi Goldstein reported on NBC's "Today Show," "I was face-to-face with this murderer, terrorist, who was holding a rifle and looking straight at me. That's when he fired, blowing off my right index finger and severely injuring my left index finger." Goldstein heard a loud bang, quickly turned and saw Lori stretched out on the floor ... and by her side, a gentleman, also unconscious. Her husband, a medical doctor, had come to her aid

and when he realized who she was, he fainted.

The carnage could have been much worse. Oscar Stewart, a congregant and U. S. military veteran, charged the terrorist but survived unscathed only because the young man's gun had jammed. Nineteen-year-old John Ernest fled but was captured a short time later.

Passover is a celebration that was well established by New Testament times. Originally slated to memorialize Israel's exodus from Egypt, Jesus' Passover in AD 33 marked the final such celebration with His disciples and for them Passover took on a dramatic, new meaning.

Only a few days earlier, the Jewish Sanhedrin, the ruling council of men who had religious jurisdiction over the people of Israel, met to decide what to do with the troublesome Rabbi from Nazareth. The meeting was a farce. They all knew what they were going to do; it only

remained for them to justify their actions. And Caiaphas, the High Priest, gave them that, ostensibly to protect against an insurrection led by Jesus and his followers. "It is better for you that one man die for the people," he stated, "than that the whole nation perish."

Consequently, then, and apparently without a single voice raised in His defense, they sentenced their Messiah to death by crucifixion. And everyone, it seems, except for Jesus' followers, cheered. The Council congratulated themselves on a job well done, the Romans guaranteed the peace, and the Pharisees threw a party.

Happy days are here again, or so they thought. But hold on, boys; there is more to come!

Three days later a disturbing rumor surfaced, and suddenly these men realized they had made a colossal mistake. An empty tomb, a report from Roman soldiers

stationed at the place of Jesus' burial, and eyewitness reports, at one point from over five hundred people, verified the unbelievable: Jesus, just as He had predicted, lived again! "If in this life only we have hope," reported the Apostle Paul, "we are of all men most miserable. But now is Christ risen from the dead." Jesus was back!

Jesus said, "Greater love has no one than this, that one lay down his life for his friends." Words cannot convey our gratitude for the men and women who, like Lori Kaye, have willingly given their lives to protect us. And that goes for Jesus as well. His sacrifice, voluntarily given on our behalf, ensures that, if we have the courage to welcome Him as the Lord of our lives, the promise of eternal life – and heaven – is guaranteed. Thank God for Jesus!

You want to talk about it? Hit me up at rllarryscott@gmail.com.

## LETTERS TO THE EDITOR

### Grateful for voters supporting fair redistricting

To the Editor:  
Thanks to all the voters in Alton, Barnstead,

Belmont, Gilford, Gilmanston, 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 Redistricting 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](http://OpenDemocracyNH.org/volunteer).

Jane Westlake  
Barnstead

Don House  
Belmont

Brian Beihl  
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Johnna Davis  
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Lew Henry  
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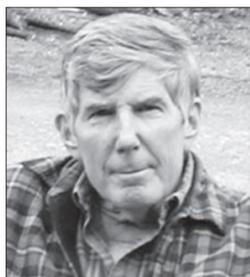
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North Country Notebook

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



By JOHN HARRIGAN  
COLUMNIST



COURTESY — BEN HAUBRICH  
**A bobcat with a gray squirrel, already dead from the classic cat-bite to the neck.**



JOHN HARRIGAN

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

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, 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 these next words, begs for the last part of the sentence), and then: “Dogs do not have a sense of what is right and what is wrong according to human social values.” Now, this would seem to belong in the “Duh” category, but still, there it is, for all who forget.

And that’s plenty when it comes to people who should not be allowed to have dogs, and let’s add them in with people who have a five-second attention span and swiftly become

unaware of where their dog is and what it’s doing. Okay, I’m on a rant here.

Anyway, all of the sites I visited had, as basic rules: (a) pick up after your dog, particularly in public places; (b) keep your dog on a leash; and (c) don’t let it greet other dogs or people without invitation.

These amount to basic politeness. There was a time when you didn’t have to remind anyone about manners and the Golden Rule. Now, you do.

+++++

Sorry, I just cannot let this subject pass without a final thought (and shot) on a time-worn topic, which is hitched-out dogs.

First, let’s get rid of generalities. There are many instances in which hitched out dogs are just fine. They have food, water, and shelter. They do not bark. They sleep with one eye cocked for their returning humans. Often, neighbors keep an eye out for them and indeed, sometimes sub for their human parents. There are many exceptions to what passes for the rule.

That said, if there is one complaint at the top of the list of what I’ve heard all these years, from my first years in the Nashua area to state-wide news coverage and then, ultimately, to newspapering north of the notches, it’s the sad, so awful situation of hitched-out dogs.

The problem is that, even under the best of circumstances, they bark. And it’s for a reason. They’re lonely, anxious, bored. Dogs, like

coyotes, wolves, and dogs everywhere, are social animals, meaning that they hang out with other dogs, or us. They are not meant to be alone, and when they are, they are dismal souls indeed.

+++++

A couple of weeks ago I received a phone call from a reader in Alton Bay concerned about a bobcat’s screeching.

This persisted into broad daylight, and security cameras caught frames of a small bobcat definitely on the prowl. The caller expressed concerns that the young cat might be motherless or in distress.

First of all I said that I’m no expert, which I certainly am not. But this is, or was, mating season for bobcats, which are well known to emit unearthly screeching and wailing at this time of year.

Half a dozen notes and letters on this seasonal treat have come my way over the years, each nonetheless enjoyed. To this reader I

said, in sum, sit back and enjoy the sound, if not the show.

+++++

The first Europeans to come here, other than the Norwegians a thousand years ago and the Portuguese fishermen curing their salt-cod since who knows when, were not exactly bent on studying wildlife. They were in a totally unfamiliar world, and in the case of the colonists, unable even to find food.

Frequently bewildered by what they saw and heard, they did their best to cope based on what they had left behind. For those afraid of the dark to begin with,

the screeches in the night, from owls to bobcats, must have been beyond bounds.

Even the early naturalists tended to lump things together, as did town historians. Here is what Helenette Silver, who thoroughly scrutinized both, has to say in the “Wildcat” section of her classic book “History of New Hampshire Game and Furbearers” (1957, New Hampshire Fish and Game Department):

“The variety of names by which the cats were known, and the lack of differentiation...has always been confusing. Most historians refer indiscriminately to ‘wild-

cats,’ ‘lynx,’ great gray cat’ and ‘Siberian Lynx,’ regardless of where they were found.”

To my amazement, this book, long out of print, is available on line.

It is, by all definitions, a classic. For those who long to know the European view of what this place was like when the colonies took hold, here is one of the better among the few.

*(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)*

invited in your business. • **Develop a transition strategy.** How will you make the transition from business owner to the next phase of your life? Will you sell the business outright? Will you gradually transfer it to a family member? If so, what mechanism will you use? It’s a good idea to have these types of plans in place well before you need to enact them, so you may want to consult with your financial, legal and tax advisors soon. A “Mom and Pop” business may sound quaint and carefree – but, as you know, running a business of any size can be an all-consuming endeavor and always involves significant financial concerns. Get the help you need to meet these challenges.

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## Edward Jones: Financial Focus

### Business owners’ issues go beyond ‘mom and pop’ label

If you own a small business, you typically don’t get a lot of recognition – so you may be pleased to learn that March 29 is National Mom and Pop Business Owners Day. You might not necessarily think of your business as a “Mom and Pop” operation, but it certainly contributes to the well-being of your family now, and possibly to that of future generations, too – if you make the right moves. Depending on the nature of your business, you may have spent the past several months more concerned about today than tomorrow, given the serious economic repercussions of the COVID-19 pandemic, which is still placing stress on a great many business owners across the country. If your business has been adversely affected by the pandemic, you might be eligible for a Paycheck Protection Program (PPP) loan. As you may know, recent legislation provided \$285 billion more for this program.

To learn more, and to start the application process, visit the Small Business Administration website at [www.sba.gov](http://www.sba.gov). You have until March 31 to apply for a PPP loan. Other relief also may be available. But regardless of whether you apply for one of these loans, you can take other steps to help maximize the benefits you get from your business – and perhaps even extend its longevity. Here are a few suggestions:

- **Establish a retirement plan.** If you don’t already have a retirement plan, it’s never too late to set one up. As a business owner, you have several options, including an “owner-only” 401(k), a SIMPLE IRA and a SEP-IRA. All these plans are fairly easy to establish and can offer potential tax advantages, as well as providing you with a source of retirement income in the future. You may want to work with a financial professional to pick
- **Coordinate your business assets with your investment portfolio.** Like most business owners, you may have a great deal of your personal wealth tied up in your business. And, as the past year has certainly shown, this can be risky. Consequently, you’ll need to weigh this risk factor when deciding on investing in your retirement plan or in other investment accounts. This doesn’t mean you should try to avoid all risk only by pursuing the most conservative vehicles – which would be counterproductive to achieving enough growth to meet your retirement income goals – but you will need to pay close attention to your investment mix to ensure it provides you with an appropriate balance to what you’ve
- **Develop a transition strategy.** How will you make the transition from business owner to the next phase of your life? Will you sell the business outright? Will you gradually transfer it to a family member? If so, what mechanism will you use? It’s a good idea to have these types of plans in place well before you need to enact them, so you may want to consult with your financial, legal and tax advisors soon. A “Mom and Pop” business may sound quaint and carefree – but, as you know, running a business of any size can be an all-consuming endeavor and always involves significant financial concerns. Get the help you need to meet these challenges.

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Financial Advisor  
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603-279-3161  
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## NOTICE TILTON RESIDENTS

The Supervisors of the Checklist will meet on  
**Saturday, April 3, 2021  
11:00 a.m. – 11:30 a.m.  
Town Hall, 257 Main Street  
RSA 669:5**

Purpose of this session:

- To make corrections to the checklist
- Registration for new voters for the upcoming Water District Annual Meeting
- Change of party affiliation can be accepted

PLEASE NOTE  
FACE MASKS WILL BE REQUIRED

Supervisors:  
Bernard Chapman, Kathleen Mitchell, Judy Tilton

## NOTICE NORTHFIELD RESIDENTS

The Supervisors of the Checklist will meet on  
**Saturday, April 3, 2021  
11:00 a.m. – 11:30 a.m.  
Northfield Town Hall  
RSA 669:5**

Purpose of this session:

- To make corrections to the checklist
- Registration for new voters for the upcoming Water District Annual Meeting
- Change of party affiliation can be accepted

PLEASE NOTE  
FACE MASKS WILL BE REQUIRED

Supervisors:  
Terry Steady, Rose-Marie Welch, Peggy LaBrecque

## Annual District Meeting

**April 13, 2021 @ 6 P.M.**  
Pines Community Center  
61 Summer Street, Northfield

Please Note: Nominations will be made from the floor at the meeting for the following offices:

- Commissioner..... 3-Year Term
- Treasurer ..... 3-Year Term
- District Clerk ..... 3-Year Term

Nominations will be taken from the floor of the meeting followed by written declaration.

Sean T. Chandler /Commissioner  
Arthur N. Demass/Commissioner  
Scott W. Davis/Commissioner

**\*\*\*MUST BE A REGISTERED  
VOTER & WATER DISTRICT USER\*\*\*  
FACE MASKS WILL BE REQUIRED**

# 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 foodborne 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.

help, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers® can help. About one-quarter of Americans over age 65 need help with everyday activities such as eating, cooking, and getting in and out of bed or a chair. Our trained caregivers can help with these and other tasks, while engaging clients in activities that improve quality of life. They can also provide support for physician approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety issues and reducing fall hazards. For more infor-

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit

our website at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

## 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, depres-

sion 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 report 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 environment," 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. Additionally, LRMHC provides individual, group and family therapy; mobile

crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including

trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered 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](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

## 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 conversation 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](http://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](mailto:INFO@LRVCNH.ORG).

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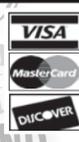
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To provide professional nursing care to residents within an assigned unit and provide and support medical care as directed by medical staff and pursuant to objectives and policies of the nursing department and Glenclyff Home. Must possess and maintain a current license as a RN/LPN in NH. Salary and Position determined by years of experience and certifications.

**State of New Hampshire Benefit Package!**  
Health/Dental/Vision/Prescription plan  
Single \$22/ 2-Person \$44/ Family \$66 (Bi-Weekly)

Michelle Booker, Director of Nursing  
393 High Street, PO Box 76, Glenclyff, NH 03238  
(603) 989-5226  
Michelle.Booker@dhhs.nh.gov  
Applications can be completed and benefits reviewed online at  
<https://das.nh.gov/hr/index.aspx>

Equal Opportunity Employer



**Glenclyff Home**  
is accepting applications for fulltime

**Licensed Nursing Assistant's**  
LNA I \$13.86 - \$16.07  
LNA II \$14.95 - \$17.37  
Direct Care \$5.00 per week

**Full and Part Time Positions Available**

To provide individualized direct care to psychiatric and/or developmentally delayed residents, including the care and maintenance of sanitary conditions of residents and surroundings: Works under the general direction of a licensed nurse.

**LNA I** - Graduation from high school or G.E.D. equivalent. No experience required. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.

**LNA II** - Graduation from high school or G.E.D. equivalent. Two years of experience as a Licensed Nursing Assistant. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.

**State of New Hampshire benefit package**  
Health/Dental/Vision/Prescription plan  
Single \$22/ 2-Person \$44/ Family \$66 (Bi-Weekly)

Michelle Booker, Director of Nursing  
393 High Street, PO Box 76, Glenclyff, NH 03238  
(603) 989-5226  
Michelle.Booker@dhhs.nh.gov  
Applications can be completed and benefits reviewed online at  
<https://das.nh.gov/hr/index.aspx>

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**Lumber Counter Sales and Receiver**

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

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

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

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\*RN Nurse Manager  
\*RN – M/S Charge, Night Shift  
\*RN – Surgical Services Manager  
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[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
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Please Apply in person at  
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## WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

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

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

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

**ATHLETICS**  
JV Softball Coach

*(positions are contingent upon COVID-19 status)*  
(Contact Kerry Brady, AD, for application, etc. –  
837-2528)

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

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

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

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

**For further information, contact:**

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

## Ashland Elementary School 2020-2021 School Year VACANCY

### Special Education Paraeducator

**Terms:** School-year, 7 hours per day

**Qualifications:** Seeking applicants who hold Paraeducator II certification through the NH Department of Education (or eligible for certification). Must possess strong communication skills, have the ability to take direction and be able to understand and assist with instruction. The successful applicant must meet all required conditions of employment.

**Applications:**

<https://www.interlakes.org/administration/human-resources>  
for a Support Staff Application

**Please submit cover letter, resume, application  
and three letters of reference to:**

Ashley Dolloff, Human Resources Director  
ashley.dolloff@interlakes.org  
or  
103 Main Street, Suite 2  
Meredith, NH 03253

**Application Deadline: Open Until Filled**  
EOE

## SHAKER REGIONAL POSITIONS OPEN

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

### District Wide

Social Worker  
Speech Pathologist – 3 days/week  
Speech Pathologist – Full Time

### Belmont Elementary School

Classroom Assistant – 6 hrs/day  
General Special Education Assistant – 5 ½ hrs/day  
General Special Education Assistant – 6 hrs/day  
1:1 Behavioral Assistant (4 positions)  
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](http://www.sau80.org), for  
more information and to apply for available positions.

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## JOIN OUR GROWING TEAM

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Based on Experience

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### Lift Maintenance Mechanic Career Opportunity

If you are looking for an exciting career move, apply to Loon Mountain's current opening for a Lift Maintenance Mechanic. This is a full-time, year-round, fully benefited position. Work with an experienced and dedicated team to keep lifts maintained and inspected. Two to five years lift or mechanical experience preferred. Don't miss out; view a full job description and apply online at [www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)

### Lift Maintenance Electrician

Join Loon Mountain's team as a Lift Maintenance Electrician. Work full-time, year-round, fully benefited with a professional crew. Loon has a detachable lift, fixed grip chairlifts and a conveyor lift. Ability to plan and perform lift maintenance, complete inspections and repairs, and handle mechanical and electrical tasks. Three to five years lift maintenance/electrical experience. View a full job description and apply online at [www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)

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## Steel Erectors, Metal Roof & Siding Installers Foreman, Leadmen And Laborer Positions

Will Train. Valid Driver's License required.

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## HELP WANTED

### Landscape crew members wanted

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



### Delivery Driver

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

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

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

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## HELP WANTED

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

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W. Stewartstown, NH

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This institution is an Equal Opportunity Provider & Employer

# 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, Di-

vision 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 re-

ceived 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."



COURTESY

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

# HELP WANTED

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**Hebron Library Librarian Wanted**

The Librarian is responsible for day-to-day operation of the Hebron Library under the direction of the Library Board of Trustees.

The Library is open 3 days/week (Mon, Wed, Sat); Librarian would work a minimum of 11 Hours/week. Candidates with library experience preferred; training available.

Must be able to negotiate stairs and lift up to 50 lbs.

To apply, please e-mail cover letter and resume to [hebronlibrary@metrocast.net](mailto:hebronlibrary@metrocast.net), subject line "Library Position"; or mail to Library Trustees, PO Box 90, Hebron NH 03241

Local opportunity: We encourage self-motivated individuals with excellent communication skills who are interested in this position and additional hours to review the opportunity to also serve as Library Assistant at the Minot-Sleeper Library in neighboring Bristol, NH. Contact Library Director Brittany Overton via email: [librarian@townofbristolnh.org](mailto:librarian@townofbristolnh.org)

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

**FACULTY:**

- Teaching Faculty (Non-Tenure Track), Mathematics
- Teaching Faculty (Non-Tenure Track), Criminal Justice
- Teaching Faculty (Non-Tenure Track), Environmental Science
- Teaching Faculty (Non-Tenure Track), Forensic Psychology

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

**PEMI-BAKER REGIONAL SCHOOL DISTRICT**  
Plymouth Regional High School

**FULL-TIME FACILITY MANAGER**

Competitive pay, excellent benefits  
Position to begin May 1, 2021  
Job Description available upon request

Contact: Jon Francis  
SAU #48 Facilities Director  
47 Old Ward Bridge Road  
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**RUELKE**

CONTINUED FROM PAGE A1  
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.

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 Spinelli 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 Varsity Coach of the Year for Division IV.

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



Phil Nichols of Winnisquam earned First Team All-State honors.

**MAPLE**

CONTINUED FROM PAGE A1

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](http://prescottfarm.org), or by contacting [ahession@prescottfarm.org](mailto: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](http://www.prescottfarm.org).

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

LACONIA — The Belknap Mill's 3rd and final concert of the 2021 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 Greenhouse Recording Studio and NH Music Collective. You can Livestream this concert on the Belknap Mill's Facebook Page and YouTube Channel.

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](http://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](mailto:operations@belknapmill.org).

**SYC**

CONTINUED FROM PAGE A1

University of Massachusetts-Lowell.

Nick Lefebvre manages and supports the nursing staff, provides oversight for medication services and training, and handles student medical concerns. He also joins Spaulding from Crotched Mountain Foundation, where he served as health center director since 2013 and as a RN for three years prior. From Warner, Lefebvre holds a BS in Business Management from Plymouth State University and an Associate's degree in Registered Nursing from New Hampshire Technical Institute. He is certified as a 1201 Nurse



Carolyn Brown

Trainer, Administration of Medications in Developmental Services Programs, through the New Hampshire Department of Health and Human Services and is a member of the Developmental Disabilities Nursing Association.

"This medical staff expansion delivers another layer of excellent, dependable healthcare to Spaulding's children, which is critical as we continue to expand our



Chandra Miller

services to families," said Amanda Champagne, executive director of Family Services. "The caring natures of these three professionals - and their deep commitment to quality care - helps our children enjoy the safe and healthy childhoods they deserve."

The health services department at Spaulding also includes a team of dedicated nurses and



Nick Lefebvre

health assistants, who provide a variety of services, including nursing assessments, medical treatments, medication management, immunizations, child psychiatry services, and dental, vision, and hearing evaluations.

For more information about Spaulding Academy & Family Services and its comprehensive special education services, visit [SpauldingServices.org](http://SpauldingServices.org).

Services.org.

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3) nonprofit that

was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on our Northfield campus, Spaulding's community-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit [www.SpauldingServices.org](http://www.SpauldingServices.org).

**JUMPWORD**

CONTINUED FROM PAGE A1

our store with fresh, new items, and we are always looking for new, local artists to display their work."

Swain has been repairing and restoring vintage toys and movie props for years, as well as creating one-of-a-kind decorative tables with comic book and movie themes.

Blair is an art teacher who shares a love for comic books based on art and reading.

"Comics offer fantastic illustrators, plus out-

of-this-world fiction," Blair says. "It's the perfect combination!"

She hopes to offer classes at the store in the future.

A giant mural, an extensive collection of comics and related merchandise, and life-size sculptures, including the Creature from the Black Lagoon, are sure to capture your attention when you pay a visit to this unique new store at 141 Main St.

For more information, please visit [www.repetes.org](http://www.repetes.org).

**PET OF THE WEEK DUKE**

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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