A salute to the fallen

Region — This Memorial Day, there will be no parades, no big family get-togethers to acknowledge the day, but there are still personal opportunities to pay tribute to the men and women who gave their lives in the name of freedom.

In honor of all who have fallen, it is in either World War, Korea, Viet Nam, the Gulf Wars, or any of the conflicts to pay tribute to the men and women who continue to serve the nation in the name of freedom today.

“In Flanders Field”

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly.

In Flanders fields the dead
Loved and were loved, and now we lie
In Flanders fields.

In Flanders fields.

To you from failing hands we throw
The torch; be yours to hold it high.

In Flanders fields.

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Spaulding Spirit Award presented to all staff members

NORTHFIELD — Spaulding Youth Cen-
ter is thrilled to present its most recent Spauld-
ing Spirit Award to all Spaulding staff mem-
bers. Typically, this post-nominated recogni-
tion is presented at each quarterly staff meet-
ing to one employee who exempli-
ifies Spaulding Spirit and makes peers prou 
by working with their side. Due to current gathering 
size restrictions as well as health and safety guid-
elines, this announcement 
was made by the organi-
zation’s President & CEO, Susan C. Ryan, in a spe-
cial virtual message sent to all staff members (https:// 
youths.6aF9Axlh7ek).

The unprecedented award presentation to all 
staff members is a response to the incred-
ible care and dedication Spaulding employees have continued to demon-
strate during the current COVID-19 crisis. Each program on our campus 
continues to collaborate seamlessly and efficiently 
to ensure Spaulding can continue providing the programs and services to support the children and families who need us most. Below are just a few examples of what has been achieved in the past eight weeks.

Residential Our res-
idential team are our 
front-line staff mem-
ers, having the safety of 
their home and care 
and attention to our 
residential students. This includes helping 

students with their educ-
ation, work, chores, 
playtime, bedtimes stories, and much more. Because of the devoted staff, our 
children feel safe and sup-
ported during this uncer-
tainty time.

Academic Our spe-
cial education teachers achieved a quick 
and successful transition to remote learning. Using tools like Google Class-
room, Spaulding teachers and specialists provide virtual instruction and guidance to students. For our residential stu-
dents, our on-campus staff engage and support students in their new 
aesthetic environment. Spaulding teachers also meet virtually weekly with School Principals & Special Education Di-
grants Cilina Silva to continue developing tech-
iques and discussing best 
approach in preparation for comprehensive educa-
tional programming to our students and support them.

Clinical Services Our 
clinical staff continues to sup-
port students and families both on and off campus. Some are students who are off campus, updates, and answers. The video virtual 
resources and updates via email keep the Spaulding web-
site pages. They also orches-
trate staff appreciates on 
campus to share ideas and thank 
them. Support also comes from 
other Spaulding programs.

COVID-19 crisis 

At Spaulding, most of our programs and services continued to be provided at levels necessary to serve our kids. Our team adapted by 
early and on, despite the uncertainty of their futures. Administration 

Most of our administrative 
staff were transitioned to work from home during the pandemic and their ef-
sorts have continued to be 
valuable and appreciated by our clients, staff, and families.

Information services staff have continued to support the 24/7 

Spaulding Youth Center’s 

COVID-19 Crisis Help 

Our Spaulding Youth Center’s 

COVID-19 Crisis Help line has continued to be a vital 

resource for families both on and off campus. The Center has distributed 

approximately 4,000 face masks and 2,000 hand sanitizers.

Resources have continued to be made available to families, including A

Academic: Services are offered to students to ensure that academic goals are met. 

Audiology: Services are offered to students to ensure that their auditory 

goals are met. 

Behavioral: Services are offered to students to ensure that their behavioral 

goals are met. 

Developmental: Services are offered to students to ensure that their 

developmental goals are met.

Food Services: Our food services team continues to 

pay attention to the needs of residents. We have changed meals to meet the needs of 

their diets, and the cafeteria has been designed to ensure that residents are able to 

maintain social distancing while eating.

Our 

Spaulding

Youth

Center

is

a

leading

provider of services for children and youth with emotional, behavioral, 

and developmental challenges.

In addition, Arianas, Spec-

ial Necker Center and those who have experienced significant trauma, abuse 

or neglect. Services in-

clude academic, resil-

ience, social, commun-

ity, foster care, and 

family support. Estab-

lished in 1991 and 

focused on meeting the needs of our clients.

Services include 

oral health, speech, and 

physical therapy.

The center provides a variety of 

services, including education, 

therapy, and family support.

The center has been providing 

services for children and youth with emotional, 

behavioral, and-developmental challenges.

Spaulding Youth Center is a leader in the field of 

behavioral health and 

special education services. 

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services for children and youth with emotional, 

behavioral, and-developmental challenges.
GILMANTON — Gil- manton Historical Society will announce its 2020 summer programs on May 22. To register for programs, call 603-528-7700.

Nancy Trousdale of Tilton receives University of Nebraska-Lincoln degree

LINCOLD, Neb— Nancy Trousdale of Tilton was among 3,547 Midlanders who received degrees from the University of Nebraska-Lincoln during a virtual graduation celebration May 9.

Trousdale earned a Master of Sciences in the Office of Graduate Studies. The May graduates are from 54 countries, 41 states and Puerto Rico, and 250 Nebraska communities.

All May 2020 graduates are invited to participate in a future commencement ceremony.

For a complete list of graduates, visit https://go.unl.edu/grads-may20.

Dr. Robertson works with nearly all models and can provide the service you need. Call us today at 603-528-7700. You will be glad you did.

Belmont Police Log

BELMONT — The Belmont Police Department reported the following arrests during the week of May 8:

Craig E. Hart, age 40, of Belmont was arrested on May 8 for operating a vehicle with a Suspended or Revoked license, which is a misdemeanor.

Kevin M. Townsend, age 46, of Laconia was arrested on May 13 for being a Felon in Possession of a Dangerous Weapon.

Open Sesame!

At Audiology Specialist, we are here to help you hear. Our Doctor of Audiology, Laura O’Brien Robertson, Au.D., has provided professional hearing care to meet your individual needs since 1992. If increased time at home has brought with it an observation that you or someone close to you is not hearing well, we are here to help. Dr. Robertson performs expert hearing evaluations, using modern test equipment. If needed, she provides new hearing instruments with choices from state-of-the-art to economical models.

If you already have hearing aids but are not hearing as well as you would like, Dr. Robertson works with nearly all models and can provide the service you need. Call us today at 603-528-7700. You will be glad you did.

Belmont, NH 03220

August 25: “History of Gilmanton’s Kitchen Barns.” For years, the Kitchens, will tell us about the first families who helped make Gilmanton a town for summer visitors.

Sept. 22. “History of Jones’ Mills.” Jan Jones, will bring us a variety of Jones’ Mill stories.

Diplomas will be mailed to graduates. The celebration can be viewed at https://go.unl.edu/digitaldiploma.

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Belknap Mill hosting virtual art exhibit

By Larry Scott

Thirty years ago – May 21, 1990 – I was finishing my first year as an intern in Winnisquam with Mercer Transportation, Inc., a company that owned and operated Lake Winnipesaukee, flying tugs, and about to head to New Hamp- shire to visit my daug- her’s career and my own. I was 22 and I could only hope that something good would come of it.

Looking back, I think the next several years with Thosmia as my observation base then move to the Seattle area to live on Angelica, my 40-foot sailboat. With a live on Angelica, my 40-foot sailboat. With a

By Larry Scott

Belknap Mill hosting virtual art exhibit

May is American Stroke Awareness Month, and as the fifth leading cause of death in the United States, un- derstanding how to manage or prevent a stroke can save lives.

A stroke occurs when blood flow to part of the brain is interrupted, causing a loss of oxygen and nutrients to those cells. The longer the cells are deprived of these essentials, the greater the risk of damage. Fast Action Stroke Team (FAST) is a program created in 2015 by The National Stroke Association (NSA) to encourage immediate assessment of stroke symptoms and quick medical consultation if stroke is suspected.

According to the American Stroke Association (ASA), in 2015, 15 percent of Americans knew the signs of a stroke.

The ASA recommends that individuals familiar with these symptoms should call 9-1-1 immediately, even if the symptoms are only temporary or appear only on one side of the body.

According to the ASA, stroke is a leading cause of death in the U.S., killing an estimated 155,000 people each year. It is also the leading cause of long-term disability in the U.S., affecting more than 1 million people annually.

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The signs of a stroke include:

- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 9-1-1

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Not so long ago, in terms of generations, it was accepted practice in some rural areas to try to abort raptors out of the sky. Thus any hawk, buzzard, the bigger, the better—was seen as fair game.

The idea of such a thing almost makes me shudder today. Yet I well remember a casual conversation with a dairy farmer just down the road.

Like most farmers, he was a good shot, and he used to do a little hunting, too. He shot a lot of hawks, and had far-famed prowess and reputation on both sides of the hill. Like everyone who owned and worked the land, he felt it open for all to enjoy.

I happened by one day just as he was putting his tractor into the front dooryard, and stopped to say hello. He had a weathered rifle on a rather high side of the tractor, and within it was some sort of weathered rifle.

I glanced at the old Winchester. "Oh, that’s fine. My son fish, hawk, fish," he said, tilting his head back for a look at the sky. "I used to be able to hit ‘em, first time.”

Now, it’s worth remembering this man’s origins and the times. He grew up before the Depression, well before the Rural Electrification Act, which complement included chickens, hence the "chickens on hawks," and large numbers of hawks, which often killed off newborn lambs.

Thus, it was an open season on any predator, raptors included. Shooting one—fisher, fox, hawk, chicken—was as natural as hosing the garden or milking the cows.

That banned yard was in the mid-1960s. Within a very brief time in the early ’70s, I’d find myself sitting with John Lamir, high atop a ledge in the White Mountains, doing a story for the New Hampshire Fish and Game News about the offer to retrieve Peregrine falcons to their original New Hampshire grounds. Lamir had been a lifelong friend, never able to forget the dangers of going solo.

John was chief wildlife biologist for the New Hampshire Fish and Game, and was working on the falcon project with Audubon, Cornell University, UNH, and the New Hampshire Fish and Game. A key part of that project was removing eagles—mostly hatchling chicks in cliffside nests.

Several UNH grad students and a professor or two were up on the ridge and occasionally rolling small pieces of chicken down PVC pipes to play into handmade nests, harboring barely fluffed, beak-exposed chicks. It was a festive atmosphere to watch the young ones living and working up there thought it was a job well done, and rejoiced in it all.

Today falcons are gradually reclaiming their former habitat, John, who became a living friend, never stopped scanning cliffsides for the telltale signs of raptors’ nests.

Eagles, meanwhile, have just as eagerly reclaimed more and more of their original territory. Now, I’m dating myself when I say that I can remember when eagles were as rare in New Hampshire that wildlife officials thought there was only one nesting pair left.

This pair annually returned to a legendary nest atop an ancient pine stub on the northeast corner of Umbagog a big lake in New Hampshire bordering Maine. Longtime game wardens always knew where to look. The eagles had been there for years, and everyone took them there by boat, and I went there a few years later by cause.

Public interest in these iconic animals of a seemingly lost past have been great. Fish and Game and volunteers placed warning signs and asks the public to stay back. Still they came, and watched and photographed from afar.

Fast forward to today, when eagles are common enough along the Connecticut and Androscoggin rivers to cause traffic jams for the boaters to stay well upstream. (Photo by Judy Lombardi, courtesy NH Audubon)

Eagles have even established a nest in Concord, the state’s cap-

The University of Tampa
Ryan Freier, of Tilton, graduated Magna Cum Laude with a Bachelor of Science in Biochemistry.
Megan Sargent, of Belmont, graduated Magna Cum Laude with a Bachelor of Science in Allied Health.

For the first time ever, due to the unprecedented circumstances that the COVID-19 pandemic has brought upon college campus life, The University of Tampa hosted a virtual commencement to honor its graduating class of nearly 1,752 students.

"It’s been a job worth doing," said Megan Sargent, of Belmont, saying the act of watching birds has changed from ten to 20 years later by canoe.

The University of Tampa is a private, com-
mprehensive university located on 110 acres on the riverfront in downtown Tampa known for academic excellence, personal attention and real-world experience in its undergraduate and graduate programs. University Admission accepts approximately 10,000 students from 100 countries and about 50 states.

Sources of all New Hampshire for 55 years. 288-5819

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Why Should You See a Financial Advisor?

Some do it for tax advice, others because they want to learn more about retirement planning, and some just want to see what kind of financial services are available other than the ones they currently have. But did you know that financial advisors can help with more than just your financial needs? They can help you reach your financial goals by providing personalized advice, helping you to manage your investments, and managing any other financial issues you may have.

A financial advisor can help you understand your current financial situation and how to achieve your future goals. They will analyze your income, expenses, and debts to help you create a comprehensive financial plan. They can also help you plan for retirement, save for college, and make larger purchases.

Another benefit of seeing a financial advisor is that they can help you manage your investments. A financial advisor can provide advice on which investments are best for your goals and can help you diversify your portfolio to reduce risk.

In conclusion, financial advisors can help you achieve your financial goals by providing personalized advice, helping you to manage your investments, and managing any other financial issues you may have. If you’re not sure where to start, a financial advisor can help guide you in the right direction. Don’t wait to take control of your financial future, contact a financial advisor today.
especially considering something special for all of us to get through this together trying to be strong and to

“Because we can't help but see on one another right now, it's nice to see this and physically reach out to behind us all,” Rolfe said.

“Winning this award is truly an honor, and I would not have received,” said Miles. “I am very grateful to have gone through all of my school's work. I have worked with Welly through all four years of high school, many times, juggles sports, and I feel very, very, very, very, very, very, very, very, very, very, very, very

The type, amount, and quality of a stroke depends on the part of the brain affected and how quickly someone receives treatment, but strokes are a medical emergency that can be life threatening. People who do not get to a hospital are still at risk to a range of effects including weakened and pain, changes in their thinking, perception, vision, learning difficulties, memory, personality or behavior, appearance problems or death.

The National Stroke Association suggests the age of 45. If you are 45 or older, you should remember the symptoms of stroke. It can save a loved one's life. People who have a stroke may be still at risk to have a heart attack. People who have a heart attack are still at risk to have a stroke.

Any senior starting a new exercise plan should consult with their physician. And, it is helpful to family members and friends of the care team to assist and support health care activity in any way they can.

For those that are physically able to begin building, exercising, stretching and balance can help improve their flexibility, even in small amounts, and indoor, outdoor, with or without equipment. There are several exercise routines available online that include yoga or stretching routines specifically for seniors.

Balance exercises—There are a variety of ways to incorporate muscle strength, balance, stretching exercises, and more to improve balance and overall physical activity.

Those that need a little assistance getting started should not hesitate to reach out to their doctor or caregiver. It is never too late to adopt an active lifestyle.
5 ways to leave a lasting legacy

It is customary for people to take inventory of their lives as they grow older, wondering about their impact on the world and the people closest to them. Legacy is often the story of one’s life and the things he or she did through the years.

The good thing about a legacy is it is never too early to begin planning. The following are some guidelines that can help people establish lasting legacies in physical and financial spheres.

• Keep track of your story: Grab a journal and start jotting down events that occurred in your life. Mention particular achievements or notable moments that occur from day to day. Popper these accounts with stories of your family and childhood to start establishing an autobiography of sorts.

• Consider your daily activities: Even though people may imagine it is the grand gestures that are remembered most, quiet, simple acts that make the most impact. Think about the way you interact with others each day and every day. Smile at people, compliment others and offer positive advice when it is sought.

• Research investments: That are profitable. If the goal is to make money to leave for future generations, investigate your options. These include assets that have retained their value. According to NewRetire.com and Stepping Stone Financial, inc, vacation homes mean a lot to families and they also can be a source of future income. Rented or sold. Speaking with a financial advisor can be a sound way to invest the right way to accumulate assets that can be passed down as a legacy.

• Name children or other relatives as beneficiaries on Individual Retirement Accounts (IRAs). With Roth IRAs, beneficiaries are tax-free as long as the person who set up the IRA, not the five-year holding period for contributions and conversions. Beneficiaries can have five years to take out money from the account, otherwise, they can convert the plan to an Inherited IRA, which stretches out distributions over their lifetime expectancy according to Investopedia, an online financial resource.

• Write a legacy letter: A legacy letter is a way to speak directly to loved ones and say all those things that you had wished you told them earlier but maybe didn’t find the words or perhaps never had the time, according to Forbes. The letter ensures others know just how much joy they brought to your life and the pride you had in knowing them. Leaving a legacy is something people start to think about as they grow older, but it’s easy to start planning a legacy regardless of your age.
Thank you to all our service men & women past & present. From all of us at

Thank you to all who have served our country!

Thank you to all who have served our country!
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**Classifieds**

**Thursday, May 21, 2020**

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**Meriden News/The Record Enterprise/Winnisquam Echo**

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**GOT A HOUSE FOR SALE?**

Look for that new home in our real estate section.

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**Real Estate**

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**All real estate advertising in this newspaper is subject to the Federal Fair Housing Law which makes it illegal to make, print, or publish any notice, statement, or advertisement with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, national origin, or an intention to make any such preference, limitation, or discrimination.**

(This Fair Housing Act of 1968 at 42 U.S.C. 3604(f))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To comply with discrimination call HUD toll free at 1-800-869-7742.

For The Washington DC area, please call 275-9200. The toll free telephone number for the HUD hotline is 1-800-927-9277.

You may also call The New Hampshire Commission for Human Rights and Opportunities at 603-271-2762.

The Commission at 603-271-2762 Concord, NH 03301

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

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**Lots for Sale!**

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**World Class Retreat!**

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**A Win in the West!**

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**A9**

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**Thursday, May 21, 2020**

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**Classifieds**

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**Meriden News/The Record Enterprise/Winnisquam Echo**

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Gorham, Conway, Ossipee, Concord, & Bethel ME

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**STEEL ERECTORS, Metal Roof & Sidling Installers Foreman, Leadmen And Laborer Positions**

Will Train. Valid Driver’s License required. Application available at:

123 Train Street
Bosworth, ME 04009

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**NEWFOUND AREA SCHOOL DISTRICT**

**2020-2021 School Year**

**Professional & Support Staff**

- WMRHS Athletic Trainer
- Humanities/Driver Teacher Secretary/Data Assistant/Registrar

**DENT**

- ESC Teacher
- Certified Speech Assistant
- Administrative Aide, Superintendent of Schools
- Director of Student Services
- HR/Personnel Manager

**VARNEY-SMITH Lumber Company, Inc.**

**INSIDE SALES PERSON**

Duties to include:

- Retail sales of lumber & building materials, windows, doors, cabinets as well as customer service.
- Must be conscientious, self-motivated, good with people, a team player
- Must have knowledge of the building industry
- Able to lift a variety of building materials

Preference long-term employee

Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at

2701 Route 302, Lisbon, NH 03585

No phone calls please.

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**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**

**2020-2021 School Year**

**Professional & Support Staff**

**LANCASTER ELEMENTARY SCHOOL**

- Principal
- Long-Term Substitute Teacher - 4th Grade (5/20 to 12/20)

**WHITEFIELD ELEMENTARY SCHOOL**

- Specialized Paraprofessional
- Long-Term Substitute Art Teacher (Mid-August through late October)

**WMRHS**

- Athletic Trainer
- Humanities/Driver Teacher Secretary/Data Assistant/Registrar

**DISTRICT**

- ESC Teacher
- Certified Speech Assistant
- Administrative Aide, Superintendent of Schools
- Director of Student Services
- HR/Personnel Manager

**NEWFOUND AREA SCHOOL DISTRICT is looking to fill the following coaching positions for 2020-2021:**

- **Newfound Regional High School**
  - Varsity Girls Soccer Coach
  - Baseball Coach
- **Newfound Memorial Middle School**
  - Girls Basketball Coach
  - Assistant Football Coach
  - Volleyball Coach
  - Field Hockey Coach
  - Girls Soccer Coach

If interested, please send a letter of intent, resume, and names and phone numbers of three references to:

Stacy Buckley- Superintendent
Newfound Area School District
20 North Main St.
Bristol, NH 03222

Questions should be directed to Alex Sobolov, Athletic Director at sobolov@swa.org or 774-0055 x1387.

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**IMMEDIATE OPENINGS**

**SAWMILL AND PLANER MILL WORKERS**

**IMMEDIATE OPENINGS**

**PRECISION LUMBER INC.**

**DAYTIME SHIFT BENEFITS INCLUDE**

- VACATION, SICK AND HOLIDAY PAY, INSURANCE
- 401K PLAN, ATTENDANCE BONUS

Apply in Person or email precisionlumber@lumber.com

to request us to email an application

576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM

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Call our toll-free number

1-877-766-6891

and have your help wanted ad in 11 papers next week!
FOR ADVERTISING INFORMATION CALL 603-279-4516

Classifieds

VACANCIES
BERLIN PUBLIC SCHOOLS
Berlin, NH

Berlin Middle High School
Assistant Principal
General Special Education Teachers
Chemistry Teacher (Y-12)
English Teacher (6-8)
Science Teacher (6-8)

Berlin Elementary School
Grade 5 Teacher

Applicants must be NH Certified or Certifiable. Interested individuals should send a letter of interest, resume, 3 letters of reference, transcripts, copy of certification and completed application (located at www.sau3.org) to Julie King, Superintendent, 183 Hillsside Ave., Berlin, NH 03570 or email hr@sau3.org. EOE

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Wanted Merchandise
LIBRARY OLD BOOKS, old maps, old documents, old family letters, old photographs. Single items or entire libraries considered. No problems with burns, attics or cellars.
Dave 569-5738, dhreis@hotmail.com

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WINNISQUAM ECHO May 21, 2020

I BUY OLD BOOKS, MERCHANDISE

For Advertising Call (603) 444-3927

SPREAD THE WORD!

TO REQUEST INFORMATION OR RECEIVE AN APPLICATION BY MAIL CONTACT:

COMMON MAN COMMONS
48 West Street, Ashland, NH 03217

RIVERVIEW VILLAGE
230 Fairgrounds Road, Plymouth, NH 03264

CAMPTON MILLS
349 Owl Street, Campton, NH 03223

SENIOR HOUSING

GSIL is seeking compassionate, dependable individuals to assist consumers in their homes with personal care, light housekeeping, grocery shopping, errands, etc. We offer flexible scheduling and opportunities to work full time, part time, or just a few hours a week if you’re just looking for a little extra income.

Experienced with personal care is helpful, however, training is provided.

Please contact Ashley at 403-568-4950 for more information.

A background check is required.

GSIL is an EOE

PERSONAL CARE ATTENDANT

SOCIAL SERVICES

We have immediate openings for positions as Personal Care Attendants. Shifts are available for full time, part time, or if you’re just looking to assist consumers with personal care, light housekeeping, grocery shopping, errands, etc. We offer flexible scheduling and opportunities to work full time, part time, or just a few hours a week if you’re just looking for a little extra income.

Experienced with personal care is helpful, however, training is provided.

Please contact Ashley at 403-568-4950 for more information.

A background check is required.

GSIL is an EOE

Hebron Bridgewater Refuse District

Seasonal Laborer position available – Part-time; 20 hours per week, through Labor Day.

Flexible schedule – Two 10-hour days per week, from Friday to Saturday or Monday. You choose which two days.

This is a seasonal, part-time laborer position available at the recycling facility located in Bridgewater.

The Hebron-Bridgewater Refuse District is currently accepting applications for a seasonal part-time laborer to assist with the pick-up of recyclables at the recycling facility located in Bridgewater.

Work will be performed under supervision at all times. The Applicant must have the ability to establish and maintain effective working relationships with supervisors, subordinates, town officials, and the general public.

High School Diploma or a GED is required. Must possess the physical strength and ability to perform necessary duties pertaining to the job requirements.

Must have a telephone in the home or must have immediate access to a cell phone.

Essential Job Functions (as specifically noted, the following functions are considered essential to this position. The listed examples may not include all duties for this position):

• Work associated with the operations and maintenance of a town solid waste and recycling facility.
• Proper use of hand tools in the maintenance and functions of the recycling facility such as shovels, saws, hammers and the like.

• Must be able to lift 50 lbs on a frequent basis.
• The performance of other duties as required to carry out the mission of The Hebron-Bridgewater Refuse District and to promote the credibility and confidence of the district to the public.
• Perform other related duties as assigned. Resumes will be reviewed as received. Position open until filled.

Please send resume and cover letter to:
Hebron-Bridgewater Refuse Refuse District
279 Mayhew Turnpike
Bridgewater, NH 03222

The Hebron-Bridgewater Refuse District is an equal opportunity employer.

GOOD PAY FOR HARD WORK
SHORT TERM OR LONG TERM AVAILABLE

King Forest Industries, Inc., located in Wentworth, NH, is currently seeking applications for full-time, part-time and seasonal laborers and laborers. Should be able to lift 50 lbs.

As a full-time employee we will provide health insurance benefits. We offer paid holidays and production bonuses. King Forest is an equal opportunity employer.

If you wish to apply complete an employment application, which can be downloaded from our website or picked up in person and mailed to PO Box 230, Wentworth, NH 03282 or dropped off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

Please send resume and cover letter to:

Resumes will be reviewed as received. Position open until filled.

Bridgewater, NH 03222

53 East Side Road • Wentworth, NH • www.kingforest.com

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For Advertising Call (603) 444-3927

Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!
Senior volunteers to be honored for service

CONCORD — The New Hampshire Department of Health and Human Services (DHHS), the New Hampshire State Commission on Aging, and EngAGING NH announce this year’s recipients of the Older Adult Volunteer Awards. To align with social distancing guidelines issued by the Centers for Disease Control and Prevention around COVID-19, the award ceremony will be held at a later date.

“Here in New Hampshire, we take pride in our communities and in our efforts to ensure that all Granite Staters are able to live and age with dignity in the comfort of their communities,” said Gov. Chris Sununu. “As we face a public health crisis of unprecedented proportions, the work done by individuals like the recipients of this year’s Awards has become more important than ever before. We cannot thank you enough for all that you have done to strengthen New Hampshire’s communities.”

Each May, during Older Americans Month, the Commission on Aging recognizes individuals or couples age 60 or older from each of New Hampshire’s ten counties for their outstanding volunteer efforts on behalf of older adults and others in their communities. This year’s recipient from Belknap County is Chris Ray of Gilford.

For more information about the award, please contact Roger Vachon at 223-6903.