

# Belmont stars shine at Division III State Meet

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Belmont track team put up some impressive performances at the Division III State Meets last week. This year, to keep the number of athletes to a minimum, the meet was divided into two, with the girls competing on Tuesday, May 25, and the boys competing on Wednesday, May 26, both at Gilford High School.

In the 100 meters for the girls, Emma Winslow finished in fourth in the preliminaries with a time of 13.63 seconds and took third in the finals in 13.67 seconds.

Winslow also added a second place finish in the long jump, leaping 15 feet, eight inches.

Jada Edgren ran to fifth place overall in the 200 meters with a time of 28.32 seconds and she also placed ninth in the triple jump at 31 feet, 4.25 inches.

Molly Sottak threw her way to sixth place

in the shot put with a toss of 29 feet, 10 inches, while in the discus, Emma Roberts finished in 11th place at 66 feet, 11 inches.

The Belmont 4X100-meter team of Winslow, Edgren, Cate McDonald and Deanna Bourque finished in third place with a time of 54.24 seconds.

Aurora Couto finished in 10th place in the 3,200 meters, crossing with a time of 12:52.59.

Overall, the Belmont girls finished in 10th place, with Hopkinton taking the win and Newfound finishing in second place.

The boys' meet didn't get to finish, as there were two events still being contested when Mother Nature brought in a storm that featured plenty of thunder and lightning. The high jump and the triple jump were set to finish after early holiday deadlines at Pelham High School during



Bryce Hall goes over the bar during the Division III State Meet high jump.

JOSHUA SPAULDING

the Division II State Meet. Belmont's Kaden Jewell was competing in the triple jump while Bryce Hall was still competing in the high jump.

William Riley ran his way to second place in the 3,200 meters, finishing in a time of 10:25.54. Brian Miles finished in third place in the dis-

cus with a toss of 123 feet and added an eighth place in the shot put with a toss of 38 feet, 8.75 inches.

Micah Edgren ran to

fifth place in the 400 meters, crossing in a time of 54.03 seconds.

In the 100 meters,

SEE **MEET**, PAGE A7

## NHSaves Virtual Button Up Workshop presented by Gilmanton Energy Committee

GILMANTON — Button Up New Hampshire, the popular home energy savings workshop series is coming virtually to the Gilmanton Area. It will take place on Zoom with screen and audio over the internet, on Tuesday June 8 from 7-8:30 p.m., including a live Q and A time. The workshop is hosted by the Gilmanton Energy Committee, The Gilmanton Library and Solarize Gilmanton and it is sponsored by NHSaves and coordinated statewide by the Plymouth

Area Renewable Energy Initiative (PAREI).

NHSaves is a collaboration of New Hampshire's electric and natural gas utilities (Eversource, Liberty Utilities, NH Electric Cooperative and Unitil). The utilities are working together to provide NH customers with information, incentives, and support designed to save energy, reduce costs, and protect the New Hampshire environment. PAREI of Plymouth is working with local groups

around the state to bring these workshops to the public on behalf of New Hampshire's utilities.

This NHSaves Button Up Workshop is a one-and-a-half-hour presentation about how to improve the energy efficiency of your home. It is conducted by a certified energy auditor and covers basic building science principles as well as examples of whole house weatherization measures that will

SEE **WORKSHOP**, PAGE A6

## HealthFirst Family Care Center welcomes Kelley Watkins, APRN



Kelley Watkins

FRANKLIN — HealthFirst Family Care Center is pleased to announce that Kelley Watkins, APRN, is joining its team and is now accepting new patients.

Watkins received her Master of Science degree from the University of NH and became a board-certified Family Nurse Practitioner in 2014. She has a deep passion for and will be working primarily with-in HealthFirst's Medication Assisted Treatment (MAT) and Substance Use Disorder (SUD)

viduals with disabilities and/or complex chronic conditions, children and adults with comprehensive health maintenance, and adolescent and young adult care. Additionally, she is certified to perform DOT physicals for companies/individuals in need.

Medication Assisted Treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use

SEE **WATKINS**, PAGE A6

## Bears rally, but come up short in Plymouth



Maddy Gilbert makes a throw from second base in action last week in Plymouth.

JOSHUA SPAULDING

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — Under the lights at D & M Park on Monday, May 24, the Winnisquam softball team finished strong, but a strong start from the Plymouth Bobcats led to the hosts pulling out a 10-4 win.

"This is the time of the year where we should be moving forward," said Plymouth coach Brian Blanchard. "But we got some playing time in for everyone tonight."

"We've grown as a group, we still have a lot of work to do, but they've stuck together," said Winnisquam coach Mark Dawalga. "I was proud of them, they came out and competed."

The Bears got a lead-off base hit from Lily Auger, but Plymouth

shortstop started a 6-3 double play to help the Bobcats get out of the inning with no trouble.

Boyd then led off the bottom of the inning with an infield hit, stole first and second and came home on a delayed steal of home. After Winnisquam starter Laura Slate got a strikeout, Jasmine Torres tripled. Auger made a great catch in left field for the second out, but an Abby Bassingthwaite base hit pushed the lead to 2-0 before Slate got a line drive to center to end the inning.

Rebecca Kulengosky led off the top of the second with an infield hit, but Plymouth pitcher Riley Flaherty bounced back with three consecutive strikeouts to end the inning.

SEE **BEARS**, PAGE A6



# Bear track boys earn solid finishes at State Meet



**Dylan Robert had a top-five finish in the 1,600 meters in last week's Division III State Meet.**



**Joey Damato runs the leadoff leg of the 4X800-meter relay last week in Gilford.**



**Lucas Robdau leaps in the triple jump at Gilford High School last Wednesday.**



**Riley Mann hands off to Jacob Seavey in the Division III State Meet 4X400-meter relay.**

**BY JOSHUA SPAULDING**  
Sports Editor  
GILFORD — The Winnisquam track boys put up a solid showing at the Division III State Meet, held at Gilford High School on Wednesday, May 26.  
The meet was close to concluding when Mother Nature interfered, bringing thunder and lightning to the area

and forcing officials to bring the meet to a halt. The high jump and the triple jump were still being contested and were scheduled to be wrapped up after the early holiday deadline on Saturday at Pelham High School at the Division II State Meet. Winnisquam's Lucas Robdau and Leighton Morrison were competitors in the

triple jump while Aidan Donahue was a competitor in the high jump, but had been eliminated by the time the meet was called off.  
Donahue did finish in third place in the 200 meters, crossing the line in a time of 24.5 seconds.  
Dylan Robert ran to fourth place in the 1,600 meters, finishing in a

time of 4:51.69.  
Jacob Seavey picked up a point in the 400 meters, finishing in sixth place with a time of 55.15 seconds and Patrick Goodwin finished in eighth place with a time of 55.61 seconds.  
The 4X400-meter relay team of Joey Damato, Robert, Riley Mann and Seavey finished in

fourth place with a time of 3:49.05.  
In the 4X800-meter relay, the same four runners teamed up to finish in a time of 8:41.69 to place second overall.  
Mann finished in eighth place in the 800 meters in a time of 2:13.9 and Evan Griffin finished in 11th place in 2:20.28.

All top three finishers qualify for the Meet of Champions, which will be held on Saturday, June 5, at Sanborn Regional High School in Kingston.

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

## Bears rally, but come up short in Plymouth

**BY JOSHUA SPAULDING**  
Sports Editor  
PLYMOUTH — The Plymouth baseball team scored four times in the fifth inning and then held on as Winnisquam scored twice in the top of the sixth. The Bears couldn't quite pull even and Plymouth took the 4-3 win in a game on Monday, May 24, in Plymouth.  
The Bears got on the board in the top of the first inning, as Chaz Hibbert drove in a run with a groundout and that 1-0 lead held up until the bottom of the fifth inning, when the Bobcats put up their four runs.  
The highlight of the inning was a homer off the bat of Henry Shaw, while Colin Roper drove in a pair of runs and Andrew Baxter also drove in a run.  
Offensively, Hibbert

for the Bears and Cole Johnston for the Bobcats each had a pair of hits to lead the way.  
Both pitchers went the distance for their respective teams, with Baxter pitching seven innings and striking out 10 while allowing just five hits for the Bobcats. Marcus Korenkiewicz took the mound for the Bears and went the full six innings, allowing just seven hits and striking out four.  
The Bobcats were slated to open the Division II tournament after deadline on Monday, May 31, against Kennett. If they won that game, they'd be at Merrimack Valley today, June 3, at 4 p.m. The winner of that game moves on to play either Kingswood or Laconia on Saturday, June 5.  
The Bears are scheduled to open the Division

III tournament today, June 3, hosting either Belmont or White Mountains. The winner of that game moves on to face either Berlin, Newfound

or Inter-Lakes on Saturday, June 5.  
*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

## Raiders swing the bats, but come up short in Wolfeboro

**BY JOSHUA SPAULDING**  
Sports Editor  
WOLFEBORO — The Belmont baseball team ran into a tough Division II Kingswood squad in the final week of the regular season, dropping a pair of games to the Knights.  
After falling 11-0 in Belmont to start the week, the Raiders traveled to Wolfeboro and fell by a 9-3 decision to close the week.  
Kingswood scored a pair of runs in the bottom of the first, but the Raiders answered with two of their own in the top of the second inning. Kingswood then added five in the bottom of the third to pull away, adding another in the bottom of the fourth before each team scored a run in the sixth inning.  
On the positive side, the Raiders did manage 11 hits, with Jonny Phillips leading the offensive charge with three hits on the day. Jason Gaudette Jr, Jason Roberts and Liam Waldron all had a pair of hits.  
Nate Sottak started on the hill for Belmont and allowed seven runs on seven hits in three innings. Matt Krasnecki pitched a pair of innings for the Raiders.  
Belmont was scheduled to open the Division III tournament after deadline Monday against White Mountains. The winner moves on to visit Winnisquam on Thursday, June 3, for a 4 p.m. game. The quarterfinals are Saturday, June 5, against either Berlin, Newfound or Inter-Lakes.

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**THE WINNISQUAM ECHO**  
PUBLISHED BY  
SALMON PRESS

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USPS 024-975

The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.

POSTMASTER:  
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.



# Winnisquam Regional High School recognizes bear pride winners

TILTON — Congratulations to Winnisquam Regional High School Quarter 3 bear pride recipients, and thank you to our community sponsors Franklin Savings Bank and Tilton House of Pizza.

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# Belmont softball breaks out the bats to beat Kingswood

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Belmont softball team came out swinging on Monday, May 24, rolling to a 13-1 win over Division II Kingswood.

The visiting Knights scored first, plating a run in the first inning, but that was the lone run they would score, as Morgan Hall settled in and shut the visitors down the rest of the way.

Belmont scored four in the first inning and added four more in the second inning before putting up three in the third and one in the fifth, finishing things out with one run in the sixth in-

ning for the 13-1 win.

Morgan Hall and Rebecca Fleming led the charge for the Raiders on the offensive side of things, as they each pounded out three hits. Courtney Burke and Lena Rodrigues each added a pair of hits in the game.

In the circle, Hall went all six innings, striking out 12 and allowing just five hits. The defense sparkled behind her, not committing a single error.

Three days later, Belmont put 14 runs on the board and knocked off the Knights by a 14-11 score.

Belmont scored eight

times in the top of the first inning and never looked back, adding four in the third and one each in the fifth and seventh innings.

Kingswood scored twice in the bottom of the first and three times in the bottom of the second before adding six in the bottom of the fifth.

The Raiders brought the bats out again, as they had 13 hits on the day, with Burke leading all Belmont batters with three hits on the day, while Hall, Rodrigues and Fleming all had a

pair of hits.


Kelley Allen started in the pitching circle for the Raiders, going three innings, striking out three and giving up five runs on five hits. Hall took over in the circle, striking out four.

The Raiders were slated to open the Division III tournament after deadline on Wednesday, June 2, hosting either Berlin or Newfound. If they won that game, they would move on to the next round against either White Mountains or Winnisquam on Sat-

urday, June 5, at 4 p.m.

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

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**Edward Jones: Financial Focus**

Financial tips for the self-employed

Being self-employed has some benefits: You get to choose your own hours, you don't have to count "vacation days" and you'll never worry about getting downsized. On the other hand, you're truly on your own – there's no employer-sponsored retirement plan and no benefits package. So, if you've recently started a business or become a "gig worker," possibly due to the COVID-19 pandemic, what can you do to get on the road to financial security? There are several steps you can take, including the following:

- **Establish a budget.** When you're self-employed – and especially when you're first starting out – you need to keep tight control over where your money is going. So, establish a budget and stick to it.
- **Open a retirement plan.** As a self-employed individual, you can choose a retirement plan, such as a SEP-IRA, a SIMPLE-IRA or an "owner-only" 401(k). When your earnings are limited, you can contribute modest amounts to any of these plans, but when your income rises, you can boost your contributions. While these retirement plans have some things in common, including tax-deferred growth of earnings, they differ in other areas, such as contribution limits, and one plan may be more suitable for you than another, depending on whether you have employees. You may want to consult with a financial advisor to determine which plan is best for your needs.
- **Build an emergency fund.** When you work for a business or other organization, your income is predictable – but that's usually not the case when you're self-employed. And when your earnings are uneven, you can be vulnerable to financial stress when you face an unexpected expense. To help protect yourself from these threats, try to gradually build an emergency fund containing a few months' worth of living expenses, with the money kept in a liquid, low-risk account.
- **Pay down your debts.** Some debts, such as loans to help your business, may be unavoidable – and even productive. But other debts, especially those that can't be deducted from your taxes and carry a high interest rate, are far less useful, so you may want to set up a repayment plan. With your other expenses, you might not be able to whittle these debts down as fast you'd like, but, over time, your efforts can pay off.
- **Put money aside for taxes.** Because no employer is withholding taxes from your paychecks, you will likely have to make quarterly estimated payments. Plus, you're responsible for all your Social Security taxes, which, if you worked for someone else, would be split between you and your employer. To make sure you've got enough money available to pay your taxes, you might want to set up a special account – one that's not used for any other purpose.
- **Get proper insurance.** Depending on the nature of your work, you may or may not need some type of business insurance, but if you have a family, you should certainly consider the need for life insurance, and you may also want to consider disability insurance.

Self-employment can be quite fulfilling – and you'll find it even more rewarding when you make the right financial moves.

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## A history of Memorial Day

When Memorial Day was first celebrated in the aftermath of the Civil War, it was known as Decoration Day. Youngsters would place flowers in cemeteries while they sang songs and honored those lost due to war. The Civil War, that ended in 1865 took the lives of more people than any other war in the history of the United States, the estimate is roughly 620,000 — the Union losing 365,000 and the Confederacy 260,000. History says that more than half of these losses came as the result of disease. As a result, the first national cemeteries were created.

In 1868, General John A. Logan, the leader of an organization for Northern Civil War veterans, called for a nationwide day to honor fallen soldiers. General James Garfield gave a speech at Arlington National Cemetery on the first Decoration Day and the more than 5,000 people in attendance decorated more than 2,000 graves, both Union and Confederate.

The holiday as we all know is celebrated on the last Monday in May, and became an official holiday in the year 1971. Parades across the country take place, and people visit cemeteries where family members who have served in the military have been laid to rest.

At 3 p.m. every year, a moment of silence takes place across the country. In December of 2000, President Bill Clinton signed the “National Moment of Remembrance Act,” which designated the time be at 3 p.m. In 1966, the government marked Waterloo, N.Y. as the official birthplace of Memorial Day. In Waterloo, every business in town would shut their doors and owners would venture out to decorate graves with flags as well as flowers.

Originally, Decoration Day was intended to honor those lost in just the Civil War. After WWI America felt the need, and rightfully so, to honor all those lost serving their country. During the Great War (also known as the First World War), 116,516 Americans died, and 405,399 were lost during WWII. The Korean War took 36,574 lives, and the Vietnam War cost 58,220 lives. A total of 4,411 were lost in Operation Iraqi Freedom, 73 in Operation New Dawn, 2,346 as the result of Operation Enduring Freedom, 48 in Operation Freedom’s Sentinel and 61 in Operation Inherent Resolve.

An estimated 38 million people in America traveled over the holiday weekend, and two and a half million travelers will board flights. Memorial Day is the fourth busiest travel day of the year.

In New York, Washington, D.C., and Chicago you can find the largest parades in the country. Because of the three-day weekend, many Americans were expected to throw parties and barbecues or head out of town for a mini getaway.

## Send your letters!

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

Please include your name, address and phone number.

### STRATEGIES FOR LIVING

## The death of truth

BY LARRY SCOTT

After Tiger Woods had been caught violating his marital covenant and disappointing many who had grown to respect him and admire his extraordinary abilities, the media was finally given access to him. One very sharp journalist asked him this question, “How could you have lied to so many for so long?” And that from a journalist? Anyway, Tiger was quite candid. “Because,” he responded, “I lied to myself.”

In a question and answer session with Christian Apologist Ravi Zacharias, Jeff Foxworthy asked him, “What are some of the biggest lies that our culture tells us today?” Zacharias, to answer the question, brought up this interview with Tiger Woods and said this, “I would have loved to have had a follow-up question. ‘What did you lie to your-

self about? Did you lie to yourself that you would never get caught, or did you lie to yourself that in doing what you did, that’s where lay your happiness?” That, you see, is the deadly lie! The real lie in the system is that you think you can violate the boundaries that God has set and think that in that violation you will find your fulfillment and find your happiness. It simply is not true.” (From YouTube, Ravi Zacharias and Dennis Prager The Death of Truth, the Decline of Culture Q&A).

God made us as we are. Our drives, predispositions and interests come from God himself, built into us from the day of creation. Why would God, you must ask yourself, put such restrictions on our happiness? Why would he do such a thing?

God has given us these boundaries that we might live a balanced

life. The boundaries are there and thank God for them. Without the checks and balances that He has given we are all prone to self-destruct. We live in a day when the mantra of so many is, “We live in a free country; I deserve to exercise my rights!” However aberrant their interests, they call for justification and the validation of their behavior. Sooner rather than later, I fear they are going to discover the answer to some of the questions we have raised. Sin is a terrible taskmaster; you play with fire, Mr., and sooner or later you will be burned!

I am grateful for my Christian heritage. If after death I discover that my faith is bogus, that there is no God, no heaven or hell, no day of reckoning for the Hitler’s and Stalin’s of history, I am still pleased to have discovered what I call “the way of truth.”

Had I not been born into a Christian home, I would have indulged myself on any number of things that are clearly self-destructive. Granted there are some experiences I will never have, some “highs” I will never experience. I am neither bragging nor complaining; I am just profoundly grateful.

So what does one do when caught, as was Tiger Woods. How does one recover? Jesus said, “Come unto me, all you who are weary and burdened, and I will give you rest.” That invitation stands; it was true then, and it is still true today. God’s solution to our deepest disappointments and our most intractable problems has been given; his name is Jesus Christ.

You want to talk about it? Hit me up at [rlarryscott@gmail.com](mailto:rlarryscott@gmail.com).

North Country Notebook

## When Spring Street meant just that, and the highway was not the by-way



By **JOHN HARRIGAN**  
COLUMNIST

*Editor’s note: Mr. Harrigan was unable to submit a new North Country Notebook column in time to meet our press deadline for this week’s edition. The following column was originally published in June 2020.*

There are streets, and then there are roads. Nary the twain should meet, but they often do. The thing is, the two terms are not interchangeable.

They also are not mutually exclusive. Confusion reigns, particularly in the media. Just recently, I saw an absolutely fine piece on cow-plop derbies. It was not at all damaged by the author’s confusion of “road” with “street.” Only a curmudgeon editor would notice (that would be me).

The street I grew up on, Park Street, is a street within the village precinct. But when it leaves downtown, it becomes what most people called it in our growing-up years, the Hollow Road. That’s because it went to Stewartstown Hollow. Map-readers and sign-observers know it as Route 145, otherwise known as the back road to Pittsburg, although it really isn’t (there are other truly “back roads”).

Similarly, Route 3

comes straight through town, but to us it’s Main Street, our main thoroughfare. Thus, we engage in good-natured struggles with state officials whenever we want to shut it down and detour traffic for one festival or another.

Spring Street got its name from a hillside loaded with ice-cold, year-round springs that were a good and reliable source of water during settlement times. Titus Hill Road veers off from it, and from beginning to end is a road, not a street.

Confusing the two terms is a dead giveaway that you’re from Somewhere Else, or as the joking around goes, “The Other,” which is the extreme version of the Downeast Maine term, “From Away.”

If I go over to check my mailbox, I’m crossing the road. If I go downtown and park across from the post office, I’m crossing the street.

Street, road—they’re often the same, in fact and name, but there’s a difference. Either way, no matter where you’re from or live, From Away or From Here, you’d better look both ways twice.

+++++

Frost-heaves, that bane of old roads that should never have forced-morphed into tarred high-ways, are a fading memory as the climbing June sun draws the cold from the earth.

In my town, as in many towns, the old road into town was bypassed by a newer road, a true high-way, so-called because it was constructed on built-up ground, hence the term “high way.” In many towns, on both sides of the Atlantic, highways were

built on mud and gravel dredged or scraped or dug and hauled by oxen-led dump-carts from either side of the right of way.

In New England, cedar logs and the trunks of other slow-to-rot trees were laid side-by-side across boggy areas, hence the term “corduroy road.” The final topping in coastal regions was often smashed-up sea-shells, which wagon wheels would compress into relatively smooth going.

+++++

As European settlement leap-frogged on up the rivers, New Englanders became more ingenious about keeping their roads high and dry. They did not have the wherewithal to cross miles of low-lying, valuable tillage land on the valley’s floor anyway.

Farmers often considered a road a waste of good land. And for what? Saving time—one of their

cheaper commodities at the time, another being labor. Still, this view of a road as a waste of land persisted well into the last century. As a young lawyer, my Dad represented the current generation of a frontier farm family in a suit for damages during the re-routing of Route 3 across good, tillable bottomland north of town.

If travelers on just about any of today’s highways look left or right, they’ll often see remnants of the old road, snaking along the contour line. These old high-ways were laid out well above the annual spring floods, when the meadows did what floodplains are supposed to do—act as the safety valve that avoids havoc where the valley narrows.

+++++

Once every June, my brother Peter and I biked from Park Street all the way through town and down to South Main Street, just beyond the oldest timber-framed house in town. We ventured there to meet our maternal grandparents, Ruth and Merton White, on their annual pilgrimage all the way up from Concord.

They had stopped in Lancaster to call ahead, as usual, so we could time our rendezvous. It was a big time for Pete and me, biking clear across town and beyond, with grandparents thrown in for good measure.

Eventually, Gramp White’s beautiful dark-green Pontiac Straight-Eight came down the hill from the Shrine of Our Lady of Grace, and up the road into Colebrook, and stopped where two buzz-headed kids were jumping up and down in delight.

They had left Concord at about 9:30, as usual. They had pulled over into a shaded picnic area just north of Franconia Notch, for (of course) a picnic. The shaded pull-out, minus the picnic table, is still there.

And then, a couple of hours later, there they were, on the southern approach to town, otherwise known as Route 3, the Daniel Webster Highway, also known, a bit farther on, as Main Street. And the trip had taken them, Concord to Colebrook (picnic included) about six hours, give or take a piece of cake or two.

(Mail is welcome, with phone numbers, please, at [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Rd., Colebrook, NH 03576)



# Anticipation growing for Progressive Laconia Motorcycle Week®

LACONIA — Take a stroll anywhere near Weirs Beach these days and you can sense the excitement building for this year’s Progressive Laconia Motorcycle Week®. The “Bikers Welcome” signs are already up in the windows of many local shops and hotels, with restaurants putting the final touches on sprucing up their establishments for the anticipated crowds. Any other year you would be more likely to hear the word “brace” when asking a local what they do to get ready, but this year, the vibe is a little bit different.

“In my 22 years working with Laconia Motorcycle Week, I’ve never seen anything like it,” explains Jennifer Anderson, Deputy Director. “We’re getting a huge number of people who skipped last year’s

rally, either because they couldn’t get here during the rescheduled August dates, or just didn’t feel comfortable being around large numbers of people during the pandemic, and now, they are geared up and excited to finally be coming back. Couple that with the growing sense of excitement we’re all feeling about getting outside and feeling safe again, and you’ve got the perfect recipe for a Motorcycle Week like we’ve never seen before.”

Much of the buzz around this year’s rally can be attributed to the fact that, until recently, no one really knew what the event would look like or if it would really happen at all given the ever-changing guidelines and restrictions hovering around COVID-19. Thanks to the vaccines, and the

tireless work by local and state officials, the 98th Progressive Laconia Motorcycle Week® was officially declared a “go” in early May, with few if any restrictions for vendors, bars, and other businesses.

Many inns, hotels and campgrounds are filling up if not full already and visitors are encouraged to make their reservations NOW! If visitors are having a hard time getting a reservation, the Laconia Motorcycle Week Association recommends people consider altering travel days or expanding the lodging search elsewhere in New Hampshire and commuting into Weirs Beach. In addition to LaconiaMCWeek.com and VisitNH.gov, The Lakes Region Tourism Association and Lakes Region Chamber of Commerce are great resources for



all travel needs.

Adds Jenn, “The City of Laconia is excited to host another historic event as we continue the countdown to our 100th rally. We welcome all, no matter where you’re coming from, and urge everyone to be safe, respectful and, most importantly, have fun!”

Be sure to keep checking the events page on the official site of Progressive Laconia Motorcycle Week® [laconiamcweek.com](http://laconiamcweek.com) for more information about this year’s rally.

Laconia Motorcycle Week® gives great appreciation to all of our sponsors, especially our

Presenting Sponsors: Progressive, AMSOIL and Team Motorcycle, as well as the State of New Hampshire for their large financial support of our rally each year.

For more information about visiting the state of New Hampshire, check out [visitnh.gov](http://visitnh.gov).

## University of New Hampshire announces May 2021 graduates

DURHAM — The following students graduated from the University of New Hampshire in Durham over the weekend of Saturday, May 22 and Sunday, May 23, 2021. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar’s Office has certified that all degree requirements have been successfully completed. A traditional, in-person commencement ceremony will be scheduled at a future date yet to be determined.

Paige Norkiewicz of Belmont graduated with a MSW degree in Social Work  
Cole Contigiani of Belmont graduated with a BSCIVE degree in Civil Engineering  
Alise Shuten of Belmont graduated Summa Cum Laude with a BA degree in Theatre:Dance  
Mikayla Howes of Belmont graduated with a BA degree in Sociology  
Trevor Hunt of Belmont graduated Summa Cum Laude with a BS degree in BusAdm:Finance  
Colby Leroux of Belmont graduated with a BSENSC degree in EnSci:Ecosystems  
Cameron Lamprey of Sanbornton graduated with a BS degree in BusAdm:Marketing  
Samantha Goodridge of Sanbornton graduated with a BS degree in Nutr:Nutrition&Wellness  
Abigael Sleeper of Tilton graduated with a MFA degree in Writing  
Nicole Robbins of Northfield graduated with a MPA degree in Public Administration  
Kaelyn Butler of Tilton graduated with a BA degree in Psychology  
Kimberly Lowrey of Tilton graduated Magna Cum Laude with a BA degree in English Literature  
Scott Hinds of Tilton graduated with a BS degree in BusAdm:Finance  
Thomas Marchese of Tilton graduated with a BS degree in BusAdm:Finance

## Madeline Boles of Belmont graduates from Clarkson University

POTSDAM, N.Y. — Madeline Tate Boles of Belmont received a master of science in physician assistant studies, from Clarkson University in May.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5% in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

# Comfort Keepers

## Malnutrition: A serious concern for seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

One out of every two older adults is at risk of becoming malnourished.

We all know that we feel better when we eat well. Good eating habits, and being mindful of healthy eating goals, can improve mental and physical health, and give us the energy we need to do the activities we love.

Unfortunately, too many seniors are not having their nutritional needs met. Changes in our bodies as we age, and changing dietary needs, can make healthy eating more difficult for older adults.

One in three hospital patients is malnourished upon admission and almost one-third of U.S. patients (31 percent) experiences declines in nutritional status while in the hospital.

The health risks associated with malnutrition can be especially concerning for seniors. Symptoms can include:

- Weakened immune system
- Poor wound healing
- Muscle weakness
- Weight loss

### Dental issues

If engaging in good eating habits is a struggle, there are steps anyone can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns, they can also try the following tactics to get back on the right track:

Make meals a social occasion— Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can look like making something healthy and delicious for others or reaching out to people that love to cook healthy food and offering them your company.

Make healthy eating fit your budget— Good food doesn’t have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.

Shop for healthy foods— Having a kitchen stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet.

Encourage people to ask for help — If someone

you know has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren’t getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

For those concerned about their nutrition, or the eating habits of a senior loved one, speaking to a medical professional is critical.

Comfort Keepers® can help

For seniors struggling to maintain healthy eating habits, Comfort Keepers caregivers can help with meal planning, grocery shopping, meal preparation and support for physician-prescribed diets. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

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 Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

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BEARS

CONTINUED FROM PAGE A1

Bella Newcomb had a one-out base hit for Plymouth in the bottom of the second inning and she scored on a base hit by Flaherty that was compounded by an error. Boyd and Alexis Thompson were both hit by pitches and a Torres triple cleared the bases, giving the Bobcats the 6-0 lead. Keirsha Comeau grounded out to short to plate another run before Slate got a grounder to third to end the inning. Slate was hit by a pitch with one out in the top of the third, but Flaherty struck out a couple of batters and the Bears were kept off the board. In the bottom of the third, Grace Bannon had a two-out base hit and base hits from Flaherty and Boyd drove her around to score for the 8-0 lead. Thompson was hit by a pitch, but a grounder to third ended the inning. Winnisquam got its first run in the top of the fourth inning. Kulengosky tripled with one out and Raina Matthes reached on an error to drive in the first run for the Bears. Flaherty then came back with a couple of strikeouts to end the inning. In the bottom of the frame, the Winnisquam defense shined, as Delaney Skourtis made a great grab on a line drive to short and Kulengosky made a fantastic catch in center.

The Bears added another in the top of the fifth inning. Maddy Gilbert led off with a walk, moved up on a wild pitch and one out later, scored when Auger reached on an error to push the lead to 8-2. Torres then snagged a couple of pop ups, one in foul territory, one in fair territory, to get the Bobcats out of the inning.

Plymouth added two runs in the bottom of the fifth. Sam Curran led off with a base hit and Bannon had an infield hit. One out later, a sacrifice groundout by Boyd moved both runners up and a Thompson base hit

drove in both runners. Kulengosky then made another great catch in center field to help close out the inning.

Kulengosky walked to lead off the top of the sixth inning, but Curran made a nice play on a line drive at second and Boyd leaped and snared a line drive to short and turned it into a double play to end the inning.



Raina Matthes fouls off a pitch in action against Plymouth last week.

a great game, Lily made some nice plays in left and our shortstop (Skourtis) saved a couple of runs,” Auger said. “We’re making a lot less errors, they work at it and it’s great to see it in a game.

“We’ve come a long way, but we do have a long way to go,” the Bear coach added.

Plymouth was slated to kick off the Division II tournament after deadline on Wednesday, June 2, against either Kennebec or Kingswood, with the winner moving on to take on either Merrimack Valley or Laconia on Saturday, June 5.

Winnisquam was scheduled to open the tournament at White Mountains after deadline on Wednesday, June 2, with the winner moving on to play either Belmont, Berlin or Newfound on Saturday, June 5.

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

WORKSHOP

CONTINUED FROM PAGE A1

button up your home for the heating and cooling seasons. It also covers details about the energy efficiency programs offered by NH utilities (for existing homes and new construction) that provide energy audits, weatherization measures such as air sealing and insulating and rebates on new technologies and products such as electric and gas appliances and high efficiency electric heating/cooling equipment.

New Hampshire residents wishing to use energy more efficiently, conserve energy and save money on their heating and cooling bills, will find the workshop presentation very helpful. Registration is not necessary but helpful for the host to have an idea of attendance. If you wish to register, have questions or would like the zoom link please email Sarah at scthorne350@gmail.

com. If you have questions on using zoom go to [www.plymouthenergy.org](http://www.plymouthenergy.org) for directions.

Here is the Zoom link for 7 p.m. on Tuesday, June 8:  
<https://ccsnh.zoom.us/j/95985761696>

Workshop organizers also recommend the public sign up with NHSaves Facebook and Twitter pages for up to date information on energy saving tips and programs.

BELMONT POLICE LOG

**BELMONT** — The Belmont Police Department reported the following arrests during the week of May 17-24.

Elisabeth M. Gates, age 48, current address unknown, was arrested on May 17 for Possession of and Sale of Methamphetamine and Criminal Trespassing. Jamie J. Judkins, age 47, of Franklin was arrested during the same incident for Criminal Trespassing.

Robert N. Thomas, age 25, of Belmont was arrested on May 18 in connection with a warrant.

Beau Charles Clough, age 30, of Laconia was arrested on May 20 for Disobeying an Officer and Driving After Revocation or Suspension.

Suzanne L. Richards, age 37, of Laconia was arrested on May 20 in connection with a warrant.

A juvenile, age 16, was arrested on May 20 for Domestic Violence-Simple Assault-Physical Contact.

Tyler M. Root, age 32, of Belmont was arrested on May 20 in connection with multiple bench warrants.

Jacob R. Sirles, age 30, of Laconia was arrested on May 21 for Operating After Certification as a Habitual Offender.

Patrick Joseph McDonald, age 28, of Tilton was arrested on May 21 for Possession of a Controlled Drug (subsequent offense).

Chad M. Kurisko, age 29, of Salem was arrested on May 21 for Driving After Revocation or Suspension (second offense).

Adam M. Krull, age 39, and Erinjane F. Krull, age 38, of Center Barnstead were arrested on May 21 in connection with multiple bench warrants.

Richard J. Wilcox, age 42, of Webster was arrested on May 21 for Bail Jumping.

Christopher T. Spataro, age 27, of Laconia was arrested on May 22 for Driving After Revocation or Suspension and Circumvention of an Alcohol Ignition Interlock.

Jocelyn M. Dubois, age 29, of Laconia was arrested on May 22 on multiple counts of Possession of a Controlled Drug (subsequent offense).

Caleb B. Elliott, age 25, of Gilmanton was arrested on May 22 for Driving After Revocation or Suspension (subsequent).

Cynthia L. Boisvert, age 62, of Franklin was arrested on May 22 for Receiving Stolen Property valued at less than \$1,000.

A Belmont resident was issued a summons on May 23 for owning a dog deemed a menace, nuisance, or vicious.

Caleb John Phillips, age 23, of Canterbury was arrested on May 23 in connection with multiple bench warrants.

WATKINS

CONTINUED FROM PAGE A1

disorders. This combination of therapies is effective and can help some patients to sustain recovery. HealthFirst’s patient-centered approach values and encourages treatment of the whole patient, including mind and body, physical and emotional. They have assembled a specialized team dedicated to helping patients achieve sobriety and live a life free of substances with a goal to help patients learn to live without drugs by developing healthier coping skills during their course of treatment. This harm-reduction based program provides patient’s access

to an MAT provider, a LADC, a mental health provider, and a CRSW. The staff at HealthFirst works to support all patients to determine the appropriate level of care for them.

“We are very fortunate to have Kelley join our HealthFirst team of providers. Kelley’s passion for MAT and SUD treatment will provide us the added bench strength in our treatment and recovery programs that have grown considerably since the onset of the pandemic. Kelley’s expertise and dedication to treating the whole person will be a true asset to the patients she works with

and we are proud to have her join our team of professionals providing high quality health care in the Lakes Region,” said Russ Keene, Chief Executive Officer.

Watkins will begin seeing patients starting on June 1, and MAT services are available in the Franklin, Tilton, and Laconia locations. If you are looking to learn more about our MAT or SUD programs and or would like to schedule an appointment, please call HealthFirst at 934-1464 or 366-1070. You can also visit [healthfirstfamily.org](http://healthfirstfamily.org) to request an appointment.

Taylor Smart of Northfield named to Dean’s Honor List

**CEDARVILLE, Ohio** — Cedarville Student Taylor Smart of Northfield majoring in Criminal Justice, was named to Dean’s List for Spring 2021. This recognition requires the student to obtain a 3.5 GPA or higher for the semester and carry a minimum of 12 credit hours.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 4,550 undergraduate, graduate, and online students in more than 150 areas of study. Founded in 1887, Cedarville is one of the largest private universities in Ohio, recognized nationally for its authentic Christian community, rigorous academic programs, strong graduation, and retention rates, accredited professional and health science offerings, and high student engagement ranking. For more information about Cedarville University, visit [www.cedarville.edu](http://www.cedarville.edu).

PET OF THE WEEK

SASHA

Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!



1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539





MEET

CONTINUED FROM PAGE A1

Nick Kafkoulis finished in ninth place in the preliminaries in 12.21 seconds and Colby Vetter finished in 12th place in 12.29 seconds.

In the 110-meter hurdles, Mitchell Berry finished in ninth place in the preliminaries in a time of 19.42 seconds while in the 300-meter hurdles, Berry finished in ninth place in a time of 50.06 seconds.

Hall finished in ninth place in the long jump with a leap of 18 feet, 3.75 inches while in the javelin, Jacob Cress threw 117 feet, two inches for 12th place overall.

All top-three finishes qualify for the Meet of Champions, which takes place Saturday, June 5, at Sanborn Regional High School.

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



Molly Sottak fires the shot put during action at the Division III State Meet.



Brian Miles throws the discus during action at the Division III State Meet in Gilford.



Ada Edgren breaks from the blocks in the 200 meters last Tuesday in Gilford.



Emma Winslow finished second in the long jump at the Division III State Meet last week.



Deanna Bourque takes the handoff from Cate McDonald in the 4X100-meter relay last Tuesday.



Micah Edgren rounds the final turn in the 400 meters last week in Gilford.



Kaden Jewell jumps in the triple jump at last week's Division III State Meet.



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The Town of Campton is accepting applications for the position of a Heavy Equipment Operator. Interested candidates should be able to operate town equipment and be capable of performing duties pertinent to a Highway Department. The individual chosen for this position must possess a willingness to work with others including the general public. A Commercial Driver's License with Air Brake endorsements or the ability to attain one within six months, is required. High School Diploma or equivalent is required; experience with the operation of heavy trucks is highly desired. A criminal record check and participation in the department's Drug/Alcohol Screening Program are required. This is a full-time position approximating 40 hours per week. Salary is commensurate with experience. The Town of Campton offers a competitive benefit package. The Town of Campton is an equal opportunity employer.

Applications are available on the Town's website at [www.camptonnh.org](http://www.camptonnh.org) and are to be returned to the Road Agent, Ron Farnsworth or Town Administrator, Carina Park, 12 Gearty Way, Campton NH 03223.

Applications will be accepted until position is filled.

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MLS# 4862180

Desirable end unit condo at Winnepesaukee Springs, near Lake Winnepesaukee. 2BR/2BA, gas fireplace, washer & dryer, new windows in the kitch. & LR plus a private in-ground pool. Short walk to Weirs Boardwalk!

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

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<p>NEW 14 WIDES</p> <p>List Price: \$58,812</p> <p><b>\$48,995</b></p> <p>56' 2 Bed</p>	<p>List Price: \$58,395</p> <p><b>\$56,995</b></p> <p>64' 2 Bed, 2 Bath</p>
<p>List Price: \$56,880</p> <p><b>\$56,995</b></p> <p>60' 2 Bed, 2 Bath</p>	<p><b>BUY NOW WHILE PRICES ARE LOW!</b></p>
<p>DOUBLE WIDES</p> <p>List Price: \$58,845</p> <p><b>\$77,995</b></p> <p>40' 3 Bed, 2 Bath</p>	<p>List Price: \$54,461</p> <p><b>\$85,995</b></p> <p>48' 3 Bed, 2 Bath</p>
<p>List Price: \$105,428</p> <p><b>\$95,995</b></p> <p>48' 3 Bed, 2 Bath</p>	<p><b>Homes From COLONY, NEW ERA, &amp; TITAN</b></p>
<p>MODULARS</p> <p><b>\$119,995</b></p> <p>3 Bedroom (Base Price)</p>	<p><b>\$126,995</b></p> <p>2 Bedroom</p>
<p><b>\$163,995</b></p> <p>1,900 sq. ft. 2 Story 1st Floor Master Bedroom</p>	

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?

Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall • WWW.CM-H.COM

### Whatever Your Style, find it in the Real Estate Section

### TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: [www.alpinelakes.com](http://www.alpinelakes.com)

Bean Group: [www.beangroup.com](http://www.beangroup.com)

Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)

Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)

Coldwell Banker: [www.cboldmill.com](http://www.cboldmill.com)

Coldwell Banker Residential Brokerage [www.newenglandmoves.com](http://www.newenglandmoves.com)

ERA Masiello: [www.masiello.com](http://www.masiello.com)

Exit Lakeside Realty Group: [www.exitlakeside.com](http://www.exitlakeside.com)

Granite Group Realty Services: [www.granitegrouprealty.com](http://www.granitegrouprealty.com)

Gowen Realty: [www.gowenrealty.com](http://www.gowenrealty.com)

Kressy Real Estate: [www.kressy.com](http://www.kressy.com)

Lakes Region Realty: [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)

Lamprey & Lamprey Realtors: [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)

Maxfield Real Estate: [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)

McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)

Mountain Country Realty: [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)

Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)

New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)

Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)

Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)

Peabody and Smith: [www.peabodysmith.com](http://www.peabodysmith.com)

Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)

Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)

Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)

Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)

Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)

Town & Forest Realty: [www.townandforest.com](http://www.townandforest.com)



# HELP WANTED

Call our toll-free number 1-877-766-6891  
and have your help wanted ad in 11 papers next week!



**JOB OPPORTUNITIES**


**FULL-TIME**  
Pharmacy Director  
RN Nurse Manager  
Rehab Services Director  
RN Surgical Services Manager

Screener  
Medical Assistant  
Physical Therapist  
RN – M/S Charge, Night Shift  
Multi-Modality Radiologic Technologist


**PART-TIME**  
Medical Records Technician (temporary)  
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**PER DIEM**  
Cook  
LNAs – RNs – Certified Surgical Tech  
Patient Access Representative – Environmental Services Technician

**APPLY ONLINE**  
[WWW.UCVH.ORG](http://WWW.UCVH.ORG)  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03251  
Phone: (603) 388-4236  
[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
EOE



**SAU #68**  
**LINCOLN-WOODSTOCK**  
**COOPERATIVE SCHOOL DISTRICT**  
PO Box 846, 78 Main Street #3, Lincoln NH 03251  
Telephone: (603) 745- 2051 / Fax: (603) 745-2352  
[www.lin-wood.org](http://www.lin-wood.org)



The Lincoln-Woodstock Cooperative School District,  
recognized as one of the Best Schools in NH,  
and located in a year round recreational setting in the White  
Mountains announces openings for the **2021-2022** school year:

**SPECIAL EDUCATION TEACHER**  
*NH General Special Education certification required.*

**ELEMENTARY TEACHER**  
One (1) Year Contract  
*NH Elementary Education certification required.*

Qualified candidates must submit a letter of intent,  
a resume, three letters of recommendation to:


Sharon Holt  
Lincoln-Woodstock Cooperative School District  
PO Box 846  
Lincoln, NH 03251  
[sholt@lin-wood.org](mailto:sholt@lin-wood.org)  
603-745-2051 ext. 210

The Lincoln-Woodstock Cooperative School District  
is an equal opportunity employer.  
Job Applications are available on the School District’s website at  
<https://www.lin-wood.org/employment>.



- Residential Site Work
- Commercial Site Work
- Septic Systems Installed
- Driveway & Road Construction
- Sand - Gravel - Loam

Route 3 • Meredith, NH • 03253  
**279-4444**



**TRUCK DRIVER/LABORER**  
Tilton Public Works Department  
Tilton, NH

Full time year round \$17.50/hour position with excellent benefits. Possession of valid NH Driver’s license. Previous municipal plowing experience preferred. Successful candidate will be subject to pre-employment DOT physical, drug/alcohol screening and background check. The position is physically demanding; must be willing to work under adverse weather conditions, as well as nights and weekends when necessary. Application and job description are available in the Selectmen’s Office, 257 Main Street, Tilton, NH 03276 and online [www.tiltonnh.org](http://www.tiltonnh.org). For further information contact Kevin Duval, Director of Public Works 603-286-4721.

The Town of Tilton is an EOE employer.



**Lumber & Building Materials Contractor Sales**

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. 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.

▶ Competitive Wages	▶ Paid Vacation	▶ Paid Holidays	▶ Paid Time Off
▶ Health Insurance	▶ Profit Sharing	▶ Store Discounts	▶ 401k



**OPEN HOUSE – HIRING EVENT**  
With Snacks and Beverages  
**May 25th & May 26th**  
8am to 4pm  
**June 9th & June 10th**  
8am to 4pm

**PSI Molded Plastics located at Five Wickers Drive Wolfeboro, NH 03894**

**WE HAVE FULL AND PART-TIME POSITIONS AVAILABLE!**  
We also offer competitive pay rates and benefits such as Health, Dental, Vision, Short Term Disability, Long Term Disability, Life Insurance Matching 401k, 10 paid holidays, paid vacation time, paid sick time!

**Assembler – 2nd & 3rd Shift**  
**Machine Operator – 1st, 2nd and 3rd Shift**  
**Mechanic-Mold Setter 2nd shift**  
**Process Technician – 2nd shift**  
**Spray Painter – 1st, 2nd and 3rd shift**  
**Sander – 1st shift**

Rates start at \$14.50 for Machine Operators, Assemblers & Sanders  
Skilled trades start at \$18 and up.

\$.75 per hour shift differential on 2nd shift.  
\$1.50 per hour shift differential on 3rd shift.

**\*\*\$500 SIGN ON BONUS**  
**\*\*SUBJECT TO TERMS AND CONDITIONS\*\***

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at [www.psimp.com](http://www.psimp.com).  
You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com), please be specific as to what shift and position.



**Join our growing team! - \$1,000 sign on bonus\*!**

We offer flexible 3- to 5- day work week options, including a Full - Time weekend shift.  
It’s a great opportunity to start a new career or even a 2<sup>nd</sup> career with a solid, growing company!

We offer competitive wages and benefits including medical, dental, vision, life insurance, disability, tuition reimbursement, Paid Vacation, 11 Paid Holidays, Paid Sick days, and more.  
We are an essential business with robust COVID-19 prevention protocols

**Make an appointment to visit our facility and apply**  
**603.745-8114**  
In Lincoln at 34 Bern Dibner Drive, Lincoln, NH 03251 • [ppinkham@burndy.com](mailto:ppinkham@burndy.com)  
See all our open positions and apply online at:  
<https://careers.hubbell.com/>  
**Open positions Include:**  
**Factory Technician**  
**Machine Operators**  
**Maintenance Mechanic**  
**Operations Manager**

Been out of the workforce? No manufacturing experience?  
NO PROBLEM! We'll provide training!

Burndy is a wholly - owned subsidiary of Hubbell, Inc., an equal opportunity employer M/F/Veteran/Disability  
All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, disability, protected veteran status or any other protected class

\*Sign on bonus paid after 90 days



HELP  
WANTED  
  
GENERAL  
SERVICES

Athletic Director  
Moultonborough School District, SAU #45

MSD is seeking a highly motivated, dynamic, well-organized team player with excellent interpersonal communications skills to continue, and improve on, an athletic program with a prior record of success. Full-time position with a competitive benefits package. Position available for the 2021-2022 school year and open until filled with a preliminary review of applications on June 16, 2021 with interviews to be scheduled shortly thereafter. If interested, please see application requirements and job description available through the position vacancy announcement on the District website at: <http://www.sau45.org/district/employment>

Hiring Administrator: Andrew Coppinger, Principal, Phone: 603-476-5517

Equal Opportunity Employer

Mountainside  
LANDSCAPE & EXCAVATION

Mountainside Excavation Inc  
is looking for full time employees.  
CDL or willingness to acquire one  
and experience running  
heavy equipment a plus.

Please call 603-569-4545  
or email  
[mtnsidelandscape@roadrunner.com](mailto:mtnsidelandscape@roadrunner.com)

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2021-2022 School Year  
Professional & Support Staff

**ATHLETICS**  
Varsity Wrestling  
Head Track Coach  
Junior Varsity Girls Soccer  
Middle School Girls Soccer  
LES Girls Basketball  
(Contact Kerry Brady, AD,  
for application, etc. – 837-2528)

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**  
Certified Speech Assistant  
Full-Time Occupational Therapist  
Reading Specialist/Special Educator  
(Anticipated)

2021-2022 School Year  
Professional & Support Staff

**WHITE MOUNTAINS REGIONAL HIGH SCHOOL**  
Physical Education Teacher (2 positions)  
Math Teacher (Anticipated)

**WHITEFIELD ELEMENTARY SCHOOL**  
Title I Teacher  
Special Ed Case Manager  
**LANCASTER ELEMENTARY SCHOOL**  
Behavior Interventionist Specialist (Anticipated)  
Full-Time Title I Teacher  
Part-Time Title I Teachers (2 positions)  
Full-Time Paraeducator  
Part-Time Paraeducator

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

For further information, contact:  
Cody Arseneault, HR/Payroll Manager  
White Mountains Regional School District, SAU #36  
14 King Square  
Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326  
Email: [codyarseneault@sau36.org](mailto:codyarseneault@sau36.org)

White Mountains School Administrative Unit # 35  
BETHLEHEM ♦ LAFAYETTE ♦ LANDAFF ♦ LISBON ♦ PROFILE  
...where excellence links living and learning...

School Year 2021-2022

White Mountains School Administrative  
Unit #35

Speech Language Pathologist

White Mountains School Administrative Unit #35 is seeking applicants for a Speech Language Pathologist. This position is to provide prevention, assessment and develop remediation services for students who exhibit difficulties in the areas of language, speech, voice and fluency. These services are designed to help students meet their educational goals.

Master's Degree in Speech-Language Pathology, NH Speech Language Pathologist License, and valid driver's license is required.

For more information or to apply please go to  
[www.SchoolSpring.com](http://www.SchoolSpring.com) and reference job ID# 3532792.

Human Resources  
White Mountains School Administrative Unit #35  
262 Cottage Street, Suite 301  
Littleton, NH 03561  
Phone (603) 444-3925 ~ (603) 444-6299  
eoe

HELP WANTED

JW Electric of Meredith is looking for:  
NH Apprentice or Journeyman  
Full time employment  
Local Work  
Non-smoker, Clean Record  
Call John at 603-707-0228



Help Wanted

Holderness Recreation is looking to build a dynamic team for its SummerEscape program. We are looking for responsible, energetic, hardworking leaders who love working with kids ages 5 – 12.  
**SummerEscape Lead Counselors** - Full and part time positions. Must be 18yrs + M-F, mid-June to August 6th.

For more information and job descriptions  
call 968-3700, email [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov)  
or send resume to Holderness Recreation,  
P.O. Box 203, Holderness, NH 03245

HELP WANTED



DJ's Septic has an immediate opening for CDL-B drivers... don't have a CDL, earn your CDL while working for us. Our season has started and we are looking to add to our team.  
Call (603)569-5286 for immediate consideration.

TOWN HOUSE APARTMENTS  
\* 2 & 3 BEDROOMS  
NORTHERN VIEW APARTMENTS  
W. Stewartstown, NH  
Heat, Hot water and Electric Included  
On-site Laundry  
24-hour Maintenance



Federally subsidized -  
must meet income guidelines



Rents based on 30% of your gross income

PLEASE CONTACT FOXFIRE PROPERTY MANAGEMENT  
FOR AN APPLICATION AT  
(603)228-2151 ext.312 or (TDD) 800-545-1833

This institution is an Equal Opportunity Provider & Employer

Town Clerk/Tax Collectors Office  
Town of Campton, NH

FULL-TIME ASSISTANT TO THE  
TOWN CLERK/TAX COLLECTOR

The Town of Campton seeks a qualified candidate for the full-time position of Assistant to the Town Clerk/ Tax Collector. Candidate must be highly organized, have knowledge of basic accounting, be detail oriented, and have exceptional customer service skills. Ability to process transactions efficiently, accurately, and perform a wide range of customer service, clerical, and administrative support services in a fast-paced environment. This position receives direct supervision from the Town Clerk/Tax Collector. Availability to attend training and all certification classes is required. High School Diploma or equivalent is required. Please submit a cover letter and resume only, no later than June 15, 2021 to:  
**Hannah B. Joyce**  
Town Clerk/Tax Collector  
Town of Campton  
10 Gearty Way  
Campton, NH 03223

Ashland  
Lumber

Division of BELLETETES, INC.

Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule.

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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►Health Insurance ►Profit Sharing ►Store Discounts ►Much More!

VARNEY-SMITH  
Lumber Company, Inc.

CDL TRUCK DRIVER/  
YARD MAN

Duties to include:

- Local deliveries of lumber-building materials.
- Loading-off loading incoming and outgoing deliveries
- Must be conscientious, self-motivated, good with people, a team player
- Able to lift a variety of building materials
- Preferably 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.

FOREST RANGER

State of NH, Forests and Lands  
is accepting applications for full time  
Forest Ranger positions.

Generous benefit/retirement package.  
Starting salary: \$45,177.

**Application Deadline: June 25th.**

Contact Jen Little at  
(603)271-2214  
or by E-mail: [Jennifer.little@dnrc.nh.gov](mailto:Jennifer.little@dnrc.nh.gov)

HELP WANTED

The Lodge At Lincoln Station  
is looking for full and part time  
housekeepers.

Apply in person at  
The Lodge, 36 Lodge Road, Lincoln, NH.



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 preferred but not necessary; 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)

E.O.E.

Competitive Wages Paid Vacation Paid Holidays Paid Time Off  
Health Insurance Profit Sharing Store Discounts Much More!



Receiver

This is a full time position in our Ashland store. Duties include performing a variety of shipping and receiving tasks. Loads and unloads materials as well as verifying materials received are as ordered and routes incoming items to appropriate departments and locations. Minimum 2 years experience in the building industry preferred but not necessary. Excellent customer service skills a must. 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.

►Competitive Wages ►Paid Vacation ►Paid Holidays ►Paid Time Off  
►Health Insurance ►Profit Sharing ►Store Discounts ►Much More!



HELP WANTED:  
Spray Foam & Cellulose  
Insulation Technicians and helpers

Accepting applications for weatherization technicians & helpers for blown-in cellulose, spray foam, fiberglass, light construction and air sealing.  
Starting pay \$15/hr DOE; weekly pay, paid holidays, PTO, sign-on bonus, overtime and health & dental insurance options – be home every night!  
MUST HAVE clean driving record; we provide complete criminal background check prior to employment and medical card.



Contact Shakes to Shingles • 603-415-1115  
www.shakestoshingles.com/careers

HELP WANTED

Framers and Laborers Wanted

Wallace Building Products, a 100% employee owned business, is a successful and growing manufacturer of building products for the construction industry. We seek full-time Framers and Laborers to join our team in Danbury.

This position will work with other employees to build rough-framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.

Apply in person at 1525 US Rte 4 in Danbury NH  
Or call 768-5900 to set up an appointment

SEVEN BIRCHES  
WINERY

Last season our tasting room hosts averaged \$26 per hour!  
Some earned much more.

Seeking Full-Time and Part-Time Seasonal Tasting Room Associates.  
Have fun making money!

Call us @ 603-745-7550 to schedule an interview.

PLYMOUTH REGIONAL  
HIGH SCHOOL

LNA Program Coordinator  
PRHS Health Science  
LNA Program

- Requirements to be an LNA Coordinator:
1. Possesses a current NH unencumbered registered nurse license or a multi-state RN license from another compact state
  2. Validates 2 years experience with the elderly and/or chronically ill of any age with 1 year experience in the provision of LTC facility services, and
  3. Demonstrates competence to teach adult learners through one of the following:
    - a. Baccalaureate educational preparation; or
    - b. Successful completion of a 12 hour board-approved Train-the Trainer course

Please send letter of intent, resume, and three letters of recommendation or call with questions:  
Randy Cleary  
CTE Director  
Plymouth Regional High School  
86 Old Ward Bridge Rd.  
Plymouth, NH 03264  
(603) 536-1444 ext. 2202  
rcleary@pemibaker.org

PITTSFIELD, NH  
LOOKING FOR A JOB  
WITH PURPOSE?

How does helping to protect  
firefighters sound?

Join the MSA Globe Family

Over 130 years ago, Globe invented firesuits and turnout gear to help keep firefighters safe.

Today, MSA Globe continues to lead the market in serving firefighters by providing innovative, head-to-toe PPE solutions that advance innovation in firefighter performance and safety.

MSA Globe employs 400+ employees, operating three plants, in more than 130,000 square feet of manufacturing space.



Open Positions:

- Stitching Machine Operator**
- Utilize a variety of industrial single needle, double needle and programmable machines to stitch one of over 100 operations to complete the firesuit shell or liner
  - Cross training may include learning Snapping, Seam Seal, Automated Stitching, and Trim, Material preparation, Labeling, Inspection, Matching and Final packaging.
- OPEN TO ENTRY LEVEL CANDIDATES.  
We offer an excellent training program!
- Special Knowledge, Skills and Abilities Required:**
- Ability to Read, Write and Speak English
  - Basic knowledge of computers or tablets
  - Possess a willingness to learn
  - Enjoy working with your hands
  - Able to sit and/or stand for long periods of time
  - Able to lift approximately 30 pounds
  - Have strong organizational skills
  - Possess a high attention to detail

- Order Processing Associate / Customer Service**
- Assist with customer service, order entry and processing for Firefighter Protective Clothing (known as turnout gear/fire suits). This role is counted on to ensure that each and every component of the order is accurate before it is sent to production.
- Special Knowledge, Skills and Abilities Required:**
- Self-starter with excellent time management skills
  - Strong fluency in English language, both written and verbal
  - 1-3 years administrative related experience is required
  - High proficiency in keyboarding and data entry while maintaining accuracy
  - Demonstrated ability to work in a team environment
  - Proven success in a job or tasks requiring strong attention to detail
  - Strong organizational skills and ability to multi-task
  - Demonstrated ability to meet daily entry goals in a fast-paced environment
  - Flexibility with work schedule preferred - core hours will be 8:00 AM to 4:30 PM Monday through Friday
- Preferred:**
- ABS 400 experience or other similar order management system
  - Knowledge of Globe product line
  - Previous production experience
  - Bilingual, Spanish preferred

Full-time associates are eligible to receive: Sign-On Bonus., Stay-Bonus., Quarterly Bonus.,Competitive Pay, Great Benefits (including Medical, Dental, Vision, 401K and more), Flexible Schedules, Paid Time Off and Holiday Pay, Tuition Reimbursement., and so much more!

Apply NOW @ [msasafety.com/careers](https://msasafety.com/careers)

\* Conditions apply

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(603) 444-3927 • [lori@salmonpress.news](mailto:lori@salmonpress.news)

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FOR ADVERTISING CALL (603) 444-3927

EXCAVATION PATIOS AND STONEWALLS  
LOT CLEARING SEPTIC SYSTEM INSTALLATION  
FOUNDATION PREP AND REPAIR

MOUNTAINSIDEEXCAVATIONNH.COM  
603-569-4545 • [JIMBEAN@ROADRUNNER.COM](mailto:JIMBEAN@ROADRUNNER.COM)

To place your classified ad, please call our  
TOLL FREE number: 1-877-766-6891

Help Wanted

Seeking personal care attendants to assist a Plymouth, NH man in his home with running errands in the community and grocery shopping as needed. Though experience is helpful, training is available. Assistance is needed from 8 am to 11 am, seven days a week.

If you would like to become an Attendant Care Employee and help consumers continue living independently, please visit [www.gsil.org](https://www.gsil.org) or Kelsea at 603-268-2596 for more information.

The pay rate for this position is \$10.50-11.00 per hour Granite State Independent Living is an Equal Opportunity Employer. Background checks required.

HELP WANTED

Seeking dependable personal care attendants to assist our consumers in their homes with activities of daily living. Duties include personal care, light housekeeping, errands, meal prep, groceries, etc. Though experience is helpful, training is available. We have opportunities in the Lincoln, Campton, Plymouth, Wentworth, and Ashland areas!

If you would like to become an Attendant Care Employee and help consumers continue living independently, please apply at <https://www.gsil.org/become-care-attendant/attendant-hub/pre-screening-application/> (must copy and paste into browser) or contact Kelsea at 603-268-2596 for more information.

The pay rate for this position is \$10.50-11.00 per hour Granite State Independent Living is an Equal Opportunity Employer. Background checks required.



ROLL-OFF CONTAINERS • STORM DAMAGE • ROOFING MATERIALS • RENOVATIONS • CLUTTER REMOVAL • YARD CLEANUPS • NEW CONSTRUCTION • HOME CLEANOUTS • STORM DAMAGE •

# GREAT SERVICE AT YOUR CONVENIENCE NOT OURS!

Great Service at "YOUR" Convenience, Not Ours!

## THE DUMPSTER DEPOT®

Waste Recycling Services

Large business services

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### SAVE WITH OUR DUMPSTER DEPOT BUCKS

003-783-8050  
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Got a trashy question? CALL US TODAY  
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[WWW.DUMPSTERDEPOT.COM](http://WWW.DUMPSTERDEPOT.COM)

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