

# Timber Wolf girls shake off slow start, sink Bears



JOSHUA SPAULDING

HANNAH CAPSALIS of Prospect goes to the hoop as Isabella Sargent of Winnisquam goes up to defend in action last week.

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam hoop girls came out and took control early during last week's game with Prospect Mountain.

However, the Timber Wolves didn't let a slow start keep them from earning the win, as Prospect kept the Bears off the board in the second quarter and went on to the 39-25 win.

"We had six kids at practice last night, it's tough to get ready for a game when you're missing half the team at practice," said Prospect coach Rick Burley, who only had seven players available for the game. "But they played great

and didn't get in foul trouble."

"The kids that went out there executed to the best of their ability," said Winnisquam coach Mark Dawalga, who was also short three kids. "We didn't even know anything (about playing the game) until about one this afternoon."

Prospect got on the board first on a three-pointer from Ella Smith but Winnisquam got their own three from Isabella Sargent and then got a pair of hoops from Lauren MacDonald and one from Victoria Kelly to go up by a 9-3 score.

Smith drained a bucket to cut the lead to four before Kelly answered

for the Bears. Ella Misiaszek put back a rebound for the Timber Wolves, but Kelly did the same at the other end. Aijah Thoroughgood hit a free throw for the final point of the quarter, but Winnisquam had the 13-8 lead after eight minutes of play.

The Timber Wolves controlled play in the second quarter, outscoring the Bears by a 10-0 score. Michaela Vernazzaro hit a free throw to start the quarter and then Smith drained two from the line. Thoroughgood hit a bucket to pull Prospect even at 13 and then Hannah Capsalis hit two free throws and Smith drained a three-pointer and the



AIJAH THOROUGHGOOD corrals the ball and heads down the floor in action last week

Timber Wolves found themselves up by an 18-13 score at the halftime break.

MacDonald scored Winnisquam's first bucket since the first quarter to start the third and Triniti Carter added a free throw to get the Bears within two. However, Smith and Capsalis buried back-to-back three-pointers for the 24-17 lead.

Kelly hit a hoop for the Bears, but Thoroughgood answered with a bucket and Misiaszek added a free throw to make it a 27-18 lead for the Timber Wolves heading to the fourth quarter.

Capsalis started the fourth quarter with a three-pointer before Sargent answered with a putback for the Bears. Smith hit a free throw for Prospect and Kelly did the same for Winnisquam. Capsalis hit another three-pointer and Smith drained two free throws to stretch the lead to 36-21.

Emma Griffin hit for the Bears and Kelly followed with a basket, but Prospect got the final three points of the game, with Vernazzaro hitting a free throw and Thoroughgood finishing off a good feed from Smith for the 39-25 final score.

"We started in zone because we didn't want to get in foul trouble, but we had to go to man to pick up the intensity," Burley said. "We went to man and it changed the momentum in the second quarter."

He noted that Capsalis put in a great effort in the second half despite not feeling well and Smith drained a couple of big three-pointers at key moments. He also noted Misiaszek is irreplaceable for his team.

"She rebounds, she handles the ball, she's our most consistent player," Burley said. "She does so much for our team."

"To the girls' credit, they did a good job executing on short notice," said Dawalga. "I was pretty proud of them, their such a good group of kids."

"And Rick has a good team over there too," the Bear coach added. "We had a lot of different people out there, and the girls still handled it well."

Smith led the way with 16 points and Capsalis finished with 11 points while Kelly had 11 points to lead the Bears.

Prospect is slated to be at home on Friday, Jan. 21, against St. Thomas at 5 p.m. and will be at Gilford at 6 p.m. on Tuesday, Jan. 25.

Winnisquam is  
SEE GIRLS, PAGE A9

# Applications welcome for Civil War Memorial Scholarship

NEW DURHAM — The application form for the 2022 Civil War Memorial Scholarship is available. This scholarship is sponsored by the New Durham Historic Society and the men from the Charles Canney Camp Number 5. For the past 18 years, the Society has hosted the educational Civil War Encampment event, for funding the scholarship. The funds to support the scholarship are raised from the sales and donations from the bake sale table. The delicious homemade baked goods are donated from our fantastic bakers from within the area. We are so grateful for their support, and the dedication of the men from the Camp, and the Cullimore family who allow the use of their property.

Criteria for the scholarship applicant; they shall be a resident of New Durham, aged 17 to 22; a graduating senior from high school, or equivalent schooling, or a holder of a GED. In addition, the applicant must  
SEE SCHOLARSHIP, PAGE A9

# Guldbrandsen wins giant slalom at Gunstock



JOSHUA SPAULDING

ASA GULDBRANDSEN won the giant slalom at Gunstock last Friday.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Prospect Mountain alpine ski team hosted a meet at Gunstock on Friday, with Lebanon, Laconia, Gilford, Belmont, Inter-Lakes, Bishop Brady, St. Thomas and Newfound joining the Timber Wolves.

The racers skied two runs of giant slalom in the morning and two runs of slalom in the afternoon.

In the morning giant slalom, Asa Guldbrandsen led the Timber Wolves with a time of 1:14.5 to take top honors overall.

Alex Gagne was 34th overall in a time of 1:19.46 and Dalton Lawrence was 36th overall with a time of 1:22.05.

Joseph Howlett finished in 38th place with a time of 1:24.1 to finish out the scoring.

Matt Bonner was 39th in 1:24.43 and Brett McKeown was 45th overall in a time of 1:54.53.

Lawrence was the top finisher for Prospect in the slalom with a time of 2:13.08 for 28th place.

Howlett finished in 31st place overall with a time of 2:22.3 and Gagne was 36th overall in a time of 2:28.39.

Bonner finished out the scoring for Prospect with  
SEE ALPINE, PAGE A9

# MVSB donates \$3,000 to nonprofits, collects nearly 1,500 cold-weather items through Mitten Tree drive

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to provide financial support to selected nonprofits as a result of this year's 2021 Annual Mitten Tree Drive. The donation of mittens, hats, gloves and scarves allowed MVSB branches to distribute warm clothing items to local organizations that support families in need this winter. For each donation, the Bank contributed \$2 to local nonprofits. This year's matching contribution, totaling \$3,000, was split evenly among Interlakes Community Caregivers, GOT LUNCH! Laconia and GOT LUNCH! Ashland and Holderness.

MVSB holiday tradition since 1979 and we are grateful for the donations we have received this year," said Rick Wyman, President of MVSB. "It has been a difficult year for many in our community and we are appreciative of our 13 branch locations for stepping up to collect donations for families. We are also excited to offer this matching contribution to local nonprofits."

Numerous groups and individuals participated in the distribution of donated items, including the Moultonborough Women's Club and Moultonborough United Methodist Church, who donated and distributed more than 200 items this year. Lucienne Boisvert,

94-year-old mother of Mike Boisvert, former Internal Audit Liason for MVSB, also donated 134 hand-knit scarves, and over the past 11 years, she has donated 1,769 items to the Mitten Tree Drive.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of account-



The Moultonborough Women's Club graciously donated more than 175 items to the Mitten Tree Drive. From left to right, members Pam King, Julie Osgood, Janet Schurko, and Elaine Rider.

ability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch

offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth

or Wolfeboro, call 800-922-6872 or visit mvsb.com.



*Registration coming soon for Kingswood flag football*

WOLFEBORO — Registration is coming soon for the Kingswood Regional Flag Football League.

There will be teams for U8, U10, U12, U14 and U17 and there will be leagues in both the spring and the fall.

Registration details can be found by searching out Kingswood Regional Flag Football League on Facebook.

## Alton Parks and Recreation Community Connection

Skate Night at Mill Pond

Join the fun at Skate Night on Friday, Jan. 21 from 5-7 p.m at the Alton Outdoor Ice Rink located on Mill Pond, across from the Fire Department on Route 140. Open skating under the stars, campfire, s'mores, hot drinks and fun. This event is free for all ages. Sponsored by Alton Fire, Police and Parks and Recreation. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Ice Skating Rink at Mill Pond

The Town of Alton has opened an ice skating area at Mill Pond, across from the Fire Department on Route 140. The ice rink is maintained by the Fire Department who recently added a skating track portion for recreational skating. Rink conditions are weather dependent so please check the ice rink sign to make sure the rink is open. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Free Weight Training and Yoga Zoom Classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes for local residents. Classes are held live through Zoom, computer and internet access is required. Participants will need to register in advance to receive the class session link. Classes are ongoing.

Weight Training- Adults of All Ages- Mon-

days and Wednesdays from 1:30-2:30 p.m. Weight bearing exercises to build strong bones and muscles.

Yoga for Fitness- Adults of All Ages- Fridays from 1-2 p.m. Yoga postures designed to strengthen, tone and increase balance and flexibility.

Contact 603-875-0109 or parksrec@alton.nh.gov to sign up.

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FREE JANUARY CRAFT KITS

Don't forget to ask for your free January Craft Kit at the Circulation desk. "Bears, Bookmarks, and Colorful Unicorns" are your choices. You may choose to create a snowy white foam and tissue polar bear wall hanging, decorate a unicorn, or an assortment of other eye-catching bookmarks. As always, these are free craft activities.

NEW BOOKS

Check out our new collection of REALLY BIG paperback picture books. Ten oversized paperback editions (15 by 19 and a quarter inches) of beloved Children's picture books were purchased at the end of 2021. After each title is featured in our Wednesday Storytime, it will be added to the circulation. There are three

so far, that are ready to check out, "Polar bear, polar bear, what do you hear?" by Bill Martin, "The napping house" by Audrey Wood, and just this week, "It looked like spilt milk: by Charles G. Shaw. This latest title, a classic originally published in 1947, was one of the first books to introduce non-representational art to children. This was the same publication year as "Goodnight Moon," by Margaret Wise

Brown. In fact, Shaw was discovered and nurtured by the renowned children's author, who was his first editor.

Come in and see these colorful REALLY BIG paperback picture books for yourself and check one out. If you are in a hurry, you can reserve it online through our website at gilmanlibrary.org, and pick it up at the Circulation desk. - See you soon at the library!

## 3D archery shoot at Farmington Fish and Game Feb. 6

FARMINGTON — Farmington Fish and Club is hosting a Granite State Bowhunters 3D archery shoot on Sunday, Feb. 6, from 7 to 11 a.m. Members and non-members are welcome. Registration starts at 7 a.m. and is \$12 for GSB members and \$15 for non-members.

Barbequed hotdogs, hamburgers, hot coffee, cold drinks and water will be served. For more information, please visit www.farmingtonfishandgameclub.com or the club's Facebook event page at farmingtonfishandgameclub, or e-mail Brian Fuller, fullerbn@gmail.com or Allan Thorell, act\_ptg\_dec@hotmail.com.

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# Daniel Osetek promoted to Senior Vice President, Commercial Lending Team Leader at MVSB

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to announce the promotion of Daniel “Dan” Osetek to Senior Vice President, Commercial Lending Team Leader. In this role, Osetek will oversee the leadership and development support for one of the Bank’s regional commercial lending teams, while continuing to assist businesses with their commercial lending needs. He will be based out of the Moultonborough branch office.

“In addition to providing exceptional service to his clients, Dan has played a critical role to help streamline and improve commercial lending processes for his nearly eight years with the Bank,” said John Swedberg, Senior Vice President & Senior Commercial Loan Officer at MVSB. “This is his second recent promotion and it speaks volumes about his passion and dedication to his customers and the business community. We are glad

to have his leadership and vision.”

Osetek joined MVSB as Vice President, Commercial Loan Officer in 2014 after previously serving as the Assistant Vice President, Commercial Relationship Manager for Northway Bank. He holds a Bachelor of Science in Business and Accounting from Bridgewater State University.

He currently serves as Treasurer of the Wentworth Economic Development

Corporation (WEDCO), and Glade Chief with Granite Backcountry Alliance. Osetek and his family reside in Conway.

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Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutual-ity, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro,



Daniel Osetek

call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

## Sydney DeJager of Alton named to Dean’s List at Grove City College

GROVE CITY, Pa. — Sydney DeJager, a Communication Arts major at Grove City College from Alton, has been named to the Dean’s List for the Fall 2021 semester. Sydney is a 2018 graduate of Prospect Mountain High School and is the daughter of Mr. and Mrs. John DeJager (Charla) from Alton.

Students eligible for

the Dean’s List have a GPA of 3.40 to 3.59; for the Dean’s List with Distinction a GPA of 3.60 to 3.84 and for the Dean’s List with High Distinction a GPA of 3.85 to 4.0.

Grove City College ([www.gcc.edu](http://www.gcc.edu)) is a highly ranked, national Christian liberal arts and sciences college that equips students to pursue their unique callings through an aca-

demically excellent and Christ-centered learning and living experience distinguished by a commitment to affordability and promotion of the Christian worldview, the foundations of a free society and the love of a neighbor. Established in 1876, the College is a pioneer in independent private education and accepts no federal funds. It offers students

degrees in more than 60 majors on a picturesque 180-acre campus north of Pittsburgh, Pa. Accredited by the Middle States Commission on Higher Education, Grove City College is routinely ranked as one of the country’s top colleges by U.S. News & World Report, The Princeton Review and others based on academic quality and superior outcomes.

## HIGH SCHOOL SLATE

Thursday, Jan. 20

KENNETT  
Boys’ Hoops vs. Berlin; 5:30  
Girls’ Hoops at Berlin; 6:30  
KINGSWOOD  
Boys’ Hoops vs. Plymouth; 6

Friday, Jan. 21

KENNETT  
Alpine Skiing at Cranmore; 9:30  
Boys’ Hoops at Souhegan; 6:30  
Girls’ Hoops vs. Souhegan; 5  
Ski Jumping Home Meet; 6  
KINGSWOOD  
Alpine Skiing at Cranmore; 9:30  
Boys’ Hoops vs. Hanover; 6  
Girls’ Hoops at Hanover; 6:30  
PROSPECT MOUNTAIN  
Alpine Skiing at Gunstock; 10  
Boys’ Hoops at St. Thomas; 6:30  
Girls’ Hoops vs. St. Thomas; 5

Saturday, Jan. 22

KENNETT  
Nordic Skiing at White Mountains; 10:30  
KINGSWOOD  
Boys’ Hockey vs. Spaulding; 7  
Boys’ Hoops at Laconia; 1

Monday, Jan. 24

KENNETT  
Boys’ Hoops vs. Oyster River; 6:30  
Girls’ Hoops at Oyster River; 6:30  
KINGSWOOD  
Boys’ Hoops at John Stark; 6  
Girls’ Hoops vs. John Stark; 6  
Unified Hoops vs. Farmington; 3  
PROSPECT MOUNTAIN  
Girls’ Hoops vs. Somersworth; 5:30

Tuesday, Jan. 25

KINGSWOOD  
Girls’ Hockey vs. Central-Memorial; 8:20  
PROSPECT MOUNTAIN  
Unified Hoops at Epping; 4

Wednesday, Jan. 26

KENNETT  
Boys’ Hoops vs. Plymouth; 6:30  
Girls’ Hoops at Plymouth; 6:30  
Hockey at Kingswood; 7  
Nordic Skiing at Gunstock; 2:30  
Unified Hoops at Plymouth; 3  
Ski Jumping at Berlin; 6  
KINGSWOOD  
Boys’ Hockey vs. Kennett; 7  
Boys’ Hoops vs. Oyster River; 6:30  
Girls’ Hoops at Oyster River; 6:30  
Nordic Skiing Home Meet; 3  
PROSPECT MOUNTAIN  
Boys’ Hoops vs. Gilford; 6  
Girls’ Hoops at Gilford; 6

All schedules are subject to change.

## Alice Kappes named to Dean’s List at Bob Jones University

GREENVILLE, S.C. — Alice Kappes, a Freshman Elementary Education major from Alton Bay, was among approximately 820 Bob Jones University students named to the Fall 2021 Dean’s List.

The Dean’s List recog-

nizes students who earn a 3.00-3.74 grade point average during the semester.

Located in Greenville, South Carolina, Bob Jones University provides an outstanding regionally accredited Christian liberal arts ed-

ucation purposely designed to inspire a life-long pursuit of learning, loving and leading.

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health professions, and business.

BJU has more than 3,000 students from nearly every state and more than 40 countries. We are committed to the truth of Scripture and to pursuing excellence in all we do.

## Leavitt earns NAC All-Academic honors

BANGOR, Maine — The North Atlantic Conference (NAC) is proud to announce the Fall 2021 All-Academic Team.

The Fall 2021 NAC All-Academic Team includes 373 athletes from all 12 member institutions representing 56 unique teams across seven sports.

For Husson, the total of 73 honorees is the highest tally for a Fall All-Academic Team in the institution’s 19 years as a member of the NAC. Included on that list is

volleyball player Julia Leavitt of Alton, a graduate of Prospect Mountain High School. She finished her season with 192 kills, averaging 2.4 kills per set, both good enough for third in the conference. She also had 221 points (fourth in conference) and averaged 2.8 points per set (third in conference).

In order to be eligible for All-Academic honors, student athletes must be participating members of their respective teams and achieve a

cumulative grade point average of 3.5 or higher on a 4.0 scale. Member institutions are responsible for identifying eligible student athletes.

All-Academic Team honors are bestowed twice a year, at the conclusion of the fall and spring semesters. The fall semester All-Academic Team includes only student athletes who compete in sports with a fall conference championship - men’s and women’s cross country, men’s golf, men’s

and women’s soccer, women’s tennis, and women’s volleyball. Winter and spring sport athletes will be recognized at the conclusion of the spring semester.

The NAC has 12 member institutions including SUNY Canton, Cazenovia College, SUNY Cobleskill, SUNY Delhi, UMaine-Farmington, Husson University, Northern Vermont University-Johnson, Northern Vermont University-Lyndon, Maine Maritime Academy, SUNY Poly, UMaine-Presque Isle, and Thomas College.

## LRPC seeking input on Bicycling and Walking plan

BY ELISSA PAQUETTE  
Contributing Writer

REGION — The Lakes Region Planning Commission (LRPC) is seeking input from its thirty participating towns for its 2022 Bicycling and Walking plan. The anonymous survey is collecting key demographic data and individual thoughts reflecting personal experience walking and biking along New Hampshire roadways. If one doesn’t walk or bike, what is it that prevents that activity?

LRPC contact for the survey, Jessica Bighinatti, says the LRPC and its Transportation Advisory Committee would like to hear where wider road shoulders would be helpful, specific places that have access problems to address, such as visibility, shoulder maintenance, or have poor signage, for example, in order to provide feedback to the New Hampshire Department of Transportation and individual towns as it develops ten-year plan projects.

The survey may be accessed on the LRPC Facebook page or possibly your town Web site. Questions? Please contact Jessica at [jbighinatti@lakesrpc.org](mailto:jbighinatti@lakesrpc.org).

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We Will NOT be Undersold

## Remembering the man behind the holiday

Offices were closed nationwide this past Monday in observance of Martin Luther King, Jr. Day. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement from 1954 until his assassination in 1968. The federal holiday falls around the birthday of King on Jan. 15.

Republican President Ronald Reagan made the holiday official in 1983. In 1986, the first observation of Martin Luther King, Jr. Day took place. In the year 2000 the holiday was observed by all 50 states for the first time since 1986.

Labor unions in contract negotiations brought the idea of celebrating King via national holiday. Republican Senator Edward Brooke of Massachusetts and Democrat John Conyers of Michigan brought forth the legislation in 1979 where it was five votes shy of passing in the house.

Those in opposition of the day cited costs in that paying federal employees would be too expensive. Others stated that honoring a private citizen would go against tradition in that King never held a public office.

In 1980, Stevie Wonder released the single "Happy Birthday" to shed light on the campaign. The largest petition in favor of an issue in the history of the United States gathered six million signatures.

Two Republican senators from North Carolina (Jesse Helms and John Porter) opposed the bill because of King's opposition to the Vietnam War, and also accused King of being a Communist. An FBI investigation dating back to 1963 turned up no evidence that King had been influenced by communists.

The bill passed the House of Representatives 338-90. Within the bill was language establishing the Martin Luther King, Jr. Federal Holiday Commission. King's wife, Coretta Scott King was made a life long member of this commission by President George H.W. Bush in May of 1989.

Martin Luther King Day is seen as a day to promote equal rights for all Americans. While there are few traditions surrounding the holiday, many educators use the day to teach their students about the struggle against racial segregation and racism. In New Hampshire and Arizona, the day is combined with Civil Rights Day. In Idaho the day is referred to as Human Rights Day, and in Wyoming, Equality Day.

King, who was born in 1929, was an American Baptist minister from Atlanta, Ga. In 1963, during the March on Washington, he delivered his famous 'I have a Dream' speech. In 1964, King was awarded the Nobel Peace Prize for his work in promoting nonviolent resistance and for advocating for Civil Rights.

King was assassinated at the age of 39 in Memphis, Tenn. by James Earl Ray. Ray, 41, was sentenced to 99 years in prison. The assassin died in prison in 1998 from hepatitis.

An excerpt from King's famous speech:

"So let freedom ring from the prodigious hilltops of New Hampshire; let freedom ring from the mighty mountains of New York; let freedom ring from the heightening Alleghenies of Pennsylvania; let freedom ring from the snow-capped Rockies of Colorado; let freedom ring from the curvaceous slopes of California. But not only that. Let freedom ring from Stone Mountain of Georgia; let freedom ring from Lookout Mountain of Tennessee; let freedom ring from every hill and mole hill of Mississippi. From every mountainside, let freedom ring.

"And when this happens, and when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: 'Free at last. Free at last. Thank God Almighty, we are free at last.'

KATHY SUTHERLAND

### Knights net first win

Megan Davey fires off a shot during Kingswood's game with Plymouth on Friday evening. The Knights dropped a 59-39 decision to the Bobcats but did pick up their first win earlier in the week, knocking off Sanborn by a 49-39 score. Kingswood is slated to be in action on Friday, Jan. 21, at Hanover at 6:30 p.m., at home against John Stark on Monday, Jan. 24, and at Oyster River on Wednesday, Jan. 26, at 6:30 p.m.



## LETTERS FROM EDWIN

### Progress

The other day, when the cat and I went out to check the mail, I found myself checking out all the tracks I saw in the recent snow on the edge of the driveway. There were lots of squirrel and deer tracks. Some small mouse tracks and what looked to be a raccoon. Among this large patch of deer tracks there were some rather large hoof prints. This had to be a huge deer.

I didn't think any more about it. We grabbed the mail and headed back to the house where I knew that she would start hinting in her kitty way that it was supper time. Well, it almost is, she's always trying to con me into feeding her early.

Before I get to her, I usually start prepping my meals. She usually stops whining after she sees me busily ignoring her and patiently waits till I get hers ready. When I have a few moments free I'll get hers ready and rarely need to call for her to see her run up for a little back scratch before attacking the bowl.

This morning, I looked out my bathroom window and counted

seven squirrels running around out in and around the garden looking for whatever they could find. From the vantage point of the second floor, I could see all the tracks out back from above. There was lots of the usual deer track pattern, but there was also these other larger tracks that had a totally different pattern. I headed off to consult my books and the larger track pattern matched those of a moose. It's been years since I've seen any signs of moose around here.

One of the first breakfasts we cooked in the house was interrupted by a moose that walked up and stuck her head into the window right next to us, presumably investigating the radio, which was the only thing we could figure out that might be out of the ordinary. That was 32 years ago. It had to be a female seeing as upon looking further, we saw a little one munching on a blueberry bush.

I would often see tracks and scat in addition to actual sightings, but over the years those have become rare to nonexistent. I figured that with the warming

weather and proliferation of ticks that our moose had moved north. This little surprise is a welcome indication that I could still some day possibly see one again standing in the driveway as I head off to work.

Today there was some daylight left when I got home so I slipped on some crampons and headed off into the woods. I didn't think that I'd need them, but it's always better to be over prepared. Since my fall, I hadn't been able to do such a thing. It's nice to be getting better.

There have been the sounds of machines and occasional headlights coming from an adjacent property that used to be woods. I've been wanting to check out firsthand what I knew must be happening. There was a piece of property that had been clear cut a number of years ago that was just waiting for someone to put up a house.

I headed out there and sure enough, it had been stumped and the land nicely graded for the future foundation or lawn. The constant encroachment upon wild spaces continues. Along

with it usually comes the no trespassing signs, transforming these formerly free to roam wooded lands to selfishly hoarded home estates. That's progress.

It's almost time to go check the mail again. The weather guys say that tomorrow could bring us another five inches. Unfortunately, the last five have just about disappeared. What is left is all frozen into ice on the road because I just drove it down. It wasn't enough to warrant getting the blower going. Usually, it stays snow pack till March, but this last warm spell has done it's magic so it's now pretty slick. You take your decisions and have to live with them.

The question is now, do I do it again? These little minor storms allow for such choices to be made. If we only get three inches, there is no decision to be made, but five is another story. One can only wait to find out that one. Patience I have.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

## STRATEGIES FOR LIVING

### On the darkest of days

BY LARRY SCOTT

Sitting in my office one Saturday afternoon, I was relaxed, listening to music my wife had on in the living room. Bill Gaither and his Vocal Band have always been a favorite of ours, but one song that afternoon brought back dark memories of a time I shall never forget. As the quintet sang "At the Cross," an old Christian hymn, I broke into tears.

I remembered well the day I first heard this same rendition sung by the band. I was half-way across Texas in my 18-wheeler going no-

where with my life. But something electric happened as the group sang. "At the cross, at the cross, where I first saw the light, and the burdens of my heart rolled away. It was there by faith I received my sight, and now I am happy all the day."

But I wasn't. Far from enjoying my ride through life, it was a time of trauma, uncertainty, and despair. The song was well known, a hymn with which I was familiar from my youngest days. I sang with them but never made it through the chorus. I wept uncontrollably,

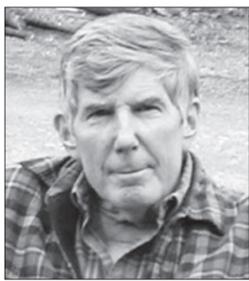
and for a few moments, the cab of my truck became a sanctuary. I remember shouting, amid the tears, "GOD! WHAT DO YOU WANT ME TO DO?" And, although I am not given to hearing voices, not even from God, a thought passed through my mind that had all the earmarks of a divine word. "All I want from you is the gift of a holy life." And then, silence.

That day marked the beginning of my reconstruction. Slowly, and without fanfare, I began to put my life back together. There is reason behind the deep-felt

appreciation I have for what God has done in my life. Few people know how far I have come from the lowest of all lows. No, it wasn't drugs, or alcohol, or women, and my conscience is clear. But I had single-handedly destroyed what could have been a successful career; I had made some terrible choices, and life had thrown me out with the garbage.

You would be amazed at how many of us who preach the Gospel, sometimes with such enthusiasm we come across as "just another fanatic," have been to hell and  
SEE STRATEGIES PAGE A5

# A wandering discourse on the burning of wood



By JOHN HARRIGAN  
COLUMNIST

The Achilles heel for many northern New England homes heated by wood continues to be electricity. That's because an increasing number of homes rely on pellet stoves, or use fans to move air, both of which require power. Well, okay, some fans don't. If anyone ever figures out how to move electricity by radio-wave or something, the problem will be solved, but for now, that's out.

There has been a huge movement to pellet stoves in recent years, as people accustomed to burning firewood have aged, and sought out the convenience of pellets instead. This movement has been exacerbated by the aging of Baby Boomers, which found many post-World War II babies hitting "the wall" at about the same time. (Why anyone should have been surprised at this, least of all health-care planners, remains a mystery.)

With pellet stoves, bags of compressed wood pellets are dumped into a hopper and fed into a combustion chamber, which requires electricity. But it is a heck of a lot easier to move bags of dry pellets around than to cut, split, pile, "season," move in, re-pile, and then bring in firewood to burn. Besides, every time you move wood you have to sweep up.

The goal with "seasoning," by the way, is to get your firewood to about 20 percent moisture, or put another way, 80 percent dry. This requires a full summer season--hence the term. This is why many people buy their firewood before the sap rises from the roots, and get right to cutting it into stove-length and splitting it early in the spring.

Quite often, in the yards of many a home, you'll see entire families out there taking care of

a pile of logs and reducing it to firewood, to be piled in the yard to season before moving it into a shed or the like before winter. That alone could make the spring my favorite time of year--seeing families, out there doing that--if other seasons, even Deep Winter, didn't have so much to offer.

+++++

Before we move on to other things, a bit more about this business of using fans and other tactics to move air:

--Some fans use convection of hot air right on the stovetop to move air, and these heat-driven fans of course require no electricity. I've used one of these rigs, and they're great. I've got one medium-sized wood stove that heats my spare living room like a champ, and I'd have the convection fan atop it all the time if it didn't smell so good all through the house to have a Boston Butt roast on there instead. Careful use of bricks, however, can allow both.

--When moving warm air, a slow fan is best. For this, you need a rheostat between outlet and fan. Computer fans--typically used in upper doorways--turn too fast, and cool the air.

--The most fortunate homeowners are the ones whose air moves around the house all by itself. Houses oriented north-south seem the best for this. Hot air seems to want to go north, and cold air south, with the front stairway often serving as the automatic cold air return. In my house, the stairway cascades like a waterfall.

--When kindling a fire, an old trick is to open a door to the outside, to let the cold air find a way in. This will let the warm air push the cold air up the chimney, and start the draft your fire needs to get going.

--Many wood-burning furnaces rely on electronically driven systems to test water or air temperature, and to operate thermostatically controlled dampers to fire up combustion chambers. The saving grace for some

such homes may be that we are still a nation of tinkers. Many homeowners have found ways to get around power-requiring components, and jury-rig them until the power returns.

+++++

Most homes heated with wood have backup oil furnaces, and occupants burn wood because they're used to it, and like it, or cannot afford the oil.

I like going into homes where burning wood is a force of habit acquired over generations. Often these have been older farmhouses that never had any real central heating but have relied on a succession of fireplaces and free-standing stoves, with cellars mainly serving as protection for potatoes and root-crops.

Many of these houses were quite small, to conserve heat, and had an Ashley Heater (or one of their many modern equivalents) huffing away in the kitchen, and throwing a tremendous amount of heat. Typically, you removed layers of clothing in the kitchen, and put them back on the farther away you got.

Many of these homes had drying-racks of various ingenious aspects in use above the stoves. Likewise, foot-gear was set on the stairway to dry. The whole scene was redolent of wool, wet cotton and canvas, and hot rubber boots. Often, something was simmering on a corner of the stove (covered, of course). Occasionally, a cribbage board, a jug of hooch, and perhaps a plate of cheese and crackers graced the table.

Sometimes, it was hard to leave such a place. Supper was always implicit. A bunk for the night was a saving grace.

+++++

For some houses set up just right for a ground-floor heater, the Ashley (or its equivalent) was the greatest thing since sliced bread.

These stoves, which are (or were recently) still being manufactured, had a childproof



JOHN HARRIGAN

A somewhat dated photograph: firewood rounds to be split; a small part of a huge pile; the garden; horses across the road.

outer shell, and a deadly serious burning unit within. This consisted of an air-tight steel and firebrick combustion chamber, the only air-intake being a small gravity-operated damper controlled by a magnesium coil.

These small intakes were often jury-rigged to stay open just a crack--a small screwdriver, a bent nail, or some baling wire--and thus the stove was usually throwing off tremendous heat. Often, the front door of the house was open a crack or two, and perhaps, in March, a window.

For the occupants, heating with wood was a matter of course, and they hardly gave it a thought. Rarely did they let the fire go out, so kindling was rarely needed. When it was, they went out to the woodshed to get a few slivers, coinciding with a warm day for cleaning out the ashes.

Kindling was not a matter of great concern. Huge piles of it magically took shape, the result of warm days and cold nights in the spring and fall, when there were weighty topics to discuss in woodshed and shop. These seldom resolved anything, but not for want of trying.

+++++

Some wood-heating statistics:

--Only about 1.9 percent of U.S. homes are heated by wood.

--Maine, New Hampshire and Vermont are consistently among the top ten states in which firewood is a major part of home heating. The rankings change along with fluctuations in the cost of oil and gas.

--Use of wood stoves to augment heat from oil or gas may be triple the use of wood as a primary source.

--The top ten counties in the U.S. for wood heat tend to be in the Southwest and the Pacific Northwest. However, other counties, even in the Northeast, are so close as to be "no statistically different," says the Census Bureau. Among them are Aroostook County, Maine; Franklin County, Mass.; and Cheshire County, New Hampshire.

(Note: These figures are geared for counties with populations of 65,000 or more.)

## Stratgies

FROM PAGE A3

back. When we talk of what God can do in a man's life, we speak from experience; we have been there.

When I reflect on where my sweetheart and I are today it challenges believability. If you knew me better, you could easily understand my love for Jesus Christ. Standing unrecognized in the shadows, but watching carefully over my progress, He was there. My friends will tell you I am no fanatic, but I am deeply grateful for what God -- and I know it was God -- has done in my life. He is a God of second chances, a God of the impossible, and the thoughts about which I write are more than empty words. They are the story of my life.

You want to talk about it? Hit me up at rllarry-scott@gmail.com.



**TOWN OF NEW DURHAM  
PLANNING BOARD  
PUBLIC HEARING NOTICE**

**TUESDAY, FEBRUARY 1, 2022  
7:00 PM @ NEW DURHAM TOWN HALL and ZOOM**

Walter and Carol Shanahan

You are hereby notified that a Public Hearing will be held by the New Durham Planning Board at the Town Hall and ZOOM on Tuesday, February 1, 2022 at 7:00 pm. The hearing is regarding a Stormwater Conditional Use Permit submitted by Changing Seasons Engineering PLLC, on behalf of Walter and Carol Shanahan. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on application or ZOOM, please contact Robin McClain at [ndlanduse@newdurhamnh.us](mailto:ndlanduse@newdurhamnh.us) or the Planning Board.

The property is located at Owls Head Point Road, Map 108 Lot 047.

**TOWN OF BARNSTEAD  
FILING NOTICE**

The filing periods for candidates for Town Office will be from Wednesday, January 19, 2022 until 5pm Friday, January 28, 2022  
You MUST be a registered voter.

2 Selectmen	3 year terms
1 Town Clerk/Tax Collector	3 year term
1 Library Trustee	3 year term
1 Trustee of trust Funds	3 year term
2 Planning Board Members	3 year term
1 Planning Board Member	2 year term
2 Budget Committee Members	3 year terms
1 Overseer of Public Welfare	1 year term
1 Supervisor of the Checklist	6 year term

# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	20 Larry Dr.	Single-Family Residence	\$312,533	R. & Marcia Moline LT	Jesse R. and Kathryn Lindland
Alton	7 Loon Cove Rd.	Single-Family Residence	\$1,200,000	Theodore C. and Pamela C. Poulous	Red Sign Design Build Development
Alton	291 Mount Major Highway	Single-Family Residence	\$220,000	Brian J. and Linda M. Meuse	Dennis and Heather Matulewicz
Alton	N/A (Lot 174)	N/A	\$10,000	Barbara and Bryee Whiting	Jeffrey A. and Clare M. Letendre
Barnstead	32 Maple St.	Single-Family Residence	\$400,000	JCB LLC	Nicole M. and Stephanie Libby
Barnstead	1080 N. Barnstead Rd.	Single-Family Residence	\$489,933	Scott A. and Carol J. Goldie	Kelly L. and Denise D. Smith
Barnstead	Province Road	N/A	\$13,666	Donald E. and Jeffrey E. Holmes	Paul Hamilton
New Durham	Route 11	N/A	\$250,000	Virginia Donahoe and Mary A. Tkach	Patrick G. Donahoe

## ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

## LRMHC becomes a Recovery Friendly Workplace

LACONIA — Lakes Region Mental Health Center recently joined employers across New Hampshire in becoming a Recovery Friendly Workplace. Launched in 2018 and led by Gov. Sununu, the Recovery Friendly Workplace initiative encourages healthy and safe working environments where employers, employees, and communities can collaborate to create positive change, eliminate stigma, and support recovery.

Substance misuse costs the State of New Hampshire \$2.36 billion annually. These costs are related to the loss of productivity of individuals and businesses, as well as criminal justice, health care, and other related costs. (PolEcon Research, 2017)

There are an estimated 60,000 Granite Staters in recovery from addiction. People in recovery are our employees, our clients, our friends, and our family members. Prevention, treatment,

and recovery supports and services save lives and save resources

"It is important to us as an employer, to promote individual wellness by creating work environments that further mental and physical well-being of employees; proactively preventing substance misuse and supporting recovery from substance use disorders in the workplace and community," said Maggie Pritchard, CEO of Lakes Region Mental Health Center.

To learn more about this initiative, visit [www.recoveryfriendly-workplace.com](http://www.recoveryfriendly-workplace.com).

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults

and older adults each year. LRMHC provides Emergency Services and Mobile Crisis Response Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports;

housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 603-524-1100 or visit the Web site at [www.lrmhc.org](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.



### A CHILDREN'S CONCERT

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## DUE TO COVID

COVID

## Knights come from behind to beat Plymouth

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Kingswood boys' basketball team hit the road to Plymouth on Friday night and came through with a hard-fought come-from-behind win over the Bobcats.

The Bobcats came out strong and outscored the Knights by a 20-11 score in the first quarter. Kingswood cut the lead to 26-23 at the halftime break and then took the 32-31 lead heading to the fourth quarter. They opened the lead up a bit and picked up the 45-40 win.

Ethan Arnold led the way for the Knight boys with 15 points on the night while Carter Morrissey finished with 12 points.

The two teams are slated for a rematch today, Jan. 20, at 6 p.m. in Wolfeboro. Kingswood is also slated to host Hanover on Friday, Jan. 21, at 6 p.m., will be at Laconia on Saturday, Jan. 22, at 1 p.m., will be at John Stark on Monday, Jan. 24, at 6 p.m. and will be hosting Oyster River at 6 p.m. on Wednesday, Jan. 26.

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

## Ice skates wanted

ALTON — The Alton Parks and Recreation Department is in the process of collecting ice skates that are in good condition. Ice skates can be dropped off at the Parks and Recreation office at 328 Main St. during business hours 8 a.m.-4 p.m. Monday-Friday. Once a collection of skates is established a free ice skate swap location will be set up for the community to pick up skates! For more information contact 603-875-0109 or [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov). Public Ice Skating is available in Alton at the outdoor skating area on Mill Pond thanks to Alton Fire.

## PETS OF THE WEEK



Tate

Tate is a highly intelligent Australian cattle dog (also known as the blue heeler). Like most cattle dogs, Tate is a dog that needs a job, and will need lifelong training and activities to keep him happy and healthy. Tate is hearing impaired, but that doesn't stop him from learning new tricks! Tate responds to hand signals for sit, down, stop, speak, stay, and paw, and is working on more! He is both toy and food motivated. Tate will need lots of mental and physical stimulation to keep him happy- he will need much more than walks or a game of fetch! Tate can be selective with which people he trusts, and can be reactive towards new people. We have started working with Tate to help him make positive choices and build trust. He is making progress and is looking for an adopter who wants to continue this work. He loves to train, play fetch, play tug of war, and once he builds trust with you, loves to cuddle. Tate is looking for a home without kids ( he can play a bit rough), no cats ( too fun to chase!), and he may do ok with the right dog friend but can be picky



Cuke Roll

If this picture doesn't tell you how adorable I am then I don't know what will. Me and my adorable face came to NH Humane from living as a stray, so there is not much in the way of background. I am FIV+, meaning I would need to be the only pet in the household or living with other FIV+ cats.

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# Powerhouse announces auditions for spring musical

LACONIA — Powerhouse Theatre Collaborative is excited to announce auditions for May's production of the musical comedy "Something Rotten!" by Wayne and Karey Kirkpatrick and John O'Farrell.

Auditions will be at the Colonial Theatre on Wednesday, Jan. 26 at 6:30 p.m. and Sunday, Jan. 30 at 3 p.m. Auditioners only need attend one. Video submissions will also be accepted. Auditions will consist of a musical selection of the actor's choice, readings from the script, and a dance audition. This is a dance heavy show, and we are looking for lots of dancers, including tappers! All the details can be found at <https://www.belknapmill.org/somethingrotten>

The show will be directed by Bryan Halperin. Music Direction is by Karina Allayne and choreography by Meg King. J Alward is the assistant director, and Katie Duncan is the Stage Manager.

According to Bryan Halperin, "This show is such a blast! When I first saw it on Broadway, I knew I wanted to direct it someday. We went to see it a second time with our kids because it was so much fun. We know that this production will bring joy to those performing in it as well as those who come to see it in May, and we all could certainly use some joy in our lives this spring!"

While there may be a few rehearsals in February, rehearsals won't begin in earnest until

the beginning of March. Actors will be encouraged to learn lines and familiarize themselves with the music during February. Rehearsals are planned for Sunday afternoons and evenings, and Tuesday and Wednesday evenings and will generally take place at the Colonial. Actors will only be called to rehearsals where they are needed so time commitment depends on the role. Performance dates are scheduled for May 6-8 at the beautiful Colonial Theatre.

Two brothers set out to write the world's first musical in this hilarious mash-up of sixteenth-century Shakespeare and twenty-first-century Broadway!

Covid protocols can

also be found on the Web site above, and masks will be required at auditions. Powerhouse's Colonial Series is sponsored by Bank of New Hampshire and RE/Max Bayside. It's 2022 season is sponsored by Spectacle Live and Grappone Mazda, and this production is sponsored by Lakes Region Fence and The Dow Realty Group.

There is a \$25 participation fee, but nobody will be turned away from the cast if this presents a hardship.

For more details on Powerhouse and all the programs at the Belknap Mill or to find out how to become a sponsor, visit [www.belknapmill.org](http://www.belknapmill.org) or email [powerhouse@belknapmill.org](mailto:powerhouse@belknapmill.org).

# SNHU announces Fall 2021 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2021 Dean's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 are named to the Dean's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

Sarah Pitts of New Durham  
Tyler Smith of New Durham  
Traynor Cully of New Durham  
Bryan Medeiros of Center Barnstead

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 160,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

# SNHU announces Fall 2021 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Fall 2021 President's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above are named to the President's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

Brittany DeFlumeri of Center Barnstead  
Kathleen Bocash of Barnstead  
Cassidy Downs of New Durham  
Virginia Skelley of Alton  
Cameron Michaud of Center Barnstead  
Kassidy Kelley of Barnstead  
Corey Porter of Center Barnstead  
Marissa Labrie of Alton Bay

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 160,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

**salmonpress.com**

# Comfort Keepers

## Winter health risks for seniors

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many senior's regular schedules. And, it's not just snow and ice that make winter a difficult season for seniors – additional factors include post-holiday isolation, illness, and the physical effect of cold weather.

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness.

Some factors to consider include:

Winter blues – Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Creating opportunities for socialization and finding joyful moments isn't just for fun – it can help foster critical connection

and combat loneliness. There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

Winter illness – There are a variety of ways that seniors can be physically affected by the winter season.

Pneumonia: Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help.

Joint pain: Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating temperature inside and stretching exercises can help. A healthcare professional can also suggest exercise, medication or other coping strategies.

Heart issues: Heart attacks and high blood pressure are more common in winter because

cold snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially in seniors.

Winter safety – Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for those with some health conditions, like Parkinson's disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided through education too. Examples include being mindful about fall risks, monitoring carbon dioxide levels and preventing hypothermia.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide companionship or trans-

portation to community events, and support physician-prescribed exercise regimens, provide companionship and help to families that want to stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

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 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

# BUSINESS DIRECTORY

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**New Certified Flight Instructor Karen Mitchell, center right, accepting the congratulations of her fellow WinnAero Board members (l to r) Dave McDonald, Dan Caron and John Seeler for achieving her Flight Instructor rating.**

COURTESY

# WinnAero president earns new rating

GILFORD — The Board of the STEM Education for Youth non-profit, WinnAero, is pleased to announce our Board President, Karen Mitchell, recently earned her advanced aeronautical rating as a Certified Flight Instructor (CFI).

Mitchell, who started taking flying lessons just a few years ago, has continued in her new professional track and this advanced rating is one more milestone in her career path. A local science and math teacher for ten years, Mitchell was fascinated by flying and all things aviation so she opted to explore that field as well and has found a new career awaiting her. As a CFI, she can now provide flight lessons and training to other aspiring aviators seeking to earn their private pilot or commercial pilot certifications.

Mitchell trained extensively for her CFI under the guidance of sister pilot, Gena Adams, herself an Instructor Pilot with Sky Bright Aviation at the Laconia Airport. Early in her flight training, Mitchell joined the Ninety-Nines, the international organization of women pilots, and has benefitted from the camaraderie, mentorship and scholarship opportunities that the Ninety-Nines offer.

“Learning to fly has been a thrill, and I’m so happy to get to share it with others now as an instructor. The aviation community here at Laconia Airport has been wonderfully supportive, and I’m excited for the growth that we’re experiencing. As they say, ‘A mile of road will take you a mile, but a mile of runway will take you anywhere,’” she said.

Anyone interested in learning more about the flight training opportunities in Laconia is invited to contact Mitchell or Adams at Sky Bright (603) 528-6818 or kmitchell@skybright.com.

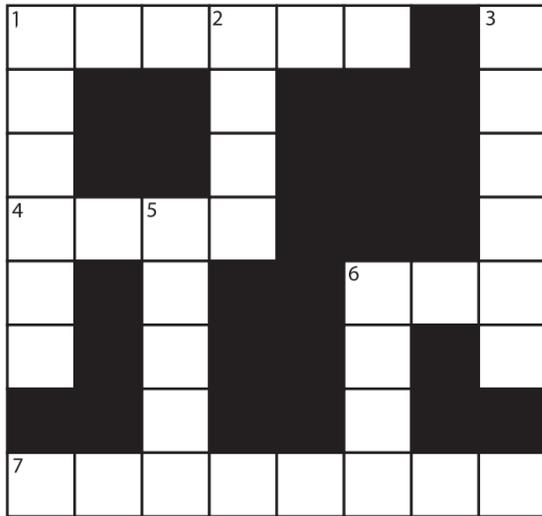


## BODY FACT:

BALANCE IS A NECESSITY WHEN PLAYING THIS SPORT, WHICH INVOLVES STANDING ON THIN BLADES.

ANSWER: ICE SKATING

### Crossword Puzzle



#### ACROSS

- Devices with wheels or blades
- Enclosed area for skating
- Frozen water
- Made a surface even and regular

#### DOWN

- Physical activities
- Speak and express
- Ice sport
- Tortilla chip with cheese or other topping
- One-twelfth of a foot

Answers: Across 1. Skates 2. Rink 3. Ice 4. Smoothed Down 1. Sports 2. Talk 3. Hockey 4. Nacho 5. Ice 6. Ice 7. Smoothed

### THIS DAY IN...



### HISTORY

- 1576: THE MEXICAN CITY OF LEON IS FOUNDED.
- 1981: RONALD REGAN BECOMES THE OLDEST U.S. PRESIDENT TO TAKE OFFICE AT AGE 69 AND 349 DAYS. JOE BIDEN, 78, WOULD LATER BECOME THE OLDEST.
- 1986: MARTIN LUTHER KING, JR. DAY IS CELEBRATED AS A FEDERAL HOLIDAY FOR THE FIRST TIME.



### SLICK

smooth, wet and slippery

### How they SAY that in...

**ENGLISH:** Ice  
**SPANISH:** Hielo  
**ITALIAN:** Ghiaccio  
**FRENCH:** Glace  
**GERMAN:** Eis

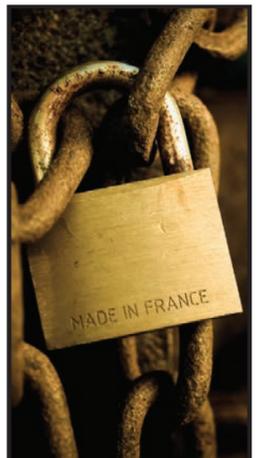
### Did you know?

ICE SKATING IS A PART OF VARIOUS COMPETITIVE SPORTS, INCLUDING ICE DANCING, FIGURE SKATING, SPEED SKATING, RINGETTE, AND ICE HOCKEY.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: HOCKEY SKATE



Break out of the same monotonous routine and find an exciting new job.

See the Classifieds today!

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to food service. Each number corresponds to a letter. (Hint: 2 = E)

**A. 25 14 21 4 2 12**  
Clue: Places to sit

**B. 12 2 10 6 2 10**  
Clue: Waiter or waitress

**C. 10 2 12 25 14 24 10 14 8 25**  
Clue: Food establishment

**D. 21 22 4 4**  
Clue: Tab

Answers: A. tables B. server C. restaurant D. bill

### SUDOKU

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

	3	2		7				
	8			1	4			
6	4		9					
					7			
7				1	2		6	5
		6				1	3	
	6	5					9	
				4				
				3	9			8

Level: Advanced

Here's How It Works:  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

2	1	4	5	3	9	6	7	8
8	7	9	2	6	4	3	5	1
3	6	5	1	7	8	2	9	4
4	2	6	7	8	5	1	3	9
7	9	3	4	1	2	8	6	5
1	5	8	3	9	6	7	4	2
6	4	1	9	2	3	5	8	7
9	8	7	6	5	1	4	2	3
5	3	2	8	4	7	9	1	6

ANSWER:

**ALPINE**

(continued from Page A1)

a time of 2:32.74 for 39th place.

McKeown was 43rd

overall in a time of 3:14.42.

Prospect Mountain had just two girls competing, with Reese Burke

finishing in seventh place in the giant slalom in a time of 1:07.62 and Gabby Greeley was 40th in 1:40.47.

In the slalom, Burke skied to 18th place with a time of 2:11.74 and Greeley was 35th overall with a time of 3:06.25.

The Timber Wolves are scheduled to return to Gunstock for a race on Friday, Jan. 21.

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



REESE BURKE takes a turn in the giant slalom course Friday at Gunstock.



JOSEPH HOWLETT races for Gunstock during action last Friday morning.



GABBY GREELEY competes for Prospect Mountain during the giant slalom at Gunstock Friday.

**SCHOALRSHIP**

(continued from Page A1)

include a brief essay on "How the Civil War has made a difference in the Year 2022," and a brief paragraph stating their reason for attending college and why they feel they should be the recipient of this scholarship.

The deadline for completed application submission must be post-marked on/or before Aug. 31, and must be on the application form. Selection will be made the first weekend in October 2022. Application form and additional information regarding the scholarship, or the Society, visit the Society's Web site at new-



durhamhistory.org or email cathyo@tds.net. The New Durham His-

torical Society is a non-profit organization who purpose is to promote an

interest in and appreciation for the history of New Durham.

**GIRLS**

(continued from Page A1)

scheduled to be at home against Monadnock on Friday, Jan. 21, at 7 p.m. and will be at Mascoma at 6:30 p.m. on Tuesday, Jan. 25.

PMHS 8-10-9-12-39  
WRHS 13-0-5-7-25

Prospect 39  
Capsalis 3-2-11, Miaszsek 1-1-3, Smith 4-5-

16, Thoroughgood 3-1-7, Vernazzaro 0-2-2, Totals 11-11-39

Winnisquam 25  
Sargent 2-0-5, Carter 0-1-1, Kelly 5-1-11, Griffin 1-0-2, MacDonald 3-0-6, Totals 11-2-25

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

# University of New Hampshire announces December 2021 graduates

DURHAM — The following students graduated from the University of New Hampshire in December 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. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

- Alex Lumbert of Barnstead
- Erin Authier of Center Barnstead
- Kate Varney of Alton
- Steven Stanton of Alton
- Luke Whissel of Alton
- Avery Anderson of New Durham

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling 13,000 undergraduate and 2,500 graduate students.

## Bank of New Hampshire promotes Cheri Caruso to Executive Vice President



Cheri Caruso

35 years. Her experiences have included branch management, electronic banking, bank operations, data processing and information technology. She was promoted to Chief Technology and Digital Banking Officer and joined the Executive Management Team in October 2020.

Caruso holds an Associate's degree in Communications from Endicott College. She also is a graduate of the New England School of Banking and the Northern New England School of Banking as well as the BAI Graduate School for Technology & Operations. She holds many certificates in banking, technology and operations.

She is active in the community, serving on the Board and Finance Committee at Franklin VNA and Hospice.

"Since she joined Bank of New Hampshire, Cheri has been instrumental in progressing our innovation and operations," said

Chris Logan, President & CEO for Bank of New Hampshire. "Cheri demonstrates a strong dedication to her work, and has been a valuable addition to our Executive Management Team. This is a well-deserved promotion and we look forward to Cheri's continued success at Bank of New Hampshire."

Bank of New Hampshire is proud to have Caruso as a member of our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

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**Church Service SCHEDULE**

**ABUNDANT HARVEST FAMILY CHURCH**  
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail abf@faith.com.

**ALTON BAY CHRISTIAN CONFERENCE CENTER**  
Sundays throughout the summer 10am & 7pm; Tues-Thurs 9am; 875-6161.

**BEFREE COMMUNITY CHURCH, ALTON**  
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Rabl, www.befreechurch.net.

**CENTER BARNSTEAD CHRISTIAN CHURCH**  
Worship Service 10:00am  
Bible Study 11:15am  
Rte 126 next to Town Hall  
Call or Text (603) 269-8831  
centerbarnsteadcc.org  
Pastor Brian Gover.

**CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING**  
Gathering Saturday evenings at 6-7 p.m.  
The Gilmanton Community Church  
497 Province Road, Gilmanton, NH  
ccop@praisegathering@gmail.com

**COMMUNITY CHURCH OF ALTON**  
Prayer Meeting 9:00 am  
Rev. Dr. Samuel J. Hall, 875-5561.  
Bay service 8:30am Alton Bay Gazette, Alton, NH  
10 am Worship Service  
20 Church Street, Alton  
Our services are live-streamed on YouTube  
Sundays at 10 am  
www.ccaalton.com

**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC**  
Sunday School and Worship Services  
Rev. Rebecca Werner Maccini  
603-776-1820  
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.  
ccnorthbarnstead.com

**FIRST CONGREGATIONAL CHURCH UCC FARMINGTON**  
Worship Services 10:00 A.M.  
Sunday School 10:15 A.M.  
400 Main Street  
Farmington, NH 03835  
Pastor Kent Schneider 755-4816  
www.farmingtonucc.org

**FIRST FREE WILL BAPTIST CHURCH**  
Sun. School 9:30am; Church 10:30am; Evening Service 6pm;  
Wed. Prayer Meeting 7pm. Depot St., New Durham;  
Pastor James Nason.

**PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.**  
on the Parade in Barnstead  
Sunday Morning Worship Service for all ages begin at 9:00 a.m.  
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Pastor Sandy Pierson - 483-2846

**ST. KATHARINE DREXEL**  
40 Hidden Springs Rd., Alton, 875-2548  
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**ST. STEPHEN'S EPISCOPAL CHURCH**  
Sunday 9:30, 50 Main St., Pittsfield  
Rev. Miriam Acevedo, 435-7908  
www.ststephenspittsfield.com

**UNITED METHODIST CHURCH**  
Rt. 171 at Tuftonboro Corner.  
Sunday services 10:30 am. Church 603-539-8058

**UNITARIAN UNIVERSALIST SOCIETY OF LACONIA**  
Sunday services and religious education 10:00 a.m.  
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**MAPLE STREET CHURCH**  
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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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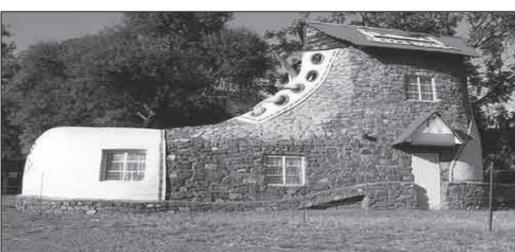
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Full time positions offer great benefits!

Please visit [www.mybes.org](http://www.mybes.org) for an application that can be sent electronically to [spatterson@pmsau.org](mailto:spatterson@pmsau.org) or dropped off at the school. Please call 603-875-9389 with any questions.

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\*Terms and conditions apply. HOURLY ASSOCIATES HIRED FROM JUNE 1, 2021, THROUGH DECEMBER 31, 2021



16-6493-MCP / 1/12/21

## PROSPECT MOUNTAIN HIGH SCHOOL Alton, NH

Prospect Mountain High School is seeking applications for the following immediate opening positions:

- Custodian (2nd Shift)**
- Paraprofessionals (1:1 and shared)**
- Drama Production Director (stipend position)**
- Drama Production Producer (stipend position)**
- Substitute Teachers**

Please forward (as applicable) your letter of interest, resume, copies of transcripts, proof of certification and three current letters of reference electronically to [spatterson@pmhschool.com](mailto:spatterson@pmhschool.com).

More information can be found at [www.pmhschool.com](http://www.pmhschool.com).

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## Full-Time Installers Assistant

Energysavers Inc, a 46 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. **LEARN WHILE YOU EARN!**

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

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

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Can't work full-time because of daycare issues? Looking for something to do while your children are in school? Shaker Regional School District Food Service Department has openings for Food Service Assistants at Canterbury Elementary School for 4 hours per and is paid \$12.21 per hour. Work involves preparing and serving meals to students along with after-service clean-up. Experience is preferred but not necessary. Must be able to lift up to 25 pounds. Successful completion of a post-offer, pre-employment physical and criminal background check – including fingerprints – is required. Please contact Nancy Cate, Director of Food Service, at 267-6525 x1352 for more information or to receive an application.



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**\$.75 per hour shift differential on 2<sup>nd</sup> shift.  
\$1.50 per hour shift differential on 3<sup>rd</sup> shift.**

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Learn more about us on our website: [Welcome | New Hampshire Veterans Home \(nh.gov\)](http://Welcome | New Hampshire Veterans Home (nh.gov)) and view our Facebook page to see the NHVH team working together.

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# Five Knights earn top-10 finishes at Cranmore.

BY JOSHUA SPAULDING  
Sports Editor

**NORTH CONWAY** — For the second week in a row, the Kingswood alpine ski team traveled to Cranmore Mountain Resort in North Conway for a meet hosted by Kennett. This week, the Knights and Eagles were joined by Gorham, Berlin, Moultonborough and Plymouth.

In the morning giant slalom, the Kingswood boys finished in second behind the host Eagles, with Quinlan Dickey finishing in fourth place in a time of 1:01.39.

Cam Yates was next, finishing in eighth place in a time of 1:03.16 and Lou Arinello raced to 12th place in a time of 1:06.67.

Blake Sandlin finished in 17th place in a time of 1:09.8 to round out the scoring for the Knights.

Owen Kelly finished

in 1:27.75 for 37th place and Matt Burch was 41st overall in a time of 1:36.79.

The Knights finished in third place in the afternoon slalom, with Dickey leading the way again, this time in 1:10.18 for second place.

Arinello was 12th overall in 1:24.94 and Yates finished in 22nd place with a time of 1:34.33.

Burch was 29th overall in a time of 1:42.06 to finish out the scoring for the Knight boys.

Sandlin was 30th in 1:42.3 and Kelly finished in 39th place in 2:20.29.

The Knight girls finished third in the morning giant slalom, led by a fourth place finish from Marina Roy in 1:16.26.

Sierra Rose finished in eighth place in 1:18.26 and Abby Fournier finished in 10th place in 1:20.01.

Hadley Larson finished out the scoring with a time of 1:27.65 for 15th place.

Lauren MacPhee was 19th overall in 1:33.04, Abbie Heald finished in 22nd place in 1:35.06, Carigain Williams was 30th with a time of 1:42.01, Natalie Marcoulier finished 31st in 1:44.43, Brityn Roark was 32nd in 1:46.05 and Kylie Lewis finished out the Knight racers in 1:54.75.

In the afternoon slalom, Kingswood again finished in third place, with Roy placing seventh overall in 1:05.07.

Rose skied to 12th

place in a time of 1:06.86 and Fournier was 16th overall with a time of 1:08.38.

MacPhee was 20th in a time of 1:11.61 to finish out the scoring for the Knights.

Larson was 22nd in 1:12.17, Heald was 24th in 1:13.57, Williams placed 31st in 1:18.99, Marcoulier finished 33rd in 1:19.32, Roark was 37th in 1:24.93 and Lewis was 41st in 1:36.53.

The Knights are scheduled to head to Cranmore again on Friday, Jan. 21.

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### Unified Knights

The Kingswood unified basketball team met up with Kennett in North Conway last week to kick off the season. Pictured above are Haleigh Lindsay dribbling the ball against the Eagle defense and Megan Ouellette helping teammate Evelyn Bunnell. The Knights are slated to host Farmington on Monday, Jan. 24.



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