



DONNA RHODES

WMUR poll names Kathleen’s NH’s Best Irish Restaurant

With St. Patrick’s Day on the doorstep, owner David McMullen and Executive Chef Maryann Parkhurst of Kathleen’s Irish Pub were proud to display the banner they received last week for being voted by viewers of WMUR-TV as the #1 best Irish restaurant in New Hampshire for the ninth year in a row. The pub was also named once again as the #1 spot to enjoy the best corned beef and cabbage in the state. Beginning mid-February with a special Guinness Dinner, followed by an Irish Whiskey Dinner the next week, many have been enjoying a month-long celebration of Irish food, spirit, bands and dancers. The culmination of the celebration will be St. Patrick’s Day when the restaurant will open at 6 a.m. and have live music from noon until 9 p.m. that evening. Live Irish music in the afternoon hours will continue until March 20. Located at 90 Lake St. in Bristol, Kathleen’s Irish Pub brings a touch of Ireland to the community year round with great food and drink, along with popular comedy nights on the first Saturday of each month.

Alexandria/ Danbury police merger narrowly defeated

BY DONNA RHODES
Contributing Writer

ALEXANDRIA/DANBURY — Voters from the towns of Danbury and Alexandria went to the polls on March 8 to vote for candidates to serve their communities, as well as budget requests and other items presented on their individual town warrants for the coming year, but both towns had one thing in common on their ballot this time — an article on whether or not to merge their two police departments.

Currently, Chief David Suckling oversees both communities. He has been a part-time chief for Danbury’s police department for several years while working as an officer in Alexandria. After the retirement of Alexandria Police Chief Donald Sullivan last year, Suckling was then promoted to full time police chief for that town, too.

Selectmen in both towns presented their voters with the option for a merger whereby Suckling would oversee officers who would work together in protecting residents of both Danbury and Alexandria. Dan-

SEE MERGER PAGE A9

Newfound hands out winter sports awards

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Newfound Regional High School wrapped up the winter sports season with the annual sports awards last week.

For the boys’ basketball team, George Belville was named Most Improved Player; Brandon Marsach was named Defensive Player of the Year and Malaki Ingram was named Player of the Year. The Bears Booster Club Outstanding Student Athlete Award went to Bodhi Smith, Marsach received the NHIAA Sportsmanship Award for the varsity team and Anthony Estes won the same award for the JV team.

For the girls’ basketball program, Rylee Barney won the Hustle Award, Malina Bohlmann won the Coaches Award and Paulina Huckins was presented the Leadership Award. The Bears Booster Club Outstanding Student Athlete Award was presented to MollyLu McKellar; Barney received the NHIAA Sportsmanship Award for the varsity team and Stacia Paul received the award for the JV team.

SEE AWARDS PAGE A9

Bristol recognized in NH’s leading business publication for expanded broadband access

BRISTOL — Bristol’s work to expand broadband internet access throughout the community and beyond has been recognized by New Hampshire Business Review as an Editor’s Pick for the publication’s 2022 Best Of Business Awards.

Bristol’s recognition in the category, “Most inspirational actions to expand broadband in rural NH,” comes less than a year after the town launched local broadband service. In September 2021, the town officially “flipped the switch” on the Bristol Broadband Now network, a collaborative project years in the making, headed by the Bristol Economic Development Committee and Town Administrator Nicholas Coates. It came to fruition via a public-private partnership with eX² Technology, which built the physical infrastructure for the fiber optic internet; Hub66, which is providing internet service to businesses and residents; and the University of New Hampshire, which is providing internet services to municipal

SEE BRISTOL PAGE A9

Newfound honored with Special Olympics Granite State Award

ound Regional High School was recently recognized with the SONH Unified Champions School Granite State banner. Peter Cofran, former NRHS Director of Athletics and present SONH Director of Schools Unified Activities, made the presentation at the Newfound winter sports awards program.

This is the first year of the SONH Granite State Award and Newfound was one of the first six high schools in New Hampshire to be recognized with this prestigious recognition. Plymouth Regional High School was recognized last month also as one of the first six high schools in New Hampshire.

Newfound Regional High School is being recognized for their commitment to create a more inclusive school community through par-

ticipation in the Special Olympics New Hampshire Unified Champion Schools programs. Their athletic teams and non-sports inclusive opportunities are prime examples of students working together to gain self-esteem and respect, as they develop lifelong skills.

The Lakes Region Unified Prom in 2019 is still talked about throughout the state and being copied. The unified PE classes and opportunities for students to go out into the community to learn lifelong skills is wonderful. The Newfound participation in the Special Olympics Annual Cool Schools Dip was outstanding and the Bears raised the third highest amount of money of any high school participating in the Dip.

Special Olympics New Hampshire has seen the incredible impact since the beginning

of the Newfound unified programs in 2016 and each year the offerings have increased. Awareness has spread from the school to the very proud Alexandria, Bridgewa-

ter, Bristol, Danbury, Groton, Hebron, Hill and New Hampton communities. The many diverse opportunities for students, with and without intellectual disabilities

working together, allows greater positive impact and inclusion for all involved, and improves the school culture, as well as having fun. This puts Newfound as one

of the first six schools in NH history to receive the SONH Granite State Banner.



COURTESY PHOTO

Newfound Regional received a Special Olympics Unified Champions School Granite State banner last week.

PSU welcomes poet Jeff Oaks for public reading and book signing



Jeff Oaks

PLYMOUTH — After a two-year hiatus, the Eagle Pond Authors’ Series returns to the Silver Center for the Arts at Plymouth State University (PSU) on Thursday, March 17 at 7 p.m. for a reading and book-signing by poet, essayist and

painter Jeff Oaks. Oaks is the author of the poetry collections “The Things” (2022) and “Little What” (2019), both from Lily Poetry Review Books. Written in the wake of the poet’s mother’s Stage 4 cancer diagnosis, “The Things” tackles not only the keen anticipation of grief and loss but also its arrival and aftermath. These lyrical and searingly direct poems navigate through the empty spaces left behind by death and chart a path from sorrow back into the physical world. Oaks captures and honors his mother’s irrepressible personality while recounting his own process of inheriting and

letting go of her “things.” Oaks is also the author of several chapbooks of poetry, including “Mistakes with Strangers” (2014) and “Shift” (2010) from Seven Kitchens Press. The recipient of three Pennsylvania Council of the Arts fellowships, he has published poems in numerous journals, including Field, Georgia Review, Missouri Review, Superstition Review, and Tupelo Quarterly. His work appears in the anthologies “My Diva: 65 Gay Men on the Women Who Inspire Them” and “Brief Encounters: A Collection of Contemporary Nonfiction.” He teaches writing

at the University of Pittsburgh. The Eagle Pond Authors’ Series was founded in 1998 by Donald Hall, U.S. poet laureate, and then-Director of the Silver Center for the Arts Diane, Alexander Jeffrey. Hall served as co-curator until his death in 2018 and the series continues under the guidance of Plymouth State University Professor Liz Ahl. The series brings nationally known poets to central New Hampshire and is a memorable and meaningful part of the state’s arts and cultural landscape. Generous support from an anonymous donor helps keep this series free and open to the

public. Books will be available for sale at the reading from the Plymouth State University Bookstore, and a book signing will follow the reading. The series is free and open to the public and pre-registration is not required. Properly worn masks are required at all times in the Silver Center. The reading will take place in the Silver Center’s Smith Recital Hall at 7 p.m. The next poet in the series will be Susan Lilley, who will read on Tuesday, April 26. For more information, please contact the Silver Center for the Arts.

April programs and events at Squam Lakes Natural Science Center

HOLDERNESS — Squam Lakes Natural Science Center announces its schedule of programs for the month of April. Homeschool Series: All About Series for Ages 4 to 6 Thursday, April 7, 10 to 11 a.m. Squam Lakes Natural Science Center holds a program for homeschool students ages four to six. This final program of the series is a one-hour, in-person session held outdoors, followed the next week by a 30-minute virtual wrap-up featuring a live animal. The program is all about New Hampshire wildlife. Each session considers a different group of living things through activities, hands-on experiences, and a meeting with a live animal. April will focus on turtles. An adult must participate with

children at no additional cost. Each additional adult pays child fee. Pre-registration is required for all programs at www.nhnature.org. Cost: \$9/member child; \$11/non-member child To register for this event, and learn about upcoming programs, and membership go to www.nhnature.org or call 603-968-7194. Homeschool Series: Get HAPI! For ages 7-10 Thursday, April 7, 10 to 11 a.m. Squam Lakes Natural Science Center holds a program for homeschool students ages seven to 10. This final program of the series is a one-hour, in-person session held outdoors, followed the next week by a 30-minute virtual wrap-up featuring a live animal. The primary interpretive focus of the Science

Center’s programs and exhibits is community ecology, which has four major concepts: Habitats, Adaptations, Populations, and Interrelationships (HAPI). Each session will investigate a different topic in depth. April will focus on ecosystems. An adult must participate with children at no additional cost. Each additional adult pays child fee. Pre-registration is required for all programs at www.nhnature.org. Cost: \$9/member child; \$11/non-member

child To register for this event, and learn about upcoming programs, and membership go to www.nhnature.org or call 603-968-7194. Virtual Science Pub: NH Butterflies and Climate Change Tuesday, April 19, 6:30 to 7:30 p.m. Squam Lakes Natural Science Center, Squam Lakes Association, and Squam Lakes Conservation Society partner to bring Science Pubs to a virtual audience. This

virtual discussion about climate change will look at impacts on local animal populations. The presentation is approximately 45 minutes with time for questions and discussion after. New Hampshire Fish and Game’s Heidi Holman will discuss New Hampshire butterflies. Learning about rare species that live in unique habitats gives us the opportunity to understand the potential impacts climate change may have on wildlife in our state. Heidi will introduce the

White Mountain fritillary, a butterfly that lives in the alpine zone of the Presidential Range, and relate its story to the other hundred plus butterfly species present in New Hampshire. Cost: No charge to attend by advance registration required at www.nhnature.org. To register for this event, and learn about upcoming programs, and membership go to www.nhnature.org or call 603-968-7194.

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Lucky road

Sure and Begorra, on March 17, this is the luckiest road to live on in Alexandria.

DONNA RHODES

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TOWN OF HEBRON RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the May 10, 2022 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 23 and Friday, April 1, 2022 during town clerk office hours or from 3:00 to 5:00 p.m. on Friday, April 1. Positions to be filed for are:

- Selectman: three-year term
- Moderator: two-year term
- Library Trustee: three-year term
- Trustee of Trust Funds: three-year term
- Supervisor of the Checklist: six-year term
- Auditor: two-year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person.

Tracey Steenberg, Town Clerk
Office Location: 7 School Street, Hebron
Office Hours: Tuesdays 3:00-8:00 PM, Saturdays 8:30-11:00 AM
(603) 744-7999 or clerk@hebronnh.org

Hike Butterworth to East Rattlesnake with the SLA

H O L D E R N E S S —Hike up the Rattlesnake network before the mud season begins! Join the SLA on Wednesday, March 23 for an afternoon hike up the Butterworth Trail to the East Rattlesnake summit. This is an out-and-back hike totaling 1.4 miles that involves a moderate uphill climb to the top of the summit. At the top, we'll stop for a break to drink water, eat snacks, and take pictures of the view before heading back down. Please make sure to wear weather-appropriate attire.

For more information, or to sign up for this Adventure Ecology program, visit the SLA website (squamlakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform

important conservation work in support of the Association's mission. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.



What does a hospice or palliative care social worker do?

Pemi-Baker Hospice & Home Health celebrating Social Work Month

PLYMOUTH — March is National Social Worker Month, and Pemi-Baker Hospice & Home Health wants to celebrate their social workers- Shannon Cassidy, BSW and Lauren Bell, BSW by explaining the details of Palliative and Hospice social work. The mission of hospice and palliative care social workers is to help clients and their families manage difficult situations and illnesses with dignity and peace of mind.

The difference between hospice and palliative care

While related, hospice and palliative care are distinct from each other in several key ways. Palliative care can begin at diagnosis and at the same time as treatment. Palliative care is focused on providing patients with relief from the symptoms, pain and stress of a serious illness. Palliative care also applies to patients who require non-curative remedies for painful or debilitating symptoms in their daily lives.

Hospice care begins after treatment of the disease is stopped and when it is clear that the

person is not going to survive the illness. Hospice care involves caring for patients who are suffering from terminal illnesses that have progressed to the point that they have fewer than six months to live.

What does a hospice or palliative care social worker do?

The main responsibilities of Palliative and Hospice care social workers include conducting psychosocial assessments, coordinating care, providing counseling and psychotherapy, intervening in client crisis situations, and educating clients and families about their treatment plan and the resources and support systems available to them. Patients and their families are experiencing a number of hardships, including anger and anxiety; depression; financial strain; intense physical pain or discomfort; social isolation; and family conflict.

Psychosocial assessments- Hospice and palliative care social workers conduct assessments of clients and their families to determine their psychological, social, emotional and spiritual needs. This information is important for the larger hospice and/or palliative care team to develop an effective and compassionate care plan.

Care coordination- Hospice social workers coordinate the care of patients with a team of

medical and human service professionals. With their knowledge of systems of care and support within medical settings and the larger community, hospice and palliative care social workers are often the point of contact between different care providers, as well as the liaison between clients and their treatment team. Hospice and palliative care social workers also play an important role in patient intakes and discharges. During the intake process, they gather data from patients upon their enrollment in a care program (through the psychosocial assessment), orient patients and their families to the hospice or palliative care environment and communicate with the treatment team regarding patients' ongoing needs. They advocate on behalf of the patient and the family helping them understand their treatment plan and how to be vocal about their needs.

Counseling- Hospice and palliative care social workers also provide emotional support, counseling and psychotherapy to clients and their families who are experiencing psychological and emotional difficulties in the face of terminal, debilitating illness or both. Social workers may employ a combination of clinical social work modalities to help their clients evaluate and manage their

thoughts and emotions and overcome various behavioral challenges.

Patient education and resource navigation services- Hospice social workers help clients and their families navigate planning for end-of-life care, educating the patient and family on filling out Advanced Directives and/or obtaining guardianship. They also help clients and their families understand their treatment plan and the processes involved in hospice and palliative care. They help families navigate relevant resources and assistance available to them connecting them with local resources, such as cancer or terminal illness support groups, pro bono counseling services and religious communities.

Crisis intervention- Social workers help intervene in a crisis and can connect families to other support services and resources near them.

Hospice and palliative care social work is challenging work, as it involves helping people through difficult and stressful times of their lives. However, the rewards include making strong connections with people, learning and celebrating their life stories, and having a positive impact on clients and their families.

"As hospice and palliative care social workers, we strive to provide the best resources, ed-

ucation and assistance to clients and their families. Our primary goal is to ensure you and your loved ones are presented with options and education based on your current and long term needs to create the best possible outcome," said Lauren Bell, BSW, Pemi-Baker Hospice & Home Health's Hospice & Palliative Care Supervisor.

If you feel you or a loved one might benefit from Pemi-Baker's Palliative or Hospice team, please call us for more information. You do not need a referral from your doctor and there is no charge for a consultation.

Currently, Pemi-Baker Hospice & Home Health is hiring for a part time home health and hospice social worker position. Call for details or visit our page on Indeed.

With more than 55 years of experience,

serving clients from 29 towns in central and northern New Hampshire, Pemi-Baker Hospice & Home Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, and Community Programs including: American Red Cross CPR/AED/FA, Caregiver Support Groups and Grief and Bereavement Support Groups. Providing compassionate care with experienced staff who are trained, certified professionals in the business because of their hearts. In your time of need, we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us, please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: @pembakerhospicehomehealth.

Mid-State staff show support for Ukrainian refugees

PLYMOUTH — As we all watch the war in Ukraine unfolding before our eyes, the staff at Mid-State Health Center felt eager to help, raising funds to support humanitarian relief in the country.

According to the United Nations, an estimated two and a half million refugees have fled Ukraine, and countless more will be fleeing to safety, while millions of others have been internally displaced. The scale of need is enormous, and even though a small drop in the bucket, the Mid-State team felt an obligation to come together and do what they could to contribute.

Tied with yellow and blue ribbons for Ukraine, Mid-State's staff contributed toward more than 140 bunches of daffodils from local flower shop, Flowersmiths, with proceeds being sent to the Ukrainian branch of The Red Cross. The team was passionate about contributing to an organization overseas that will help deliver urgent support to at risk families in the region.

"Ukrainians continue to show the world their immense bravery in the unprovoked war being waged upon them. The invasion of the country has caused catastrophic humanitarian need. We see the

images, hear the sounds, and try to think about what it is like to feel the bravery, suffering, and fear. Please help support Ukrainian humanitarian efforts in any way you can. Thank you to the Mid-State team and The Flowersmiths for helping to support Ukraine," says Natalie, a first generation American of Ukrainian descent, and clinical team member at Mid-State Health Center.

The U.S. Ukraine Foundation has a list of charitable organizations, including United Help Ukraine, the Ukrainian branch of The Red Cross, Voices of Children, along with many other organiza-

tions that are assisting the citizens and refugees of Ukraine. For more information, please contact Nadia McConnell, president of the U.S. Ukraine Foundation, at nadia@usukraine.org or 202-468-6614.

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Strong women make history

International Women's Day may seem like a new progressive holiday however it stems back to 1909 when planners organized a day for Women on Feb. 28 in New York. One year later, the International Socialist Woman's Conference announced that a day for women be held each year.

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

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

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

At the age of 15, Claudette Colvin was arrested at the age of 15 in Montgomery, Alabama when she refused to give up her bus seat to a white woman. This event gave the famous Rosa Parks the courage to do the same. Colvin was one of five plaintiffs involved in the federal court case filed by civil rights attorney Fred Gray in 1956, in which they challenged bus segregation. The outcome was that a judge ordered that the local laws in regards to bus segregation were unconstitutional. To find Colvin's name in a history book is rare. This in part because she was an unmarried teenager who apparently was with child. Colvin went on to become a nurse's aid. In an interview in 2005, Colvin said, "I feel very, very proud of what I did. I do feel like what I did was a spark and it caught on."

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

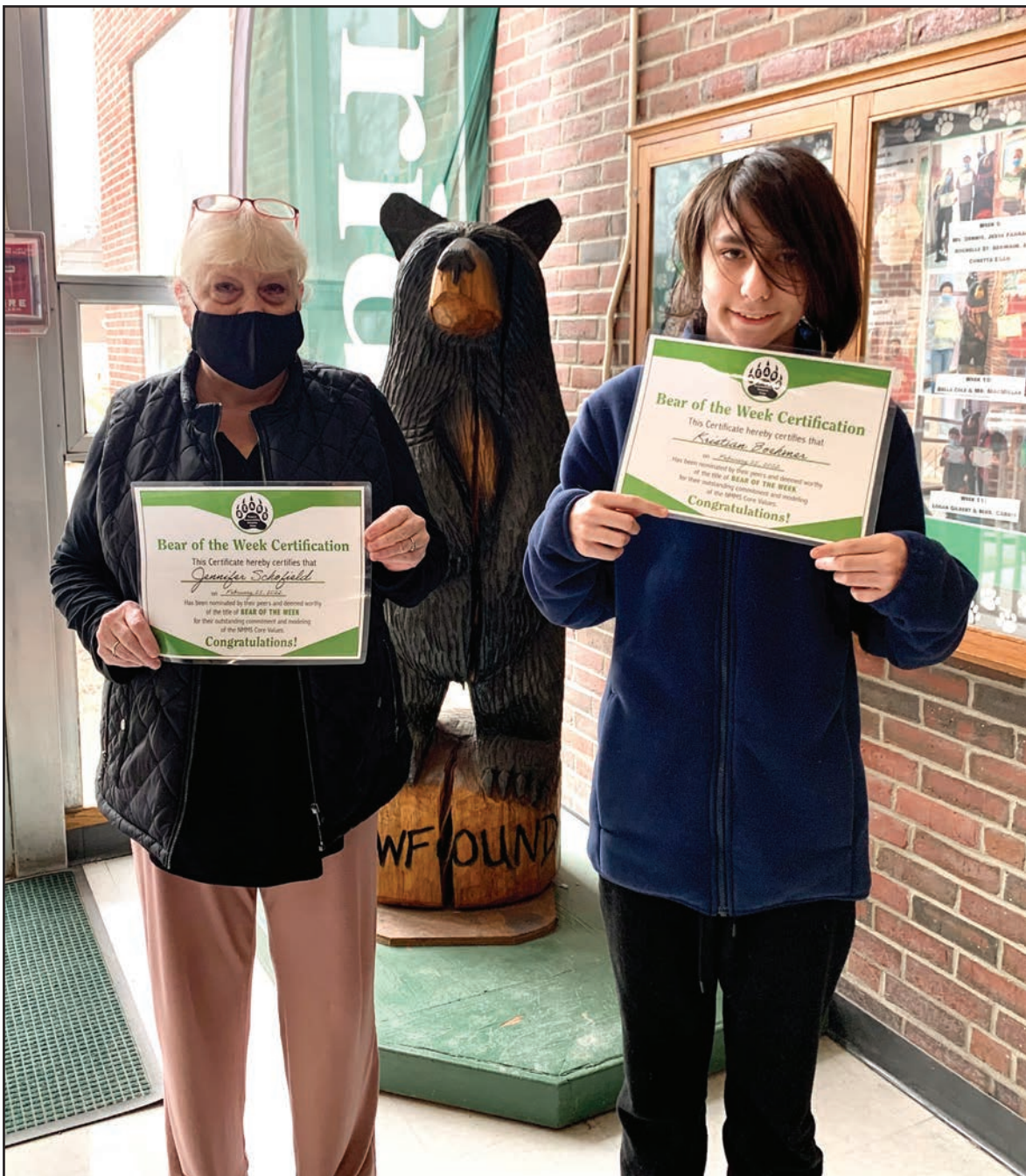
Colvin's family has been trying since 2016 to have her recognized and honored in the National Museum of African American History and Culture. Colvin was not invited officially to the opening of the museum in 2016.

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

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

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

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



COURTESY

Bears of the Week

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of February 25th are Jennifer Schofield and Kristian Boehmer. They have been recognized for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Franklin Savings Bank in Bristol and the Newfound Lake Inn in Bridgewater for sponsoring this week's winners!

CADY Corner

Mental health, COVID-19, and suicide prevention

By Sam Tracy
Contributor

We are entering our third year of the Coronavirus pandemic, an unprecedented public health crisis directly affecting the mental health of people everywhere. Throughout the pandemic, anxiety, depression, sleep disruptions, and thoughts of suicide have increased for many young adults. In the 2020-2021 United States Census Bureau Household Pulse Survey, 56 percent of young adults aged 18-24 reported symptoms of anxiety and/or depressive disorder and 26 percent reported serious thoughts of suicide. According to the Cen-

ters for Disease Control and Prevention (CDC), suicide is the 12th leading cause of death in the United States and more than 50% of the population have lost a loved one to suicide. Now is the time to come together within our families and communities to talk about mental health and suicide prevention.

We can all play a role in preventing suicide by taking the first step and having the conversation. The American Foundation for Suicide Prevention encourages people to engage in an open, honest dialogue with loved ones and reach out to those who may be isolated. It is also important to take care of

ourselves by practicing self-care: daily exercise and movement, breathing exercises or meditation, and consuming the news in measured doses can all help improve our mental health.

We can all make a difference by taking care of ourselves, reaching out to others, asking questions, listening to the answers, and knowing where to find help in New Hampshire.

What else can we do? I-Care New Hampshire is a mental health and wellness initiative of the New Hampshire Department of Health and Human Services and the New Hampshire Suicide Prevention Council that shines a light on mental health and suicide prevention awareness. If you or someone you know is struggling, help is available.

Stay Connected. Check in on your loved ones, friends, and neighbors – you don't have to have all the answers to reach out. Research indicates that a sense of belonging and social connectedness improves our physical, mental, and emotional well-being. In fact, connectedness is a proven protective factor against suicide.

Ask and Listen. Be willing to listen. Be a safe person for others to come to when they are feeling lonely, stressed, or anxious.

Know the Signs. If someone is acting down; acting differently; not doing things they used to love; having changes in sleep; shutting people out; you can help.

Find Resources. If you or someone you know needs help now, free 24/7 confidential services are available to get connected to trained counselors that will listen, provide support, and connect you to resources. National Suicide Prevention Lifeline: call 800- 273-8255 or text HOME to 741741.

If you or someone you care about is having a mental health or substance use crisis, contact New Hampshire Rapid Response Access Point at 833-710-6477.

For emotional support specifically related to COVID-19, call the Disaster Distress Helpline at 800-985-5990 or text TalkWithUs to 66746.

For those who identify as part of the LGBTQIA2S+ community, call the Trevor Lifeline at 866-488- 7386 or text START to 678-678.

For Veterans who are in crisis, call the Veterans Crisis Line at 800-273-8255 and press 1 or text 838255.

For frontline workers dealing with anxiety, stress, fear, isolation or other difficult emotions, text FRONTLINE to 741741.

Newfound Landing

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CALL: 603-677-9084

TO SUBMIT A LETTER
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E-MAIL: brendan@salmonpress.news

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NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Hunters have earned their hunts, simply because of what they do

I wish state and federal officials would write the truth in their news releases. Hunters do not hunt to reduce ticks or band migratory birds. They hunt, in part, because they’ve earned it, and they deserve their slice of the renewable, sustainable pie.

Why? Because they buy licenses, obey the laws, and are committed to conservation for the long haul.

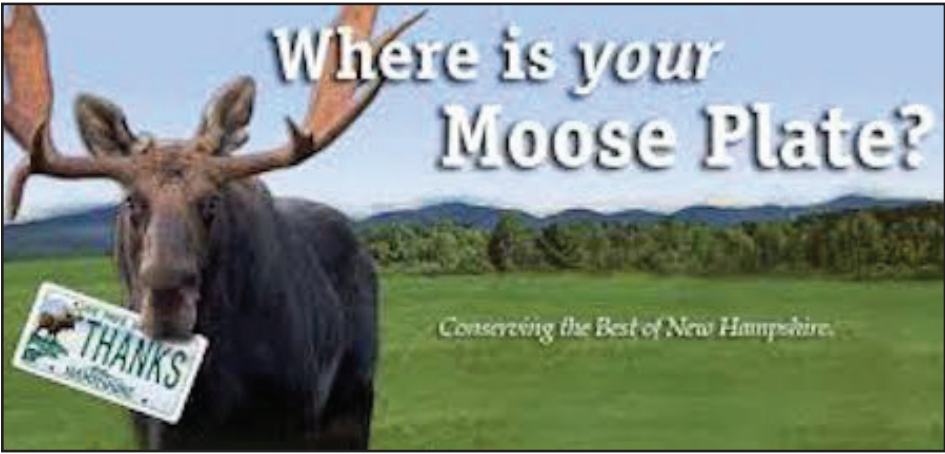
How about a Non-Urban Myth? Hunting and fishing licenses do not “fund” New Hampshire’s Fish and Game Department. That takes all who love the great outdoors, near and far; all who pay excise taxes on outdoor gear of all stripes. And it includes all who contribute to the expanding Non-Game Fund’s many programs.

Let’s call these outdoor neighbors “people who don’t hunt or fish.” Because guess what? They’re right there in Fish and Game’s mission statement, rule-books, and legislated statutes, the very laws and regulations that make the department what it is.

+++++

“Dare to be different” is the second part of my message. Many states have gone the “fish and wildlife” route, because it’s so much more accurate, because it’s so much more descriptive, because it’s more “with the times”--yada-yada.

Please, can we hear something different



A New Hampshire moose poses with a Moose Plate (a little trickery, evidently, is deemed all right for a good cause). (Courtesy facebook.com)

than this refrain? “Department of Fish and Game” is our history. It’s also pretty damned descriptive.

But it is not considered “inclusive” enough by many. It does not represent hikers, climbers, bird-lovers, mountain-bike riders, kayakers, canoe paddlers, nature-photographers, wildlife-watchers, and all others who love and have a stake in the great outdoors.

The law requires that members of the Fish and Game Commission (which governs the Department) must hold a fishing or hunting license, and this is deemed “exclusionary” by many groups and individuals.

“Then let these people pay their fair share,” is the immediate clarification cry. In response, the collective “we” will say that we’ve tried our best. I’ve served on two commissions trying to find a way. There is no easy answer for the “how” of this, believe me--unless groups like the Appala-

chian Mountain Club step up, and similar groups do likewise.

In the meantime, let’s leave the Fish and Game Department’s name alone, but get rid of exclusionary language on what it takes to be a Commissioner--and who can make nominations.

+++++

Having said all that (and as my mother would say snappishly, that’s quite enough), I wish people who write “press releases” for popular consumption would have the courage to say that hunters are going to have this or that hunt because they deserve to. That’s right--“deserve.”

Hunters step up to their particular plate every time they pay for a hunting or fishing license or buy ammunition or a new tree-stand or trail-cam. And you’ll hardly ever hear them complain. When they do, I’m the first to cry foul. On a per-hour of enjoyment basis, a license is one of the best buys ever.

However, the “deserve” part is often overlooked and scarcely mentioned. Many license buyers, it bears noting, are in it for the long run. The true values of conservation are first on their minds. Fish-hogs and poachers are a tiny minority, as with any outdoor pursuit. That’s why we see “report all violators” on so many signs--and why so many people do so, particularly people who hunt and fish.

Those who buy licenses or otherwise contribute are also the mainstays who fund the Research Division, and the Law Enforcement Division, and all the other divisions that make the Department click. The Department would not exist were it not for license buyers and conservationists who are in it for the long run.

+++++

Back to my main reason for indulging in this little rant. Hunters take an undeserved beat-

ing for their role in the scheme of things, particularly as so-called “consumptive users,” and as a lifelong hunter I resent it.

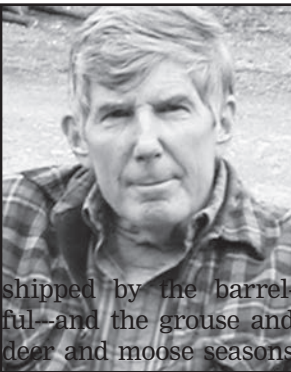
Let’s get this “consumptive” business out of the way first. Nothing comes without a cost for something else, near or far. And for most hunters, contrary to myth, the hunt is pretty close to home.

Your vehicle, meanwhile, is made of iron from the earth, at a great environmental price, and your camera is mostly plastic (ditto), and earthworms and field-mice pay the price for the plow and harrow that enable the salad greens and tofu, and then there’s the gas that gets us there.

Meanwhile, we hang a deer right there in yard or barn for passersby to see, and the hand-wringers wring their hands, yet it’s somehow “okay” for national publications to show photos of dead fish. Meat from the wild, by the by, is the most environmentally honest meat there is, and a great treat when properly prepared.

No modern-day hunt set up by wildlife biologists has ever caused an extinction. Today’s hunters are mindful of wildlife’s needs, and support laws that curb their own hunts.

There is a vast difference between “market hunting”--from buffalo (bison) to passenger pigeons, which were



shipped by the barrel--and the grouse and deer and moose seasons reported in the media. The sins of one are often blamed on the other.

Hunting licenses and hunters’ long-term support have helped pay for game and fisheries research and law enforcement over the long run--from the Department’s founding in the late 1800s to the present. And thanks to Fish and Game’s partnering with many other groups and agencies, you and I have seen the restoration of the falcon, the eagle, the moose, the wild turkey, and many others. The evidence is out there for all to see.

For all that and more, thank a hunter.

(Full Disclosure Department: I’m a co-founder of the N.H. Wildlife Coalition, which with other groups and individuals wants the department to be more reflective of its true constituency, and to be more dependably funded so it can meet its mandated responsibilities. They are working to get the Department into the here and now of representation and funding--and so am I.)

(This column goes to around a dozen weekly papers from Concord to Canada. Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Bristol

The Bristol Historical Society will hold its annual meeting on Thursday, March 31 at 6:30 p.m. at the Minot Sleeper Library. The purpose of this meeting is to receive reports and elect a slate of officers. The Society has currently scheduled four programs for this year. Three of these will be held at the Historical Town Hall: May 12, at 7 p.m., Richard Lobban will speak about the NH History of the Abenaki Indians; June 15, at 7 p.m., Jordan Tirrell Wysocki will present his NH Humanities Program “Songs of Emigration; Storytelling

Through Traditional Irish Music”; August 9, at 7 p.m., Carolyn Fleub-Lobban will speak about the bees and bee-keeping. The fourth program will be held at the Minot-Sleeper Library on Oct. 13 at 6:30 p.m. Sharon and Steve Wood will present their NH Humanities Program, “Our National Thanksgiving with Thanks to President Lincoln and Mrs. Hale.”

The building will be open for open house on Tuesday evenings and Saturday mornings during the first week of June. If you would like to present a program or have an idea for one, Lucille Keegan would appreciate you contacting her. Society dues are \$10 per person each year and 2022 calendars are avail-

able for purchase at the MSL. Checks for dues should be made payable to Bristol Historical Society and mailed to 115 Robie Rd., Bristol, NH 03222. Contact Lucille Keegan at 603-744-2751 for more information. The Facebook site is: BristolNHHistoricalSociety.

Ongoing programs at the MSL include: Short Story Group the fourth Saturday of each month at 11 a.m., Third Monday Book Group (“The Passenger” by Lisa Lutz)

on Monday, March 21 from 10 to 11 a.m., Tech-to-Go where you may borrow laptops, tablets and hotspots; Knot Only Knitters every Monday from 2 – 3 p.m.; Mahjong every Wednesday from 1 – 3 p.m.; Tech Help Drop In every Thursday from 2 – 5 p.m.

Youth Programs at the MSL: A new Youth Chess Group started on Wednesday, March 2 at 4 p.m.! Story Time every Friday from 11 a.m. until noon; March 18, “Happy St. Patrick’s Day, Tiny,”

March 25 “Goodbye Winter, Hello Spring”; Special Needs Story Time on Tuesday, March 22 from 2-2:30 p.m.; Experiments at the Library on Friday, March 18 from 3:30 - 4:30 p.m.; Home School Support Group on Thursday, March 17 from 6 – 7 p.m.; History Dress up on Friday, March 25 from 4 – 5 p.m.; Family Yoga on Saturday, March 26 from 3 – 4 p.m.

The MSL Board of Trustees meeting will be held on Thursday, March 24 from 5 – 7 p.m. in the

meeting room of the library.

A virtual program on spring cleaning titled “Spark Joy, a KonMari Method Workshop” will be offered through the MSL, hosted with five other local libraries on Wednesday, March 30 from 7 - 8:30 p.m., and can be watched from anywhere you have access to the internet. You can register for this program at www.rebrand.ly/sparkjoy. Spring cleaning, here I come!

SEE TOWNS PAGE A9

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Edward Jones: Financial Focus

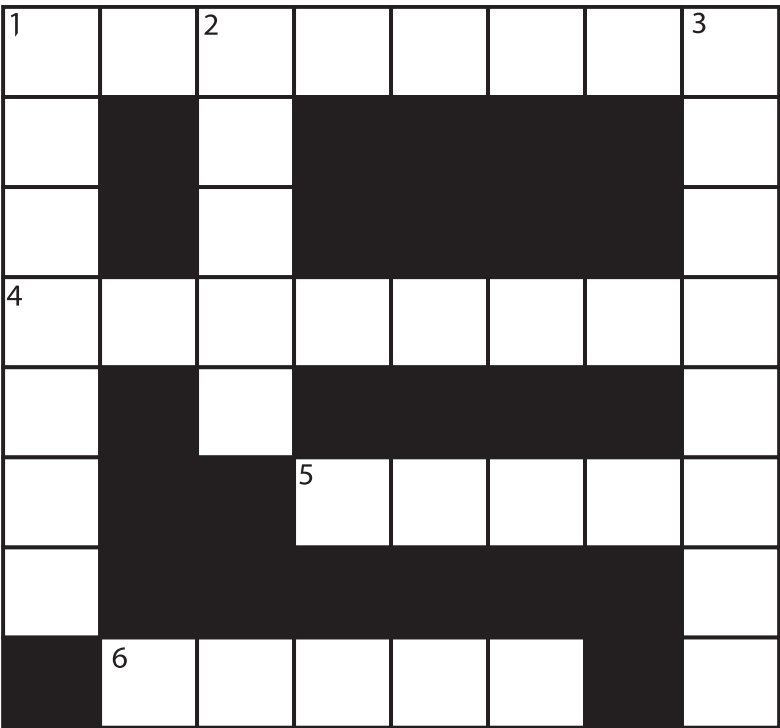
Financial advisors can help reduce anxiety

The long-running coronavirus pandemic has fueled a lot of anxieties – including financial ones. But some people have had far fewer worries than others. Consider this: Among those investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the pandemic, according to a survey from Age Wave and Edward Jones. Of course, many people experience investment-related fears even without a global health crisis, and that’s probably not surprising, given the periodic volatility of the financial markets. But financial guidance can come in handy during relatively normal times, too. A financial professional can help you ... Look past the headlines – Inflation, interest rates, pandemics, elections – there’s always something in the news that could affect the investment world in the short term. But by helping you construct a portfolio that’s built for the long term and reflects your goals, risk tolerance and time horizon, a financial advisor can enable you to look past the headlines. ...Avoid emotional decisions – Many people let their emotions drive their investment choices. When the market goes through a downturn and the value of their investments drops, they sell to “cut losses,” even though these same investments may still have good business fundamentals and promising futures. Conversely, when the market is on an uptick, some people chase after “hot” investments, even when they become overpriced and may have very little room to grow. But a financial advisor can help keep you from making these fear- and greed-based actions by only recommending moves that make sense for your situation. ...Work toward multiple goals – At various times in your life, you may have simultaneous financial goals. For example, you could be investing for a retirement that’s decades away, while also trying to save for a child’s college education. A financial professional can suggest ways you can keep working toward both objectives, in terms of how much money you can afford to invest and what types of savings and investment vehicles you should consider. ...Prepare for the unexpected – Most of us did not need a pandemic to remind us that unexpected events can happen in our lives – and some of these events can have serious financial impacts on us and our loved ones. Do you have adequate life insurance? How about disability insurance? And if you ever needed some type of long-term care, such as an extended stay in a nursing home, how would you pay for it? A financial advisor can evaluate your protection needs and recommend appropriate solutions that fit within your overall financial strategy. ...Adapt to changing circumstances – Over time, many things may change in your life – your job, your family situation, your retirement plans, and so on. A financial professional can help you adjust your financial strategy in response to these changes. Achieving your financial goals may present challenges, but it doesn’t have to cause you years of worry and distress – as long as you get the help you need.

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Mercedith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com



Crossword Puzzle



ACROSS

- 1. Wrapped items
- 4. State again as fact
- 5. Brief appearance
- 6. Having good fortune

DOWN

- 1. Irish patron saint
- 2. Inexpensive
- 3. Clover

THIS DAY IN...



HISTORY

- 45 B.C.: CAESAR WINS HIS LAST VICTORY OVER POMPEY'S ARMIES.
- 1917: TSAR NICHOLAS II ABDICATES THE RUSSIAN THRONE, ENDING THE ROMANOV DYNASTY AFTER MORE THAN 300 YEARS.
- 2019: ROUGHLY 1.4 MILLION YOUNG PEOPLE ACROSS THE GLOBE GO ON STRIKE TO PROTEST CLIMATE CHANGE.



THIS CELEBRATION ORIGINATED IN IRELAND, BUT PARTIES NOW OCCUR ALL AROUND THE WORLD.

ANSWER: ST. PATRICK'S DAY



SLÁINTE

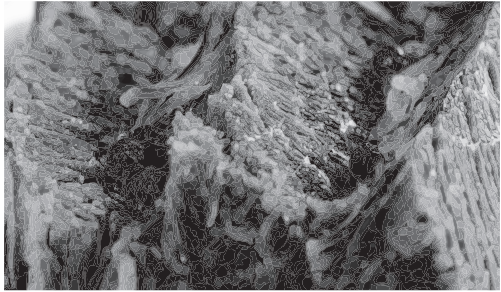
(to good) health in Irish

How they SAY that in...

- ENGLISH: Clover
- SPANISH: Trébol
- ITALIAN: Trifoglio
- FRENCH: Trèfle
- GERMAN: Klee



ACCORDING TO FOLKLORE, LEPRECHAUNS ARE A TYPE OF IRISH FAIRY. THEIR NAME MEANS "SMALL-BODIED FELLOW." LEPRECHAUNS ARE AS TALL AS A THREE-YEAR-OLD CHILD.



Can you guess what the bigger picture is?

ANSWER: CORNED BEEF

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to the Red Cross. Each number corresponds to a letter. (Hint: 18 = E)

A. 15 14 14 26 14 8

Clue: Help

B. 7 18 2 26 4 15 20

Clue: Having to do with medicine/health

C. 4 15 1 18

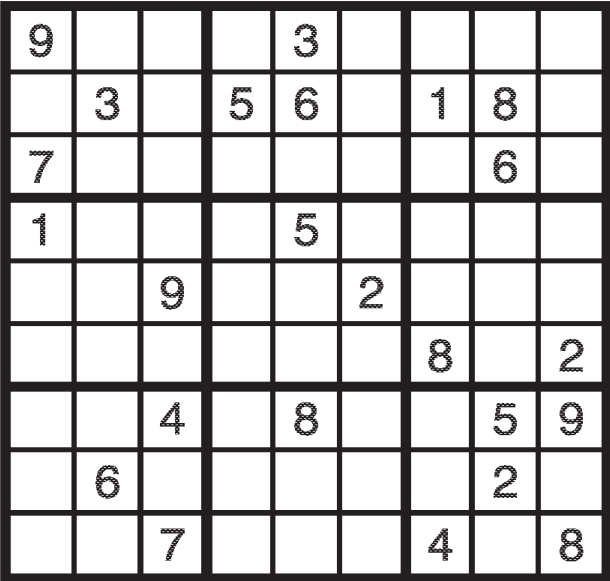
Clue: Look after

D. 18 7 18 1 24 18 25 4 6

Clue: Urgent matter

Answers: A. assist B. medical C. care D. emergency

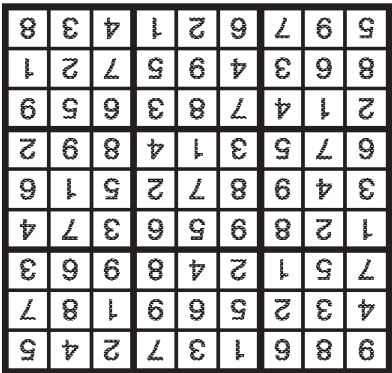
SUDOKU



Level: intermediate

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!



ANSWER:

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!

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	218 Gordon Hill Rd.	Single-Family Residence	\$290,000	Marka nd Megan Faro	20 South Wind LLC
Alexandria	1 Juniper Ridge, Unit A	Condominium	\$532,000	Anthony K. and Amy M. Neumeister	David S. Ballantine and Diane R. Demers
Ashland	21 Spring St.	Single-Family Residence	\$230,000	Arlene J. Ober	Michael J. Farrell and Ann M. Hodkinson
Bridgewater	Glen Street	N/A	\$109,000	Linda C. Blanco and Jean O. Sullivan	Noreen N. and Jeffrey A. Logan
Bridgewater	Whittemore Point Drive	N/A	\$109,000	Linda C. Blanco and Jean O. Sullivan	Noreen N. and Jeffrey A. Logan
Bristol	35 Lakewood Pines Rd., Unit 4	Condominium	\$215,000	Thomas J. McGuire, Jr.	Daniel M. and Jennifer M. Devine
Bristol	75 Lakewood Pines Rd., Unit 19	Condominium	\$215,000	Taylor LT and Andrew M. Taylor	Ronald J. and Debra L. Letourneau
Bristol	305 Peaked Hill Rd.	Single-Family Residence	\$385,000	Robert A. and Brenda N. Stevens	MRH Development LLC
Campton	N/A	N/A	\$50,000	Heidi Y. Coburn	Bruce A. and Emily D. Swomley
Dorchester	N. Dorchester Road, Lot 2	N/A	\$70,000	Sandra K. Green 2015 RET and Robert F. Green	Jackvony Fiscal Trust and Kristin Jackvony
Groton	Old Fields Road	Residential Open Land	\$35,000	Richard D. Ross	Nichole and Christopher Ebert
Hebron	7 Groton Rd.	Single-Family Residence	\$200,000	Lorraine Fisher	Farrah R. Fitton
Holderness	84 Heritage Hill Rd.	Single-Family Residence	\$850,000	Kara and Gregory Levasseur	Tracy and Eric Gahagan
Holderness	110 US Route 3	Single-Family Residence	\$3,000,000	Gould Fiscal Trust and Kerrie E. Solberg	Julian Flannery RET
Thornton	84 Doe Run	Single-Family Residence	\$585,000	Bruce F. Shick and Bonnie V. Gamble	Warner H. Tabor
Waterville Valley	23 Black Bear Rd., Unit 14	Condominium	\$134,000	David V. Adamiak	Kaitlin E. and Alan T. Yick
Waterville Valley	N/A	N/A	\$400,000	Caber 2 RT and Bernard Spiegel	Eric and Jodie Blakeman

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. Ad-

ditional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at 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



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Learn more: www.santbani.org  [santbanischool](https://www.instagram.com/santbanischool)

Squam Speaker Series continues with “Where They Are Now: Diseases of Coral Reefs”

HOLDERNESS — Our Squam Speaker Series is held throughout the year on Wednesday evenings. Over the next few months we will hear from former Lake Region Conservation Corps (LRCC) Members and Squam Conservation Interns (SCI) to see where they are now.

During this month’s virtual talk on Wednesday, March 23 from 7-8 p.m., Erin Shilling will discuss her research investigating and treating coral reef diseases. Diseases have been present

on coral reefs for thousands of years, and relatively well documented in the Caribbean since the 1980s. Many of the same principles that are applied to human pandemics can be used to study these oceanic outbreaks, but unfortunately, we know much less about the immune systems of corals than we do of humans. While coral diseases cause severe impacts on reefs and many scientists work to shed light on the causes, other researchers and managers have begun taking more drastic

measures such as treating diseased corals out on the reef. Studies have shown that treatments such as amoxicillin and probiotics can be successful to some extent at healing corals, but many questions remain.

Shilling served first as an SCI the summer of 2016, then came back to work as part of the first group of Lakes Region Conservation Corps from November 2017 to August 2018. She then went on to get her Master’s degree in Biology at Florida Atlantic University focusing on coral disease research, and is now working as lab manager with the same labo-

ratory.


For more information or register for this talk, visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use, and shared enjoyment of the lakes, mountains, forests, open spaces, and wildlife of the Squam Lakes Region.






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DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

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Mobil Gas Station

Irving Gas Station

Gordon Nash Library

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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Merger

FROM PAGE A1

bury now operates with a small part time police department.

The merger was expected to be a cost savings of approximately \$50,000 to Alexandria residents who have been paying the cost for a full time chief. Under the merger the price of a full time police department would be shared with their neighboring town, meaning the police bud-

get in Danbury would be raised by almost as much. The full benefit, however, would be that both towns would have leadership and more officers available at a time when hiring a chief and qualified police officers in rural communities is difficult.

Both town officials and Chief Suckling worked hard to inform voters in each community on how the merger would work and in what ways it would benefit

residents. Among those efforts were public hearings held to explain the possible merger. There were also social media Q&A sessions when people could go online live with the chief to get more information about the proposal and ask for clarification on any concerns they had. It seemed nearly all participants of the live sessions went away with a positive outlook after hearing the chief's input and explanations, but

there were others in the two towns who still disputed the idea.

When the votes were counted last Tuesday evening, Alexandria residents came out in favor of the merger by a vote of 216-130. In Danbury however, it was 167 voters in favor of the prospect and 175 against. Because the article required the approval of both towns, it failed overall by those eight votes in Danbury

"It's all good," Suckling said afterwards. "I

gave them an option and one town said yes, while one town said no. The people have spoken."

Suckling said there is a lot at stake though and he has been told that since the results were so close, Danbury is considering a recount on the article. While recounts on the election of candidates for town offices are common, with SB2 voting now in place in the town, attorneys are looking into the legality of recounting a close ballot

vote for an article that failed under the same hand-counted balloting process.

For now, the failure of the warrant article means the Town of Danbury will continue their search to hire a new part-time police chief. Suckling said that as the potential for a recount looms, and the hiring process is underway, he has agreed to a short-term contract to stay on as the acting police chief for the community.

Awards

FROM PAGE A1

Isaac Page won the Dominating Down Low Award for the unified basketball team, Dominick Woodward was presented the Coaches Award and Katelyn Cabral won the Rookie of the Year honors. The Bears Booster Club Outstanding Student Athlete Award was presented to Mackenzie Jenkins and the NHIAA Sportsmanship Award was presented to Logen Haskell.

For the spirit team, Casey Bush won the

Coaches Award, Sophia Jean was presented the People's Choice Award and Natalie Walker won the Triple Crown Award. The Bears Booster Club Outstanding Student Athlete Award was presented to Sabrina Alan and Jean received the NHIAA Sportsmanship Award.

Broderick Edwards for the boys and Lily Karkheck for the girls were named Skier of the Year for the alpine ski team and Trevor Sanschagrin was presented the Most Enthusiastic Skier Award. The Bears

Booster Club Outstanding Student Athlete Award for the girls went to Karkheck and for the boys it was presented to Josh Blouin. Sanschagrin won the NHIAA Sportsmanship Award for the boys and Becca Dillon won for the girls.

The Cathy Lever Athletic Director's award was presented to Ben LaPlume.

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

Bristol

FROM PAGE A1

buildings and for university level Research and Development.

"The lack of adequate internet service in New Hampshire's rural areas is something many towns like Bristol have to wrestle with," said Coates. "Our schools and businesses need the service today, and it is holding back communities from economic development planning for the future. I am honored the Business Review chose to recognize our efforts

and highlight the urgent need for modern infrastructure in our small towns."

Since the Bristol Broadband Now launch, the group has expanded its efforts to include more communities in Grafton County, seeking federal funding to build and upgrade the infrastructure to deliver fiber internet to more underserved communities. Phase 1 and 2 of the project provided 28 miles of coverage, which brought internet access to homes, schools, businesses and municipal buildings. Future roll-

outs are scheduled for this year and in 2023.

New Hampshire Business Review commended Bristol's effort, noting that the town "successfully implemented a municipal-owned build-out of fiber" to help Bristol and other rural New Hampshire communities gain access to high-speed broadband internet.

To read more about Bristol's efforts to expand broadband access, please visit the BristolNHBusiness.com Web site and read, "Bristol Officially Launches Its High-Speed Internet Service."

Towns

FROM PAGE A5

The TTCC Granite State Track and Field program will be starting in May on Fridays from 6-7 p.m. and Sundays from 4-5 p.m. This program is for ages nine to 14 year olds as of Dec. 31. It will be held at the Mills Oval Track at NRHS. You can register at www.ttc-crec.org. More information on the program can be found at: granitestatetrackandfield.weebly.com.

At the TTCC, Parent's Night Out dates are: April 16 and May 14. This program is for ages 4 and up and costs \$15 per child. The program runs from 5 - 10 p.m. at the TTCC.

High School Teen Nights will be held on Thursdays from 6 - 8 p.m., while Middle School Teen Nights will be held on Tuesdays from 6 - 8 p.m.

The TTCC is looking for volunteer coaches at all levels for the baseball, softball and T-ball programs this coming season. For details on each league, important dates and general schedule information, visit: https://ttccreorg/youth_programs/baseball-softball-tball/.

The next Dog Obedience Class session will be coming up on April 23 - June 4.

Madan selectman 3 year term, Amy Privy-Hardy moderator 2 year term, Ann Joyce town auditor 1 year term, Virginia Parker 6 year term & Pam Hamel 2 year term for supervisor of the checklist, David Maden & Kristina Madden 3 year term for planning board, Glen Hanson & Peter Smith 3 year term for zoning board & Michelle Sharp 3 year term cemetery trustee. Six people received one vote for trustee of the trust fund for a 3 year term & 6 people received one vote for cemetery trustee for a 2 year term. Warrant article #2 regarding the adoption of the zoning ordinance put forth by the planning board passed. The Newfound Area School District results were Kimberly Bliss, Alexandria & Dominic Halle, Bridgewater for the school board. Erick Piper in Bridgewater was elected to the budget committee & Edward "Ned" Gordon was elected moderator. All 4 articles on the school ballet passed.

The Groton annual town meeting was held on March 12. Article 3 was amended to \$807,085 as the Hebron Fire/Ambulance contract was not received prior to the printing of the town report & was passed. Article 4 adding funds to the 6 capital reserve funds in

the amount of \$185,000 was also approved. An attempt was made to amend article 4 to have \$100,00 come from the unassigned fund balance instead of taxation but was defeated. Article 5 in the amount of \$30,000 to conduct sitework & plan designs for the future highway garage failed. Article 6 to raise \$165,000 for the purchase of a new backhoe passed. Article 7 to pave the parking lot of the town house totaling \$40,000 failed. A comment was made that people only come to the town house once a year for town meeting. In all actuality, people come to the town house to register vehicles & dogs, pay taxes, to vote & attend meeting of the various boards & committees. Article 8 paving the intersections of three gravel roads (Old Rumney Road, Edgar Albert Road & Blanchette Lane) in the amount of \$19,000 onto paved roads also failed. Article 9 to resurface the basketball court in the amount of \$9,500 passed. Article 10 adding \$291 to the conservation funds from funds received from timber revenue for 2021 passed. This meeting lasted just under two hours & was one of the shortest in recent memory.

North Country Home Health & Hospice Agency announces expansion

REGION — North Country Home Health & Hospice Agency (NCHHA) is excited to announce the expansion of services to include the New Hampshire towns of Plymouth, Campton, Rumney, Wentworth and Orford. The expansion will offer an opportunity for NCHHA, which has been serving the residents of Coös County and northern Grafton County for 50 years, to deliver high quality, cost effective care to the members of those communities. NCHHA understands the difficulties of providing care in rural communities and remains committed to doing so as a proud partner of North Country Healthcare, which is also comprised of Androscoggin Valley Hospital, Upper Connecticut Valley Hospital and Weeks Medical Center.

Referrals for patients in any town within the service area of NCHHA are being accepted. Patients may self-refer to Hospice, or have their healthcare provider call, by dialing (603) 444-5317.

NCHHA offers Home Health, Palliative Care, Hospice and Long Term Care. Most insurance plans cover care for patients in their homes. Anyone interested in receiving care, or learning more, is asked to call (603) 444-5317 or visit nchha.org.

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or call 603-447-1373

EMPLOY CLASSIFIED FIRST

Groton

Ann Joyce
AMJ8347@gmail.com

Groton

The upcoming Select Board Meetings are Tuesday, April 5 & April 19 at 7 p.m. The Select Board Work Sessions are April 5 & April 19 at 6 p.m.

The election results from the March 8th election are as follows: Ron



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Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. 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
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or you may email to duhlman@belletetes.com.

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BUILDING PRODUCT SPECIALISTS

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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
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▶401k

TAKE A BREAK

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21		22				23			
			24		25				26					
27	28	29		30				31				32	33	34
35			36				37				38			
39						40					41			
42					43				44					
45				46				47				48		
			49				50				51			
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

- ACROSS

1. Type of footwear

5. Studies a lot all at once

10. Adventure story

14. Hundred thousand

15. Former U.S. Vice President

16. Ruler

17. Indian city

18. Similar

19. Ship as cargo

20. Volcanic craters

22. Boxing's "GOAT"

23. Bullfighting maneuvers

24. London soccer team

27. Score perfectly

30. No (Scottish)

31. SoCal hoops team (abbr.)

32. Woman (French)

35. Unwanted attic "decor"

37. Peter Griffin's daughter
- DOWN

1. Type of sauce

2. Pattern of notes

3. Plant with long seedpods

4. Map out

5. Numbers cruncher

6. Make a mental connection

7. Italian tenor

8. N. America's highest mountain peak

9. Witness

10. Arabic given name

11. Music awards

12. "The Immoralist" author

13. Area units

21. Units of loudness

23. Political action committee

25. Bar bill

26. Witch

27. A theatrical performer

28. 2-door car

29. ___ and flowed

32. Papier-___, art medium

33. City in Georgia

34. Irregular

36. College sports conference

37. Angry

38. Partner to cheese

40. S. American mammal

41. Self-immolation by fire rituals

43. Split pulses

44. Disfigure

46. Cow noise

47. Erase

49. Chadic language

50. Reward for doing well

51. Paid TV

52. Millisecond

53. Other

54. Colombian city

57. Necklace part

58. Every one of two or more people

59. Regrets

61. They come after "A"

62. Horse noise
- age

65. Type of box

66. Tie together

67. Fiber from the coconut

68. Chicago mayor

69. Old English letters
38. Broad, shallow crater

39. Large instruments

40. Low bank or reef

41. ___ and Venzetti

42. Oil group

43. Father

44. Aggressive men

45. Pairs well with green

46. Travelers need it

47. Digital audiotape

48. Midway between northeast and east

49. Chemistry descriptor

52. S. China seaport

55. Sound unit

56. Heavy cavalry sword

60. Thick piece of something

61. Spa town in Austria

63. Boyfriend

64. Norse personification of old

HELPING HAND WORD SEARCH

V P D F I R U L C R I S I S I N B N M H
G O P H I I E P D T O O R C E O M V D R
L I L M U R S T L G H H F N T I B S O C
F P Y U P M S Y S A O C U D F S C H M V
I C Y B N Y A T N A C G B M T S A O E F
G B C P L T O N A A S I I N V A N R D T
H D N C E E E E I I O I T D C P E T O R
C D E G N T R E M T D E D I I M E A O U
C R G Y I O R I R M A R R U R O F G L P
S V R B C R I E F H R R R G L C E E B L
M A E F F T F T L E M G I F S D D L G B
L Y M L U M U H A I E N A A S N Y F I L
S I E O P B M D R N E G O R N H Y H I A
I I B S S G I E T P O F N I Y L L I S N
Y Y G T P N T L B I G D P I S S D L I C
T Y N G E A H O B G N C V E N S O E P N
E H M S O H E A L T H I G G R I I R F H
F P S P G V B L D M E I T C I V E A M F E
A G E M B I H G P E F C Y T U E A R R N
S E C N A T S I S S A Y B L Y A P A T E

Find the words hidden vertically, horizontally, diagonally, and backwards.

HELPING HAND WORD SEARCH

ASSISTANCE, BLOOD, COMPASSION, CPR, CRISIS, CRITICAL, DISASTER, DONATION, EMERGENCY, FIRE, FIRST AID, HEALTH, HUMANITARIAN, LOST, MISSION, READINESS, RELIEF, SAFETY, SHORTAGE, TRAINING, URGENT, VICTIM, VOLUNTEER

This Week's Answers

S H O E A B T V O W I O O
O V T E L V H O I T E
N V B N E O V B B V T S
E B V S T B B O V W
O I H B W A T O d
E N E L V G d V W O E B
S O H O V W O V O O E d O
O O O V S A V O S V B N L
H V V W O V T E V N O O V
E W W O V T E V N O O V
W V H N E L L O L
S E S V d I T V S H V V W
O O V T E X I T V V F V V
H I W V O O N E d H X V T
V O V S S W V O O O O

3 I V d V A T B A V S S I S I Y N d V
N R R V B N I A d d d H I B W d V
3 J M V B A I L L W O T B A d d S
H J B T B d d I L L Y B O S W H
N d d O S N d d B B O H V d d N A
O I T O S S T d d B T L N d d I A
N S I T T A I N d d d d I S S B I S
V I H A H N d d d O W H d d O I S
T I J A N S W d d d T H N d d H A
B d d O S I d d d d d I J J E V W
T B B d d T d d d H d d T H d d A S
d T d d O W H d d d d d O I A d d
N O V B W I T O O I T B d d d H G
L O W V A H T d d V B O L d d S
d d O V S L W B d d V N L V A N d d
R O L d d O L T O O T B d d d H G
I O W V A H T d d V B O L d d S
d d O V S L W B d d V N L V A N d d
A W H d d d d O O V S A S H d d d
O S B I L N H H d d T L S B d d O
R d A W O d d O O I O d d I H d d
H W N B I S T S B d T N d I d d



SLA hosting moonrise hike on Rattlesnake

HOLDERNESS — Join the SLA on Saturday, March 19 for a night hike up to the West Rattlesnake summit to watch the moon rise. We will meet at the Old Bridle Path Trailhead (West Rattlesnake). The Old Bridle Path is an easier ascent that should take about 45 minutes as a group. This should leave some time for stargazing before the moon comes out a little after 9 p.m.

For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

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prepare exhibit packets,
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correspondence & legal
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communications with clients &
opposing counsel via phone &
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skills, excellent typing skills,
strong attention to detail, be
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BestCase along with Zoom,
WebEx and VOIP. Please send
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The Town of Campton is accepting applications for the position of a Highway Laborer/Driver. The successful candidate will be responsible for general laboring responsibilities and to operate various pieces of light and heavy equipment. A Commercial Driver's License with Air Brake endorsements, or the ability to attain one, is required. The individual chosen for this position must possess a willingness to work with others including the general public. High School Diploma or equivalent is required; Driver's License and Criminal record check required, mandatory participation in the department's Drug/Alcohol Screening Program as required by federal law. This is a year-round full-time position approximating 40 hours per week.

Applications, the Ad, & Job Description are available on the Town's website at www.camptonnh.org under Employment Opportunities. Applications are to be returned to the Road Agent, Ron Farnsworth or Town Administrator, Corey Davenport, 12 Gearty Way, Campton NH 03223.

Applications will be accepted until position is filled.

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Dock installation (18+ an hr). Located on Squam Lake.
Working as a team member is important!

FULL AND PART TIME POSITIONS AVAILABLE
Will Train energetic people wanting to learn
Must have a valid driver license
Boat License a PLUS!

Please contact Melanie @ 603-968-7518
Monday – Friday: 9:00am – 3:00pm

SLA hosting Storywalk at Chamberlain Reynolds

HOLDERNESS — Read Jamie A. Swenson’s “Chirp! Chipmunk Sings for a Friend” while you walk through Chamberlain Reynolds Memorial Forest. As you walk along, remember to look for chipmunks and listen to the sounds of the forest. The story is posted from March 10 to April 30.

Holderness Free Library has created take and make craft sets to go along with the theme of the book. Give them a call to schedule a time to pick up your craft set. They also generously donated the books!

Innisfree Bookshop in Meredith is generously offering a discount on this book. They have copies available if you want to read the story again and again!

For more information visit the SLA Web site (squamlakes.org) or contact the SLA directly (603-968-7336). The



Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state part-

ners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.



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