

Golden Eagles finish strong, win finale



Kennett's Kyle Perry goes hard to the hoop against Gilford's Malik Reese in action last Thursday.

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — The Kennett and Gilford boys' basketball teams got in their final tune-ups before their respective postseason tournaments on Thursday, Feb. 25.

The visiting Golden Eagles used a strong second half to pull away

from the host Eagles and advance to the tournament with positive momentum and a 54-30 win.

"We held them to 12 points in the second half, that was awesome," said Gilford coach Rick Acquilano of his squad's defensive effort. "Like everybody, we're still trying to get better every



Jalen Reese rises toward the basket in action against Kennett last week.

day.

"We're happy to come up here and get a win," the Gilford coach added.

"We took bad shots," said Kennett coach Jack Loynd. "What we had to do was team play and shoot solidly.

"We had too many individual efforts, people trying to do it them-

selves," the Kennett coach added. "Turnovers and poor shot selection, that was it."

Gilford got out to a

SEE **HOOPS** PAGE 7

Selectmen approve five-year road plan

BY ERIN PLUMMER
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The five-year road improvement plan will go forward after some more details were worked out.

The selectmen unanimously approved the plan for 2021-2026 which outlines what roads will receive what types of repairs and in what order. The motion came with the provision that the selectmen reserve the right to make changes to it in the future if deemed necessary.

The plan was the result of extensive work by public works director, Meghan Theriault and the public works team as well as many others. Theriault said she has been working on the plan everyday with information compiled from different sources.

The plan also used a report from the Lakes Region Planning Commission, which Theriault said had been updated again. Theriault said she had issues with the initial report as some details didn't match up with aspects of her methodology. The report was updated to account for these details. The plan can also be used to schedule out roads past the five years to the 10-year mark.

They are also getting ready for work in the spring and the possibility any changes need to be made. Theriault said they will inspect all the culverts to determine which ones need to be cleaned or replaced.

"In the future, it'll be great to be ahead of the whole curve with it, but where we've cleaned next year's roads and if we've got this plan then that can be the goal that were going to clean everything for next year too and really narrow it down and get better quantities," Theriault said.

They will also be able to extend the contract if certain parties agree to it for a single year, otherwise it can go out to bid next year.

Board Chair Eddy asked about the difference be-

SEE **SELECTMEN** PAGE 7

Welfare office connects residents with many resources



BY ERIN PLUMMER

COURTESY PHOTO

Welfare director Pamela Clark gives the selectman an update on her department, including the many resources available to residents in need.

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The town's welfare office has been helping people in need through connections with state and federal aid as well as partnerships with several local agencies, managing to keep their budget down during a hard period.

Welfare Director Pamela Clark gave the selectmen an update on her department during Wednesday's meeting.

She said expenditures

for the department budget have gone down each year since she entered the position in 2018. In January and February of this year, the department has spent \$1,700 in requests.

Selectman Gus Benavides said with everything going on including people losing jobs, being at home with kids, having to quarantine, and other situations it was interesting that the expenditures for welfare

were going down. Clark said a lot of that is knowing the resources available in the community. She is in regular contact with a number of local organizations and meets regularly with other welfare directors, all sharing resources and information. Clark is affiliated with the NH Local Welfare Administrator's Association, which provides a lot of

SEE **RESOURCES** PAGE 7

Bulldogs wrap up regular season with tie in Wolfeboro



JOSHUA SPAULDING

Kingswood's Riley Smith tries to knock Belmont-Gilford's Owen Guerin off his line during action on Saturday night.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — As you head to the playoffs, ideally, a team wants to be playing good hockey and have a few solid games under its belt in the final week of the regular season.

The Kingswood and Belmont-Gilford hockey teams got one of those games under their belts on Saturday night at the Pop Whalen Arena in Wolfeboro, as the two teams played to an overtime 3-3 tie in the final game of the regular season.

"That was a fun game," said Belmont-Gilford coach Jason Parent. "We tried to play some

different guys in different places to see what we could muster up."

"Those were two of our best periods of hockey," said Kingswood coach Mike Potenza, referring to the second and third periods. "I think in the overtime we had some kids that were gassed."

Things got off to a good start for the Bulldogs, as they were able to put a lot of pressure in the offensive zone. Rory Doris and Aidan McKenzie had early chances for the visitors, but Kingswood keeper Oleg Sheahan held his ground.

Belmont-Gilford got a power play chance less

than three minutes gone in the game and despite some good penalty killing from Josh Paraskos of Kingswood, they were able to get on the board less than a minute into the man advantage, as Bradley McIntire scored from the lost on an assist from Owen Guerin for the 1-0 lead.

Brady Logan had a chance denied by Sheahan and McIntire and Guerin continued to pressure, with Sheahan holding tight in the Kingswood net.

With 7:14 to go, Belmont-Gilford upped the lead to 2-0 on a top-shelf snipe from Jackson Col-

SEE **BULLDOGS** PAGE 6

Notes from the Gilford Public Library

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As of March 1, the Library Trustees have voted to open our doors a little bit wider for the general public use. We're glad to announce our building capacity is doubling and we are now again allowing small groups to use our meeting room and other space around the library. We are still abiding by the guidelines set forth by the governor for the safe reopening of libraries. This now includes allowing groups of under 10 members to use the space! We're excited to see the decline in cases around the county

and because of our diligence we can offer these services back to you. Passport applications and notary services will resume March 1st by appointment and the After-School Teen Club will restart Wednesday afternoons as well. We're happy to see GeriFit coming back to the library as well as Story Time with Miss Jill in the Children's Room. We do ask with those programs that you register in advance. Thank you for your continued patience and support of your local library!

Classes & Special Events
March 4 - March 11
*Sign up and face masks required

Thursday, March 4
Mother Goose On the Loose (Virtual), 10:30-11 a.m.
Flamenco Kids, 3:30 p.m.
Tune in on FB live for a weekly flamenco lesson for kids. Local flamenco dancer Gladys Clausen will get the kids moving and learning about this fun dance!

Friday, March 5
Preschool Story Time, 10:30-11:30 a.m.
Flamenco Fridays, 1 p.m.
Learn how to Flamenco dance in the comfort of your own home with professional flamenco dancer Gladys Clausen! A fun event to learn or just sit back while listening to sweet guitar sounds and watch spectacular flamenco performance. Join us each week for lessons and put it all together on the last week.
Gilford Library Games, 3:30-4:30 p.m.
Check out the Teen Discord to see what's go-

ing on this week!

Monday, March 8
NO EVENTS

Tuesday, March 9
Bilingual Story Time, 10:30 a.m.
Geri Fit, 9:45-10:45 a.m.

Are you 55+ and looking for a workout that will keep you active, all while being safe and working on fall prevention? Sign up for GeriFit. Sign-up required, must be a valid Library card holder. Maximum of 10 people per class. Please bring your own two or three pound dumbbell, a stretch band, and water to drink during the workout.

Wednesday, March 10
Phone-In Check out an Expert, 10 a.m.-noon
After School Teen Club, 2:30-3:30 p.m.
Afterschool Teen Club. Hangout with friends, play games, and make stuff. This club is whatever you want it to be! 5th-12th grade.
Science @ Home, 3:30-4:30 p.m.
Join Miss Jill in learning how to make ice cream in a bag! This is a virtual event and will be available on Facebook. Sign-up not required.

Thursday, March 11
Geri Fit, 9:45-10:45 a.m.
Mother Goose On the Loose (Virtual), 10:30-11 a.m.
Flamenco Kids, 3:30 p.m.
Tune in on FB live for a weekly flamenco lesson for kids. Local flamenco dancer Gladys Clausen will get the kids moving and learning about this fun dance!

HAPPY BIRTHDAY!

Don't forget...it's time to have your
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“Tap into Maple” and more at Prescott Farm in March

LACONIA – Even the most enthusiastic fans of winter have to agree: it’s the time of year when the cold, ice and snow starts to feel like it might last forever. Prescott Farm promises sweet signs of spring in the great outdoors throughout the month of March when the popular, month-long maple sugaring program returns.

With COVID safety precautions in place, participants will connect with nature during every step of the syrup making process. Prescott Farm’s environmental educators go “beyond the sugar shack” when they expertly guide guests in how to identify the appropriate species and size tree, understand the parts of a tree and their functions, use historical and modern tree tapping tools, learn the history and legends of maple sugaring, and understand the math and science involved in the boiling process.

School & Community Programs Director Andie Hession is happy to welcome guests to this favorite program during the month of March.

“We hear from folks all the time that they want to better under-

stand and experience nature. And after almost a year of feeling very cooped up, Tap into Maple is the perfect opportunity to expand what they know – and they get plenty of fresh air in the process,” Hession said.

Beginning on Saturday, March 6, visitors to Prescott Farm can attend one of the 90-minute Tap into Maple sessions. Programs begin on the hour and run from 10 a.m. – 3 p.m. The cost is \$12 per person and free to members of Prescott Farm. Sessions are 100 percent outside, with mandatory masks and social distancing. Groups will be strictly capped at 10 participants so pre-registration is strongly recommended.

Guests should be aware that the program begins with a guided 20-minute walk down to the authentic sugarhouse in the woods around Prescott Farm. If necessary, snowshoes and/or ice cleats will be provided for individuals who do not have them.

Because Tap into Maple is one of Prescott Farm’s most popular series, the education staff has added a companion program when the official maple sugaring season has ended. Sug-

ar and Snow (Saturday, April 3; 1-3 p.m.) invites guests back to the sugar house to finish boiling sap, learn different ways to enjoy maple syrup, and enjoy a sweet treat.

Tap into Maple is brought the community with support from Osborne Agway Winnisquam, a Prescott Farm community business partner.

Other Prescott Farm Community Connections programs in March include:

Snowshoe Yoga - Saturday, March 6; 10 a.m.-noon. Adults immerse themselves in the peacefulness of nature as they practice yoga in snowshoes, are guided through a walking meditation, and are introduced to shinrin-yoku, or “forest bathing.”

Almost Full Moon Snowshoe/Hike – Saturday, March 27; 6:30-8:30 p.m. On the day before the full moon, guests of all ages are invited to explore Prescott Farm in a different and special way. Inspired by the weather and the dynamic calendar of the natural world, topics discussed may include identifying constellations, discussing the habits of nocturnal animals, and practicing night vision abilities.

Additional program



COURTESY

Volunteers being trained to assist with the 2021 Tap into Maple program.

and registration information is available at prescottfarm.org, ahession@prescottfarm.org or 366-5695.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife,

ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland,

pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Meeting broadcast upgrades a “work in progress”



COURTESY PHOTO

Upgrades on video equipment at Town Hall is still a work in progress, though some of the recent results can be seen in some recent meeting recordings. Videos are now being uploaded to Vimeo.

BY ERIN PLUMMER

mnews@salmonpress.news

Upgrading the recording and streaming capabilities is still a work in progress that’s gradually coming along, according to the town administrator.

For the past few

months, the town has been in the process of upgrading its recording equipment and software for the town hall conference room with the option of offering livestreams and broadcasts of board meetings

on the town website and Lakes Region Public Access. Town Administrator Scott Dunn gave the selectman an update on the progress during Wednesday’s meeting.

Dunn brought the topic to the board during

the Dec. 16 meeting, saying members of the board and the public have expressed interest in the town having these options available.

The town was leaning toward using Microsoft Teams for remote meetings. They were also looking to upgrade the 15- to 20-year-old recording equipment with high-definition cameras.

Dunn said the possible upgrades would cost around \$9,000 to \$10,000 which can come from a technology fund that the town hasn’t used in at least a few years.

Dunn said during Wednesday’s meeting that tech upgrades in the meeting room are still a work in progress.

They haven’t received their license for Microsoft Teams, which Dunn said has been a source of frustration. They get that license

free with their Windows 365 package, though this delay is a matter of “you get what you pay for.”

Right now, they are able to livestream board meetings and are able to link the broadcast to the town Web site.

The town has been working with Atlantic Broadband to upload the meetings on Channel 24.

“It’s still a work in progress and it has not

come together yet, but it’s a priority and we’ll work on it regularly,” Dunn said.

The past two selectman’s meetings can be found on Vimeo at <https://vimeo.com/gilfordnh> and links to the meetings are available on the town website under “Minutes and Agendas” with links on the page for the specific meeting.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of Feb. 22-28.

Rosado Tiarles, age 30, of Milford, Mass. was arrested on Feb. 23 for Driving After Revocation or Suspension and Operating Without a Valid License.

Cameron Leslie Gamble, age 22, of Gilford was arrested on Feb. 23 in connection with a warrant.

Natasha Guyotte, age 37, of Laconia was arrested on Feb. 24 for Theft By Unauthorized Taking (following two prior convictions) and in connection with multiple bench warrants.

William L. Baer, age 57, of Seabrook was arrested on Feb. 24 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Staci S. French, age 33, of Gilford was arrested on Feb. 24 for Obstructing Government Administration and Disorderly Conduct.

Eric French, age 36, of Gilford was arrested on Feb. 25 for Criminal Mischief, Obstructing Report of a Crime or Injury, and Domestic Violence-Simple Assault-Physical Contact.

Shaun Rafael Ortiz, age 32, of Concord was arrested on Feb. 25 for

Violation of a Protective Order (subsequent offense).

Krystal R. Jean, age 31, of Laconia was arrested on Feb. 25 for Operating After Certification as a Habitual Offender and Disobeying an Officer.

Joshua E. Ripley, age 27, of Gilford was arrested on Feb. 26 for Violation of a Protective Order.

Richard Y. Boerner, age 47, of Costa Mesa, Calif. was arrested on Feb. 28 for Criminal Mischief and multiple counts of Domestic Violence-Simple Assault-Physical Contact.

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Reserve your judgment

We see it on Facebook, and other social media accounts — seemingly happy people carrying on about their lives without a care in the world. As we scroll, we tend to pass judgements on what is in reality, a blip in the lives of those who’s photos we are currently looking at. A mere moment that perhaps lasted less than a second is captured, and in that moment, we feel that we are free to make a distinction on what that individual is going through in the moments and days prior, or what they may be feeling like in the moments just after. Don’t do that.

The best way to find out how a friend, co-worker or family member is, is to simply ask them. With the past year being what it was, mental health issues and rates of suicide are sky rocketing. Is this really a time to pass judgement? Or is this an opportunity to lift those up around us and to make sure that we’re all hanging in there?

As humans, some of us can handle any given situation with more grit than others. Some can carry on for just so long until it just becomes too much. Those that have that grit, are those who have the ability to extend their hand, tell someone that they will be ok and that they are not alone. Support for a person overwhelmed, depressed or anxious is paramount to their well being. Sure, it feels good to act tough, and announce that X, Y, or Z doesn’t bother you, but the world is not all about you and it never will be. Be kind, it just feels better.

When a person breaks their leg and can no longer work for a time, they are sent flowers, offered encouraging words of support, given sick time and sent home with casseroles. If a person with a mental health condition takes time off to regroup and to seek the help and therapy that they need to ya know... live...it becomes an issue. Because you can’t SEE the injury. What you might see is a smile that lasted a split second, and you pass judgement — “Oh they aren’t really sick.” Guess what — you are wrong. Make no mistake, we all go through challenging times, but that doesn’t mean that we all handle them in the same way.

Discrimination against a person with any health issue, wether it be physical or mental, is illegal. Furthermore, it is morally wrong. Do we really want to be a society that has stopped supporting one another? We vote no. When we see a neighbor plow the driveway of the house down the street, or three neighbors pulling a strangers car out of a ditch, we are reminded of how at our cores, we are all kind.

Take note — mental illness is not a character defect. There are many reasons a person may develop an issue, wether it’s temporary, brought on by stress, illness or whether it’s genetic. Some anxiety may resurface as an adult, due to childhood trauma. Either way, we don’t know, unless we know.

When people do not understand mental illness, they tend to exhibit prejudice against those who admit they have an issue. Those people are often treated as though they don’t have a real health issue and are then discriminated against. This leads to shame in the person who openly admits that they need help, and so the stigma surrounding mental health is born.

Many workplaces have excellent support systems in place for employees who need help, these to include police and fire departments. These places are to be commended for looking out for one another.

Here are ways to decrease the stigma, be in the know and help your neighbors. Educate yourself, be aware of your attitude towards those who confide in you, pay attention to your judgements and choose your words carefully. When you do educate yourself, spread the word. Treat those around you with respect and offer encouragement, or a slice of pizza; anything goes. We say it often — take care of each other, now more than ever. You will find that it’s easy to be kind.



COURTESY

Roche Realty Group sells Glendale Cabins

Gail DiGangi of Roche Realty Group, Inc recently listed and sold The Glendale Cabins located at the corner of Glendale Place and Dock Road in Gilford. The property included a year-round main house and seven seasonal cottages. It is located just a few hundred feet from Lake Winnepesaukee, the Gilford town docks, and The Lyons Den Restaurant. The cottages and main house were built in the 1950s and are serviced by town sewer and artesian well. Frank Roche said that Gail Digangi did a great job in representing both the Buyer and Seller in this commercial transaction. This is great investment for the new owners to be able to live, work and play in the Lakes Region.

FROM OUR READERS

Vote for fair redistricting in March

To the Editor:
On March 9, voters in Alton, Belmont, and Gilmanton will have the opportunity to demand their elected officials support a fair and transparent redistricting process during 2021. Gilford and Meredith voters get their opportunity on March 10. Please vote in favor of Article 45 in Alton, Article 26 in Belmont, Article 30 in Gilford, Article 18 in Gilmanton and Article 15 in Meredith. Almost 100 towns in New Hampshire will vote on similar warrant articles this

year.
Voting districts should be designed in a fair, non-partisan manner during meetings that are open to the public. Towns with at least 3,300 residents should have a representative elected from their own town. Gerrymandering designs voting districts to benefit one party over another and makes it harder for a fair election. Without your vote in favor of these articles, there’s a good chance that gerrymandering could get worse, not better. Transparency in this

process will reduce the chances of this happening.
Vote in favor of these warrant articles to promote democracy by:
Demanding fairness and transparency in the process of drawing new district maps
Requiring that maps be drawn with no favoritism to one party or the other
Making sure that the mapping process happens in public meetings.
Your supportive vote on these articles will send a message to both parties that fairness,

openness, and non-partisan processes are crucial to democracy in New Hampshire.
Don House
Belmont

Brain Beihl
Alton

Johnna Davis
Gilford

Lew Henry
Gilmanton

Jim McFarlin
Meredith

Demand your constitutional right to proper representation

To the Editor:

Every 10 years, following the federal census, the New Hampshire Legislature is required to redraw the lines of all New Hampshire political districts based upon the new population numbers. The New Hampshire Constitution (Part 2, Article11) requires that at least one State Representative will exclusively represent any town with 3,290 or more citizens, and that the redistricting process be fair, nonpartisan, and

transparent to the general public.
Unfortunately, in 2011, a few people, working behind closed doors, redrew the political district maps. This process was not transparent, and at public hearings, no maps were presented for public input. This resulted in many towns with more than 3,290 citizens not being given their Constitutionally mandated, exclusive New Hampshire Representative.
My hometown of Gilmanton is among those

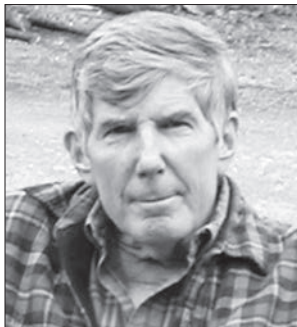
towns deprived of their exclusive Representative. We currently have three seats in the House of Representatives all of which are shared with other towns.
If you are a citizen of Gilmanton, on March 9, please vote for Warrant Article 18. Article 18 is a demand by the citizens of Gilmanton to the New Hampshire General Court for a fair and transparent redistricting process, which must include our exclusive State Representative seat as mandated by the

New Hampshire Constitution. If we voters approve this Article, then a written notice will be sent from our Selectmen to our State Legislators informing them of the demands of their constituents. All the other towns around us and most of the towns in New Hampshire have similar articles, and their citizens should likewise vote for the redistricting article that is on their ballots. Thank you.

Lew Henry
Gilmanton

North Country Notebook

Colder climes and jasper mines, and chickadees flitting through flakes



By JOHN HARRIGAN
COLUMNIST

Thursday was one of those gray days with almost no shadows, and ambient light all around. It was a perfect day for portrait photography, but too cold and windy to expect anyone to sit on the porch.

Initially, you can become disoriented in a world made small by the weather, a world with no shadows. It is suddenly like a world without The Other, but in this case, a friendly other that for the most part just follows you around. Occasionally your shadow makes you look at yourself, and many times in life, probably more than most of us know, it saves your life. It has saved mine, plenty.

Initially, the wind came out of the West, then from the East for a little bit, and then the

snow became driven, first sideways and then straight down at the ground. Those are the vagaries of the winds, the whims at their will, the whirls and twirls of the selkies, what you expect of a life among knobs and nubbles.

It was almost February’s last gasp. Every now and then the sun tried to burn a hole through the low nimbus clouds and swirling snow.

Through it all the chickadees flew, ever busy as usual. Most always when I’m asked

about my favorite bird I’ll say “Raven” right away, but I’m easily swayed by the chickadees, out there working away with an eye out for hawks, and every now and then stopping for a chat.

+++++

“Division of labor” is not exactly a trendy phrase in discussions about domestic chores. The Loosey Goosey crowd (which on some issues includes me) tends to view it as too rigid, traditional, and gender-specific.

Still, when archaeologists at a 9,000-year-old burial site in Peru found projectile points and hunter’s tools among preparations for the Great Beyond, they initially assumed that the deceased was a man. Wrong! Ernkl! (Make buzzer-sound here.) Recently developed tests on tooth enamel can determine gender, and this hunter turned out to be a young woman.

This is a reminder of that old saying about the word “assume.” Archaeologists love to discover ancient hearths and charcoal, because fire

pits and surrounding areas often reveal rich data on the region’s flora and fauna.

+++++

The Peru dig was one of the features in the March/April issue of Archaeology magazine. It is one of many forums where a lively exchange on the peopling of the Western Hemisphere has been going on among readers and experts for years.

New evidence keeps turning up, which should surprise nobody

Gilford roads might be posted earlier

BY ERIN PLUMMER
mnews@salmonpress.news

Road weight limits might be posted as early as March 8 as the public works department continues to find the best ways to clear the roads for winter. Public works director Meghan Theriault updated the selectmen on road postings and some winter maintenance details during Wednesday’s meeting. She said

roads will be posted on March 8, a little earlier than usual. Theriault said Gilford works with Laconia and Belmont to determine the best time to post the roads and all three communities will post at the same time. Theriault said they pay attention to the freezing and melting cycle to determine the best date, tracking data and use a method recommended by nu-

merous agencies. Theriault said both Laconia and Belmont indicated they wanted to post the roads on March 8. Theriault said this is earlier than she usually prefers, though they all like to do this as a group. “It is better to be a little on the earlier side than too late,” Theriault said. She said she gave them data that suggested she was looking at

March 15, though after further review there were a few roads that were a bit more concerning. Theriault said she’s already seeing frost heaves on roads. She said contractors could get frustrated with roads posted earlier, though there’s benefit in doing so. “Good news is that’s a sure sign of spring,” said Town Administrator Scott Dunn.

Theriault and the board also discussed winter road maintenance. Theriault said after a particularly bad storm they got some compliments over email and Facebook. Theriault said the department is now fully staffed, they were also waiting on a new pickup truck to get its license plates. The current one is “falling apart at the seams” and they will

need to piece it back together to even trade it in. The department has also been prewetting the roads with brine. Theriault said that’s one of the big reasons they’re waiting for the new truck, which can be used to treat the roads in Gunstock Acres. She said if they have money left, they might buy one more brining system for another truck.

Richaven Cottages on Paugus Bay sold

LACONIA — RE/MAX Bayside’s Commercial Division recently sold the Richaven Cottage property located at 109 Weirs Blvd. in Laconia. The property is a popular waterfront cottage colony Paugus Bay, Lake Winnepesaukee. Ron Talon and Russ Poirier were the listing agents for the transaction. The property includes 10 cottages, an owner’s residence, eight boat slips, two moorings and 6.84 acres in this highly active area. The new owners look forward to improving the property and offering their customers a more enjoyable vacation experience than ever. RE/MAX Bayside has offices at 208 Daniel Webster Highway, Meredith (279-0079) and 604 Main St., Laconia (527-2800) and operates statewide. For additional information contact Ron at 978-0891 or Russ at 493-0013.



Comfort Keepers

Falls – risk factors and prevention strategies

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Every year, three million seniors are treated in the emergency room for fall injuries. And, falling once doubles someone’s chances of falling again. Preventing accidents in the home, including falls, is one of the most important planning strategies for helping seniors stay independent. Fractures, head trauma and other injuries can cause long term mobility issues and have lasting physical effects. And, once an injury occurs, it can affect someone’s ability to live the way they want and enjoy the same lifestyle and activities. Health issues that occur more often as we age can also make seniors more likely to fall. These risk factors include:

- Muscle weakness
- Heart disease

Parkinson’s disease
Alzheimer’s disease and other dementia
Malnutrition
Low blood pressure
Poor vision
Ear infections or inflammation
Pain or sensitivity in the legs or feet
There are some precautions that seniors and their families can take to reduce the likelihood of a fall. Evaluating risk factors and taking preventative measures in a way that considers the unique lifestyle, needs and health of a senior can help. Minimize trip hazards – Some fall hazards are obvious; flights of stairs, slippery shower floors or cords that are too far from a wall outlet. But there are less obvious features that can be an issue for someone with dizziness or vision loss. These can include loose rugs, certain types of carpeting, dimly lit

hallways or a dog toy in the middle of the floor. Removing the hazard or installing safety devices, like grab bars and brighter light bulbs, can help. Evaluate footwear – Footwear that has an open back, doesn’t fit properly, is worn out or has a slippery bottom can all contribute to tripping or balance problems. There are a variety of safe shoe options to fit any activity and personal style...safe shoes don’t have to be boring! Know the effects of medication – Seniors and their families should talk to a healthcare professional about how a person’s specific medications – both prescription and over-the-counter – can have side effects that cause dizziness or balance issues. Nutrition and exercise – Having healthy habits when it comes to diet and exercise can prevent weakness in the

legs and feet, and can reduce pain. Seniors should always talk to their doctor about any diet and exercise plan, and can ask specific questions about how these things affect their fall risk factors. Focus on mental health – Studies show that there is a correlation between depression in seniors and falls. According to one report, “both depression and fear of falling are associated with impairment of gait and balance.” Positive mental wellbeing can improve many areas of a senior’s life, and reduced fall risk is another benefit. Connecting with loved ones, finding a sense of purpose, engaging in enjoyable activities and experiencing joy can improve physical and mental quality of life. Some families only think about fall prevention after a loved one is hurt. Taking precau-

tions before an accident happens can help seniors maintain their physical health and their independence. Comfort Keepers® can help For every client, our Comfort Keepers team does a thorough home evaluation to minimize hazards in the home – including fall risk evaluation. Our caregivers can help with mobility issues, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. And, our goal is to elevate the spirits of our clients and their families every day. As part of an individualized care plan, caregivers can also help with activities like cooking, cleaning and physical care. Whether a senior is recovering from a fall or needs help with fall prevention, we can provide services to help. To learn more about

our in-home care services, contact your local Comfort Keepers location today. About Comfort Keepers Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at nhcomfort-keepers.com for more information.

NOTEBOOK



As February gives up the ghost, a snow squall walls off the world and leaves you with a couple of familiar old friends waiting for you on the porch, firewood and snow.

JOHN HARRIGAN

interested in the topic. The old theories and dates on the last Ice Age (roughly 15,000 years ago) and the exposure of the Bering Strait land-bridge constituted one of those nice, neat, tidy little packages that left diminishing room for new discoveries and data. Then, to no one’s great surprise, archaeologists on digs from Yukon to Central America to Brazil and down to Terra del Fuego began turning up fire-pits and flaked tools carbon-dated to well beyond 15,000 years. So the peopling of the Western Hemisphere remains an open book and a fascinating question. Theories from Southeast Asian island-hopping to colonists from the cos-

mos abound. Photos of spear-points and arrowheads from digs in North and South America reminded me about the raw material used to make them (basically, jasper), and the rare outcroppings of volcanic core-rock where it is found. Right here in New Hampshire, we have one of the longest-used jasper mines ever found, in the form of a mountain of that name in Berlin. Material from a similar site in Maine has turned up in digs in the lower Mississippi valley, more proof that a vibrant network of Native American trade existed for millennia, from sea to shining sea.

+++++ In a paper I’m reading on the past, present, and future of wildlife habitat and the ongoing conservation movement, I found this statement: “Children are spending less time outdoors.” And this: “This general disconnection from the undeveloped environment

indicates an uncertain future for conservation.” (Source: Daniel Decker, et al, “Governance Principles for Wildlife Conservation in the 21st Century,” Conservation Letters, Wiley Periodicals.) (Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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No bones about it— Advanced Orthopaedic Specialists closing

GILFORD — Advanced Orthopaedic Specialists (AOS), formerly Orthopaedic Professional Association (OPA), will be closing their doors as of March 31, 2021, after 50 years of serving the Lakes Region with orthopaedic care. The four partners of the practice, Dr. Jeffrey Clingman, Dr. Alex Hennig, Dr. Jeremy Hogan, and Dr. Glenn Lieberman reached the decision to close their practice upon learning that the new hospital entity, formed by Concord Hospital acquiring Lakes Region General Hospital (LRGH), chose not to renew the Provider Service

Agreement that has been in place since 2004. The surgeons of AOS did not make this decision lightly. For months, the practice has been working on creating a path forward to continue providing orthopaedic care in the area. Unfortunately, the acquiring entity, Concord Hospital, did not provide a viable solution to allow AOS to continue providing local orthopaedic care. “It has been an honor serving this community and working with our team,” commented Dr. Glenn Lieberman, Orthopaedic Surgeon, President of the Board at

AOS, and Chief of Orthopaedics at LRGH, “our commitment to providing excellent care to our extraordinary patients in the Lakes Region is what has kept this business thriving for half a century.” AOS surgeons look forward to continuing their relationship with their patients and will provide patients with ways to connect with their surgeons as they transition to new individual practice locations. Patients of the practice will receive communication regarding follow-up orthopaedic care in the coming weeks.

“Rumors that the surgeons of AOS ‘want to leave’ could not be further from the truth,” explained Dr. Jeremy Hogan, an Orthopaedic Joint Surgeon who has been with AOS for ten years, “our practice has amassed thousands of loyal patients in the Lakes Region, and our steadfast goal is to provide them with outstanding care. It deeply saddens us to close AOS, and say goodbye to our committed staff. We will all find a path forward with new organizations, providing the quality care our neighbors have come to expect.”

AOS which began as OPA in 1970, was the first medical professional corporation in the state of New Hampshire. The surgeons and staff of AOS have all worked and lived in the community for many years, caring for generations of families and being on the front lines during emergencies, “We have built a solid foundation of trust with our patients who are also our neighbors, business owners, teachers, police, grocery store clerks,” explained Dr. Hennig, Orthopaedic Sports Surgeon, “We live in this community with the people we care

for and that has further fueled our deep commitment to our patients.” In addition to the four owners of the practice, six other providers within the practice will be relocating: Dr. John Grobman, Orthopaedic Surgeon; Dr. Joel Huleatt, Orthopaedic Surgeon; Dr. Matthew Jensen, Chiropractor; Dr. Michael Robinson, Podiatrist; Cody Rideout, Physician Assistant; Kyle Przekaza, Physician Assistant; and Tatyana Hoyt, Physician Assistant.

BULL DOGS

(Continued from Page A1)

lins, with Geena Cookinham and Logan getting the assists. Kingswood got a good look from Ethan Mosher, but B-G keeper Colin McGreevy was able to make the save in the net. Nick Potenza also had a shot go wide of the net for the Knights, while Guerin sent a shot on net that Sheahan stopped.



Belmont-Gilford's Zoltan Stefan puts Kingswood's Ethan Mosher into the boards in action Saturday.

tenza and Shaw Swinerton getting chances that McGreevy stopped. Guerin came back with a chance that Sheahan stopped and Emerson had a chance that McGreevy turned away. With 12:24 to go in the period, Potenza sent a shot on net that tipped past McGreevy for the first goal of the game for

Greevy was up to the challenge, turning away all of the Knight chances. Guerin came back with a chance for the Bulldogs but Sheahan held his ground in the Kingswood net. DeVito had another chance that was stopped and Kean had a nice centering pass that just missed in front of the net.

The Knights went on the power play again with 6:53 to go and this time needed just five seconds to get the power play goal, with Potenza sending a shot on net that McGreevy stopped, but Kean was right there to put the rebound into a wide open net for the 3-2 Kingswood lead.

DeVito and Potenza had chances for the Knights that were denied and the Bulldogs were able to pull even again, this time on a goal from Guerin with 3:42 to go in the game. The Knights came back with chances from Kean and Savage as well as bids from Potenza and Swinerton that were denied. Rowley and Zoltan Stefan had late chances for the visitors but regulation came to a close with the teams tied at three.

DeVito, Rogers, Kean and Potenza had some early chances for Kingswood in the start of overtime and Guerin and Logan Moulton answered with chances for the Bulldogs. Kingswood went on the power play with 4:48 to go in overtime but could not convert, as the visitors killed off the penalty. Stefan had a shot blocked by Paraskos and Logan had a chance stopped by Sheahan to close out the 3-3 tie.

“Today we probably only played one and a half periods of decent hockey,” said Parent. “Going into the playoffs, we have to play three periods.

“But we saw a lot of things in the last four games,” the Bulldog coach continued. “I think we have a good plan going into the playoffs and hopefully we can have a deep run.”

The Bulldogs drew Merrill Fay Arena-mates Laconia-Winnisquam-Inter-Lakes in the opening round, which was scheduled to take place at the Laconia facility after deadline Wednesday.

“We have our own locker room there, we’re comfortable there, we practice there,” Parent said. “And I think we’re familiar with a lot of their players too.”

“Oleg played much better today, that’s a spot I don’t really worry about,” said Potenza. “Cam Kean is a pretty valuable defenseman, but you see the way he forechecks.” The Knight coach moved the sophomore up to the front line the last few games and he has produced.

“And Josh (Paraskos) has turned into a good penalty killer for us,” said the Knight coach. “He’s doing what we ask

him to do.” Potenza noted that while the regular season games technically don’t count, as every team makes the playoffs, he wants to see positive results on the scoreboard. “I’m just glad they’re playing this way now, going into the playoffs,” Potenza said.

The Knights drew Somersworth-Coe-Brown in the opening round of the tournament and were scheduled to travel to Rochester after deadline on Wednesday. For Belmont-Gilford, if they win the opener, they will play at Kennett on Saturday, March 6, at 4 p.m. If the Knights win their opener, they will play at St. Thomas on Saturday, March 6.

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

Belmont-Gilford went on the power play with 5:35 to go and Cody Emerson and Bailey Savage combined for a good clear for the Knights while Logan, Cookinham and Guerin all had chances that just missed the mark. Potenza had a good clear and Cam Kean did a nice job on the penalty kill to kill off the advantage.

Case Rogers made a nice defensive stop for Kingswood on a bid from Dylan Flannery and McKenzie was able to send a shot on net that Sheahan turned away, sending the game to the first intermission with a 2-0 Belmont-Gilford lead.

Kingswood came out of the gate firing in the second period, with Po-

tenza and Swinerton got the assist on the tally to make it 2-1.

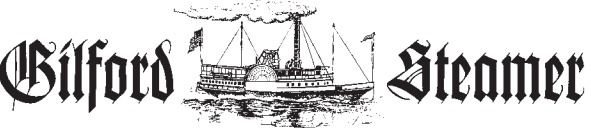
The Bulldogs went on the power play with 10:45 to go and Logan and McIntire had good chances denied while Kean had a nice clear for the Knights. Brendan Folan had a shot deflected and Guerin had a shot topped by Sheahan. Potenza had a shorthanded bid and Swinerton and Savage teamed up on a chance for the Knights that McGreevy stopped and the penalty was killed off.

Kingswood continued to pressure, with Cam DeVito, Riley Smith, Swinerton, Emerson, Mosher and Savage all getting chances in the offensive zone, but Mc-

Mosher also had a centering pass that missed and Emerson had a shot that McGreevy stopped, sending the game to the third with the Bulldogs up 2-1.


Kingswood again came out strong in the third, with Potenza, Emerson, Swinerton, Savage and Smith all getting chances, but again, McGreevy held his ground in the Bulldog net. Andrew Rowley had a shot for the Bulldogs that went wide of the net.

Kingswood went on the power play with 9:15 to go in the game and less than 30 seconds later, the game was tied, as Potenza fired home a goal from the circle for the second goal of the game for the Knights.



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HOOPS

(Continued from Page A1)

quick start, scoring the first six points of the game, though both teams took a while to get going. Alex Cheek got the first basket of the game more than two and a half minutes in, drilling a three-pointer to get the Golden Eagles off and running. After Curtis Nelson hit a free throw, Jalen Reese drained a bucket and Gilford had the 6-0 lead.

Kyle Perry got Kennett's first basket but a three from Riley Marsh and a hoop from Nelson gave Gilford the 11-2 lead after one quarter of play.

Kennett came charging back in the second quarter. Perry got things started with a hoop and after a basket at the other end from Marsh, Evan Dascoulias drilled a three for the hosts and Perry converted a three-point play to cut the lead to 13-10.

A Nick Houghton-LaClair basket for the hosts cut the lead to one but Austin Normandin hit one from the line to push Gilford up by two, 14-12.

An Alex Clark basket tied the game at 14 with 3:30 to go in the first half and a Perry free throw gave the Kennett boys their first lead of the game. Reese hit a hoop to give Gilford the lead back but Houghton-LaClair drilled a three after making a nice save on a ball heading out of bounds, giving Kennett the 18-16 lead.

Nelson responded by drilling back-to-back baskets to put Gilford back in the lead and then Andrew Flanders drilled a three-pointer to close out the scoring in the first half, giving the Golden Eagles a 23-18 lead at the halftime break.

Consecutive baskets

from Nelson got the Gilford boys out to a quick start in the second half but Clark answered with a basket at the other end for Kennett. Malik Reese came through with a putback of a rebound and then hit a free throw to stretch the Golden Eagle lead to 30-20.

Jalen Reese finished off his own steal for two more points for Gilford but Matt Nordwick converted a three-point play for the hosts.

However, from there, the third quarter belonged to the visitors, as Marsh and Isaiah Reese hit back-to-back three-pointers, stretching the lead to 38-23. Jalen Reese then hit consecutive baskets to close out the quarter and Gilford had a 42-23 lead heading to the final eight minutes.

Isaiah Mojica hit a hoop for Kennett to start

the fourth quarter but Malik Reese answered with a basket for Gilford and Jalen Reese converted a three-point play. Dascoulias hit a hoop for Kennett and Perry drained a free throw to make it 47-28.

Gilford got a hoop from Nelson, a free throw from Jalen Reese, a hoop from Marsh and another from Flanders to stretch the lead to 54-28 before Perry got the final basket of the game for the 54-30 final score.

"I feel like we're still getting better," Acquilano said. "The kids are still enthusiastic in practice every day.

"We're happy to just make it this far in the season," the Gilford coach continued. "And now we've got a whole new season in front of us."

"They're (Gilford) good, I think we defend-

ed well in the half court, particularly in the first half," said Loynd. "But it wasn't our half-court defense, it was our offense that created those transition baskets.

"We had a pretty good end of the first quarter to the last minute of the second quarter," Loynd said. "Then we came out at the half and we didn't execute."

Jalen Reese led all scorers with 14 points while Nelson added 13 points and March chipped in with 10. Perry led the way for the hosts with 11 points.

Gilford got a bye in the first round of the Division III tournament and was scheduled to host either Winnisquam or Newfound after deadline on Wednesday.

Kennett is scheduled to visit Kingswood in the opening round of the Division II tournament

today, March 4.

The quarterfinals for both rounds are scheduled to take place on Saturday, March 6.

GHS 11-12-10-12-54
KHS 2-16-5-7-30

Gilford 54
Flanders 2-0-5, Nelson 6-1-13, I. Reese 1-0-3, Cheek 1-0-3, Marsh 4-0-10, M. Reese 2-1-5, Normandin 0-1-1, J. Reese 6-2-14, Totals 22-5-54

Kennett 30
Nordwick 1-1-3, Houghton-LaClair 2-0-5, Mojica 1-0-2, Dascoulias 2-0-5, Clark 2-0-4, Perry 4-3-11, Totals 12-4-30

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

RESOURCES

(Continued from Page A1)

resources.

Another factor is the different forms of state and federal assistance that have been available during the pandemic. Unemployment was paying up to \$600 a week guaranteed, though that amount recently dropped to \$300 a week. More money was also available through SNAP benefits for food assistance.

"There's a lot of resources I think that picked up the slack and kept people solvent for

the year," Clark said.

There have also been moratoriums on power disconnections and evictions with certain requirements.

The moratorium on evictions is ending on March 31, though will be replaced by additional programs protecting renters.

Clark said people can only benefit from the eviction moratorium if they specifically fill out information that indicates they are having pandemic-related hard-

ships. This could be everything from a job loss to adult children moving in due to pandemic-related circumstances.

There are also legal assistance services helping people with matters such as evictions and others.

She has connections to several local agencies and can connect residents to these different services, including Community Action Program, Catholic Charities, St. Vincent DePaul, and others. Clark said

The Gilford Community Church has also been a strong partner and Rev. Michael Graham has been eager to help with a phone call. In one case of someone in need of food assistance, she said Graham put together a few bags of food from their food pantry.

Clark said she can find ways to assist people even if their request doesn't fall under the services of her office. In one case a resident asked for help for a severe roof leaking problem, she

was able to recommend some federal grant and loan programs as well as additional services because the resident is a veteran.

"That's how I keep the budget down is by asking good questions and making those connections," Clark said.

Selectman Kevin Hayes asked how quickly the office can disperse funds to someone. She said it depends on when the request is made. In one case involving the power being shut off,

someone contacted her at 9 a.m. and the power was back on a few hours later. She said she has a direct line with Ever-source and declare a hardship for that resident. The resident will have to work out a payment plan to cover the bills, usually that runs for 12 months but during the pandemic those plans can be made for 24 months.

Belknap Mill announces Annual Meeting

LACONIA — The Belknap Mill Society invites you to the 2021 Annual Members Meeting on Wednesday, March 17 from 9 – 10:30 a.m. via Zoom. All are welcome!

In accordance with the Belknap Mill Society By-laws, the Annual Meeting serves the purpose of reviewing the affairs of the Society, electing Directors and transacting other business that may come before the meeting. An agenda for the meeting and voting proxy will be emailed to all members and will also be posted to our Web site, www.belknapmill.org. All current members are eligible to vote in person at the meeting or via proxy. You can become a member of the Belknap Mill via our website.

For members who would like a hardcopy of the agenda and proxy to be mailed or for any general questions, please contact Tara Shore, Program and Operations Manager at 524- 8813.

The Annual Meeting of the Belknap Mill Society is open to the public and all are welcome. We look forward to having you join us to learn about our accomplishments of 2020 and our exciting plans for 2021.

We look forward to seeing you at the Belknap Mill! #wherecommunityhappens.

SELECTMEN

(Continued from Page A4)

tween a shim and overlay and what was referred to as a "Band-Aid shim" in the plan. Theriault said shim and overlay is a road treatment. The "Band-Aid" is for roads that need to be reclaimed though that work cannot be completed now, so an extra layer of pavement is put on to buy some time.

Some of the roads receiving the "Band-Aid" approach in 2021 are sections of Boyd Hill and Cat Path.

The road plan can be found on the town Web site at https://www.gilfordnh.org/assets/municipal/10/postings/2021-2025_Road_Improvement_Plan_1614264976.pdf.

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Edward Jones: Financial Focus

How can women overcome obstacles to financial security?

On March 8, we observe International Women's Day, a celebration of the social, economic, cultural and political achievements of women. Of course, women still tend to encounter more obstacles than men in the pursuit of financial security. Let's consider a few of them.

To begin with, women are still more likely to leave the workforce, at least temporarily, to raise children, resulting in lower contributions to employer-sponsored retirement plans such as 401(k)s. And women are often the ones who become full-time caregivers of aging parents or other relatives. Caregiving duties can exact a big financial toll: The lost wages, pensions (including 401(k)s and similar plans) and Social Security benefits that a woman loses to become a full-time caregiver amount to more than \$300,000 over her lifetime, according to the National Academy of Sciences.

Women also may be more susceptible to interest rate risk than men. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

ble to financial downturns. Consider the COVID-19 pandemic: Just a few months ago, in December, women lost 156,000 jobs, while men gained 16,000, according to the Bureau of Labor Statistics, which also reported that women accounted for 54% of the jobs lost from the pandemic in 2020.

And women are not unaware of their circumstances and outlook. Just 41% of women are confident about retirement, compared with 56% of men, according to a survey by Edward Jones and Age Wave.

But if you're a woman, you can take steps to help improve your financial outlook. Here are a few suggestions:

- **Take full advantage of retirement plans** If you are still working and your employer offers a 401(k) or similar retirement plan, take full advantage of it. Put in as much as you can afford each year and increase your contributions when your salary goes up. Also, within your plan, you'll want to choose the mix of investments that can help provide the most growth potential, given your individual risk tolerance. Also, even if you contribute to a 401(k) or similar plan, you may also be eligible to fund an IRA, which gives you even more investment choices.
- **Evaluate your Social Security options** You can typically start taking Social Security benefits when you're 62, but your monthly checks will be much larger if you wait until your "full" retirement age, which will likely be between 66 and 67. You might also consider whether you'd be better off by taking spousal benefits, if you're married and your spouse earned more money than you. You're generally even eligible for spousal benefits if you are divorced, as long as you were married at least 10 years and you haven't remarried.
- **Look for unexpected income opportunities** Even after you've formally retired, you may still find ways to receive some earned income. Perhaps you can work part time or do some consulting. And if you're a caregiver, you might be able to receive some compensation for your work. Many local governments pay non-spouse caregivers who act as personal attendants, although the rules vary greatly by state and county. These certainly aren't the only ways you can improve your financial status, but they may prove useful to you. In any case, be aware of the challenges facing you and do whatever you can to brighten your future.

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List Price: \$103,428 \$93,995 48' 3 Bed, 2 Bath	Homes From COLONY, NEW ERA, & TITAN
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<p>\$599,900</p> <p>MLS# 4848234</p> <p>Beautifully crafted, 3BR/2 1/2 BA home w/ a recently finished basement! 10' ceilings, open concept living area, HW & tile flrs., gas FP, farmer's porch, wrap-around deck with pool.</p>	<p>\$340,000</p> <p>MLS# 4789508</p> <p>27 +/- ac. parcel zoned SFR. Many permitted and conditional uses. Great location, near Lake Winnepesaukee, Weirs Beach Boardwalk, Meredith, Route 106 & I-93.</p>	<p>\$1,450,000</p> <p>MLS# 4839848</p> <p>A restored 4BR/4BA farmhouse on 20 ac. in Gilford! Property includes an attached barn/garage, 3-story barn, paddock, riding ring, pastures & stone walls. Lake & mtn. views!</p>	<p>\$329,000</p> <p>MLS# 4847585</p> <p>Views of Ragged Mtn. from your backyard! HW woods, great room w/ woodstove, exposed beams in the master BR, & short drive to I-93 & min. from Ragged Mtn. (Agent interest)</p>
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Introducing Lake Winnepesaukee's Newest Waterfront Development!

Facsimile

Welcome to Lakeside at Paugus Bay! Set just yards from the sugar sand beach, docks, and landscaped lawns, these 32 luxury condominiums will feature 3-4 BR with up to 3,380 sqft. of living space, plus corner balconies, direct elevator access to each unit, and a 2-car garage. Westerly exposure with blazing sunsets overlooking the lake. **Check out www.lakesideatpaugus.com for more info!** Prices to start at \$749,900 **MLS# 4837266**

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If you would like to become an Attendant Care Employee and help our consumers to continue living independently, please contact Ashley at 603-568-4930 for more information.

Granite State Independent Living is an Equal Opportunity Employer. Background checks required.

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TERMS AND CONDITIONS APPLY

HIRING FOR:

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TOWN OF NORTHUMBERLAND

PLANNING BOARD

NOTICE OF PUBLIC HEARING

DATE: Weds., March 17, 2021

TIME: 7:00 PM

PLACE: Meeting Room, 10 Station Square

GROVETON, NH

Case #P21-01: Quasarwave NH LLC is seeking a Minor Subdivision into 2 parcels for their 2.67 acre parcel located at 156 Mechanic St. The parcel is Map 107 Lot 15, and is zoned Heavy Industrial.

A survey of the proposed subdivision is available by emailing the planning board clerk @ northumbdeptctc@yahoo.com or by calling her at 636-1450 Ext. 3 at the Town Office, 19 Main St. Groveton, NH to make an appt.

SHAKER REGIONAL SCHOOL DISTRICT

COACHING POSITIONS

Shaker Regional School District has the following Coaching Positions available for the 2020-2021 School Year:

Middle School Boys Baseball

High School Track

(2 positions available)

Past playing and/or coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

SHAKER REGIONAL SCHOOL DISTRICT

GIRLS VARSITY SOCCER COACH

Shaker Regional School District has an opening for a Girls Varsity Soccer Coach for the 2021-2022 School Year. Past playing and/or coaching experience preferred.

Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

Sunday

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TOWN OF BARNSTEAD

FULLTIME POSITION HIGHWAY DEPARTMENT

The Barnstead Highway Department has a position for 1 fulltime year-round truck driver/heavy equipment operator. A valid NH CDL-B, a driver's test and criminal records check required. Skill in the operation and maintenance of heavy-duty trucks, heavy equipment and prior snow-plowing experience preferred. Excavator or Grader experience a plus. Applicants must be flexible during winter months, able to work nights and weekends as needed and must live within a reasonable travel distance of the Barnstead Highway Garage.

Pre-employment drug and alcohol screen and physical required. Subject to periodic random drug and alcohol screening. This position offers a complete benefit package and a competitive wage (commensurate with experience). Professional training opportunities are available for those wishing to have a career with the Barnstead Highway Department.

Applications are available at the Selectmen's Office, and on the Town's website at: www.Barnstead.org. and must be submitted by the close of business March 16, 2021 to:

Board of Selectmen "Highway Dept. Position",

P.O. Box 11, Ctr. Barnstead, NH 03225

Or: barntownhall@metrocast.net

**Upper Connecticut Valley Hospital**

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- LNA
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- *RN Nurse Manager
- *RN – M/S Charge, Night Shift
- *RN – Surgical Services Manager
- *RN – E.D. Charge, Night Shift
- *Speech/Language Therapist
- *Multi-Modality Radiologic Technologist

PART-TIME

- RN – M/S, Day Shift

PER DIEM

- Cook
- LNAs – RNs
- Certified Surgical Tech
- Patient Access Representative
- Environmental Services Technician

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Upper Connecticut Valley Hospital
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Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

WinnAero plans 2021 ACE Academies

GILFORD — The Board of WinnAero, the STEM educational non-profit based at the Laconia Airport, recently met to plan for the return of their popular summer ACE Academy day camps.

The camps, one week in duration and divided by age groups of students, were forced to cancel last summer due to COVID. This summer's schedule will take place at the Airport in July, COVID restrictions permitting. Among the wide range of aviation/aerospace topics to be covered in various sessions are: rocketry, drones, flying procedures, flight safety, manufacturing, engineering, airborne search & rescue techniques, air traffic control, astronomy, spacecraft and space station design.

Board President Karen Mitchell, a STEM educator and pilot, said "WinnAero is so happy to be gearing up for the ACE Academies once again. We missed seeing the students last summer but the support and enthusiasm from students, families, ACE faculty and the aviation community have been so encouraging during our down time. We're planning three one-week sessions in July divided by a student's grade level; elementary school, middle school and high school. Our ACE attendees will be inspired to

see themselves as problem solvers and creative collaborators as they're challenged to reach new heights....literally."

The tentative schedule of the individual sessions are July 5-9, 12-16 and 19-23. Age breakdowns, times, registration information, tuition and main theme subject matter for each session are available on the WinnAero website; www.winnAero.org. Families with more questions are encouraged to reach out to the WinnAero Educational Director, Dan Caron at dan.caron@winnAero.org.



COURTESY
Ethan Seeler of Bristol, a two-time ACE Academy graduate, proudly displays his cutoff shirttail signifying his first solo flight recently. Student pilot Ethan celebrated his sixteenth birthday with his solo flight. Cutting off a solo flyer's shirttail is a time honored tradition to mark the happy occasion.



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COVID TESTING AVAILABLE FOR OUR COMMUNITY.



HealthFirst Family Care Center in Laconia is now offering COVID-19 testing to all residents of the surrounding communities by appointment only, Monday through Friday between 1pm and 4pm.

Both Rapid & PCR COVID tests are available on-site.

In addition to offering COVID testing to the community, HealthFirst is here to serve your whole family's health care needs. Having served the community for nearly 25 years, HealthFirst is an independent community health center offering comprehensive primary care, internal medicine, pediatrics, behavioral health services, same day appointments and much more. So, whatever your family's health care needs are, HealthFirst is here for you.

If you are in need of a COVID-19 test or are looking to establish care, visit healthfirstfamily.org or call us today at 603-366-1070.

The preparation of this ad was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.




22 Strafford Street #1, Laconia, NH | M-TH-F 8am-5pm; T-W 8am-7pm





LRAA hosting Abstract Art for Beginners class

In this fun, beginner class you will learn to get creative with different mediums and subjects in abstract art. This four week class is held on Sunday from 1-3 p.m. starting March 21. This class will be held at the LRAA Gallery 120 Laconia Rd. Suite 132 Tilton, NH 03276. This class is meant for age 16 years and up, class size is limited and pre-registration is required. Deadline for pre-registration is March 14. To sign up, please contact Krista Doran: 833-7795 or marblestudiosllc@gmail.com.

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