

Winnisquam Echo

THURSDAY, MAY 23, 2019

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE

Library staff unveil restored Burleigh family portrait

BY DONNA RHODES
dhrhodes@salmonpress.news

SANBORNTON – Residents, local historians and library trustees gathered in the Adult Library, a.k.a. the “Big Room,” at the Sanbornton Public library on Saturday morning for the unveiling of a restored portrait done by renowned artist Walter Ingalls, a former resident and community leader. Ingalls (1805-1878) was a portrait painter

who not only travelled the world in search of subjects to paint, but called Sanbornton home for much of his life. Besides creating portraits that still hang to this day in museums, as well as the New Hampshire state Capitol building, Ingalls also took time to serve his community and state. From 1840 until 1847 was Sanbornton’s Town Moderator, and was then elected to the New Hampshire



DONNA RHODES
Last Saturday morning, Sanbornton Public Library Trustee David Adams began lifting the drape to give residents their first peek at the restored 157-year-old Burleigh Family portrait by artist Walter Ingalls.

House of Representatives from 1847-1849. His father, research shows, was also the founder of Woodman-Sanbornton Academy, better known SEE PORTRAIT, PAGE A11

Early deadlines for Memorial Day

The offices of the Winnisquam Echo, located at 5 Water St. in Meredith, will be closed Monday, May 27 in observance of Memorial Day.

To ensure that our May 30 edition arrives in subscribers’ mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has been moved up one business day, from the usual Monday to Friday, May 24 at 4 p.m. As always submissions may be dropped off in person at our offices or e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

Please note that any submissions received after 4 p.m. on the 24th will be held for publication on June 6.

For information on the holiday deadlines for display advertising, please contact Beth Tobyne in Sales at 279-4516, ext. 110 or beth@salmonpress.news.

The staff of the Winnisquam Echo thanks our readers for their cooperation with these schedule changes, and wishes our community a safe and happy Memorial Day weekend.

Dozens turn out for Rotary Children’s Fishing Derby

BY DONNA RHODES
dhrhodes@salmonpress.news

TILTON – Tilton-Northfield Rotary hosted their annual Children’s Fishing Derby at the Tilton School pond last Sunday, and Rotarian Rachel Salibas said 84 boys and girls took part in the event this year. “We might have had a few more but with the weather being so iffy early this morning, we’re really happy with the turnout,” Salibas said. The derby, first begun by former Tilton-Northfield Rotari-



DONNA RHODES
Ten-year-old Matthew Hibbert of Northfield was excited to bring home not only a trophy for his age group but the coveted Frank and Harry Trophy for the biggest fish caught during the 2019 Tilton-Northfield Rotary Children’s fishing derby.

Belmont students learn the value of making “Good Choices”



DONNA RHODES
Alyzabeth O’Connell, a sophomore at Belmont High School, found that through “Drunk Goggles,” her reflexes weren’t quite what she expected during a simulation drill at the annual “Making Good Choices Day” last week.

BELMONT – “Making Good Choices Day” is becoming a regular component in the education at Belmont High School, and for the third year in a row, students in grades 9-12 participated in a

number of events that will hopefully prepare them for the upcoming end of the year celebrations, such as prom and graduation. “If you want to succeed in life, you have the responsibility of making good choices starting

now,” advised one community speaker from the Need to Know Now panel that met with students last Friday. That advice was backed up by everyone who participated in the event, which began at SEE CHOICES, PAGE A11

ans Harry Laughy and Frank Tibbetts, is now in its 42nd year. Dean Laughy, Harry’s son and Tibbett’s step-son, said he is thrilled to see the tradition his “two dads” began so long ago continuing on even after they have both passed away. “They spent thousands of hours every year working on this derby. It was their life. They both lived for

this. It’s nice to know it’s still part of the community,” said Laughy. In remembrance of their dedication, each year the boy or girl who reels in the biggest fish during the Rotary derby is awarded the Frank and Harry Trophy, a large bit of sparkling hardware that each child yearns to take home at least once. SEE DERBY, PAGE A10

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HALL MEMORIAL LIBRARY

Tilton/Northfield

Monday, May 20
Chess Club 3-5 p.m.
Crochet Corner 4 p.m.
The Monday Bookers, 6 p.m.

“Small Great Things” by Jodi Picoult - Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than 20 years’ experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told that she’s been reassigned to another patient. The parents are white supremacists and don’t want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn’t offer easy answers. Small Great Things is a remarkable achievement from a writer at the top of her game. (Amazon)

Tuesday, April 30
Spanish Club, 10 a.m.
Tech Tuesday, 2-4 p.m.

Wednesday, May 22
Story Time, 10:30 a.m.
Cupcake Wars, 3:30 p.m.
Teens, come decorate cupcakes and win great prizes!

Thursday, May 23
Maggie’s Retirement Party, 10:30 a.m. - noon
Join Maggie as we share tea, coffee, & light refreshments and wish her well. We’ll celebrate from 10:30 a.m. to noon.

Friday, May 24
Sit and Knit, 3-5 p.m.

Saturday, May 25
BabyTime: Movement and Music, 10:30 a.m.

Join us for fun and giggles as we move, sing, and explore through music and movement! This group class for children two years old and younger focuses on the bond between children and caregivers as they experience the world through sounds, music, instruments, and dancing. We also work to develop early literacy in children through stories, rhymes, and songs. Registration is no longer required; drop-ins and newcomers are welcome to join this free class.

New Items

“Goodnight June: A Novel” by Sarah Jio
“The Woman in the Window: A Novel” by A.J. Finn (Audio)
“Pride, Prejudice, and Other Flavors : A Novel” by Sonali Dev
“Where the Crawdads Sing” by Delia Owens (Audio)
“Ghost of the Innocent Man: A True Story of Trial and Redemption” by Benjamin Rachlin

SANBORNTON POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 10-17.

Joshua I. Gagne, age 37, of Belmont was arrested on May 10 in connection with three outstanding bench warrants issued by Laconia District

Court, an outstanding warrant issued by the Tilton Police Department for Theft, Resisting Arrest or Detention, and Default or Breach of Bail Conditions.

Jordan R. Vachon, age 26, of Laconia was arrested on May 10 for Possession of Controlled/Narcotic Drugs and Re-

ceiving Stolen Property.

Julian Campbell, age 28, current address unknown, was arrested as a Fugitive From Justice on May 11 after it was discovered that he was wanted in the state of Georgia.

Nicholas V. Rodrick, age 29, of Concord was arrested on May 12 for

Driving After Revocation or Suspension.

Tabita M. Simonds, age 31, of Belmont was arrested on May 13 on three counts of Domestic Violence-Assault.

Thomas M. McDonald, age 40, of Belmont was arrested on May 15 on a charge of Second

Degree Assault stemming from a domestic violence incident.

Nicholas Ross Murphy, age 30, of Belmont was arrested on May 17 for Resisting Arrest or Detention, Criminal Mischief (Vandalism), and Criminal Threatening (Intimidation, etc.).

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 555 calls for service during the week of May 13-19.

Arrested during this

time period were Carl Wescott (in connection with a warrant), Jackson McFarlin (in connection with a warrant, and for Burglary

and Receiving Stolen Property), James Bledsoe (for Driving After Suspension), David Bradbury (for Possession of Drugs), Kath-

erine Spead (for Driving After Suspension), Jamal Hemmingway (as a Habitual Offender and for Possession of Drugs), Kenneth

Gibson (in connection with a warrant), and Samuel Vachon (in connection with a warrant).

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 38 calls for service during the week ending May 18. The breakdown was as follows:

Two alarms, one in-

cident involving an animal, one report of conduct after an accident, one domestic incident, one report of Driving After Revocation, one report of a felon in possession of a weapon, two

fire/medical calls, one juvenile incident, four money relays, one motor vehicle accident, nine motor vehicle warnings,

one pistol permit, two requests for police information, one report of reckless operation, two services of court sum-

mons, three reports of suspicious vehicles or activity, two reports of theft, and V.I.N. verifications.

Faith Trammell named to the Dean's List at Bob Jones University

GREENVILLE, S.C. — Faith Trammell, a Senior Graphic Design major of Sanbornton, was among over 800 Bob Jones University students named to the Spring 2019 Dean's List.

The Dean's List recognizes students who earn a 3.00-3.74 grade point average during the semester.

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POKEMON DETECTIVE PIKACHU PG
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Mon.-Thurs.: 12:00, 2:25, 4:50, 7:15 PM

JOHN WICK: CHAPTER 3 - PARABELLUM R
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Mon.-Thurs.: 1:00, 4:00, 7:00 PM

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Spaulding Youth Center hosts National Foster Care Month celebration

NORTHFIELD — Spaulding Youth Center was pleased to serve as the host location for the eighth consecutive year for the 13th Annual National Foster Care Month Celebration. This year's celebration was planned and presented by the New Hampshire Division of Children, Youth and Families (DCYF) in cooperation with Bethany Christian Services of New England. Foster and adoptive families from across New Hampshire were invited to attend this event filled with outdoor activities in celebration of National Foster Care Month.

Almost 500 guests and volunteers attended the event and enjoyed the day on Spaulding's picturesque Northfield, New Hampshire campus. Volunteers included the Franklin Elks Lodge 1280, who generously donated food and grilled a delicious barbecue lunch, and Movement Christian Church, who sponsored the rental of two bounce houses and an inflatable slide as well as bringing more than 30 volunteers to help facilitate the event. Several generous organizations offered activities for the families in attendance, ranging from the Highland Riders 4H Club of Miles Smith Farm who brought a traveling petting zoo to Jeff Webster who presented chess instruction and games. Many wonderful prizes were also donated for a raffle drawing held at the end of the event, including: fifteen bicycles from the Walmart stores of Rochester and Gilford, New Hampshire and gift certificates to various local attractions, such as Charmingfare Farm, York's Wild Kingdom and Santa's Village.

"Spaulding Youth Center is thrilled to have hosted this incredible event for the past eight years," shared Pat Seaward-Salvati, Spaulding Youth Center Director of Admissions. "This highly-anticipated event celebrates foster and adoptive families across the state of New Hampshire. As a licensed Child-Placing Agency, Spaulding Youth Center is excited to support these special families and experience the positivity and joy that comes from bringing everyone together for this event."

Event registration began at 10:00am, followed by opening remarks made by Jan Lessard of Bethany Christian Services of NE, Inc., Kathy Companion of DCYF and Pat Seaward-Salvati. From there, participants enjoyed a wide variety of activities offered by Bethany Christian Services of New England, Children's Literacy Foundation (CLiF), Therapy Dogs International Chapter 205 and much more. Attendees also had the opportunity to partake in family photos, create arts and crafts, play various games, and enjoy ice cream treats and sundaes. Children also enjoyed keeping active by participating in the cargo net and climbing wall offered by



Spaulding Youth Center was pleased to serve as the host location for the eighth consecutive year for the 13th Annual National Foster Care Month Celebration.

Spaulding Youth Center's Experiential Challenges Outdoors (EChO) program facilitators.

The celebration was also recently featured in a segment on WMUR.com. Please click here to

watch highlights from the event.

For those interested in learning more about foster and adoptive opportunities, please contact Carol Sanborn 603-286-8901, ext. 203 or carolsan-

born@spauldingyouth-center.org.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children

and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behav-

ioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

Sanbornton police investigate reports of vandalism

BY DONNA RHODES
drhodes@salmonpress.news

SANBORTON – Police in Sanbornton are reporting that there were a number of incidences of vandalism that occurred in the town in the overnight hours of Sunday, May 19, as residents reported several street signs and stop signs missing and mailboxes knocked over or smashed.

Police Chief Stephen Hankard said his department received notification on Monday morning that signs were missing or vandalized on Shaw Hill, Johnson and Weeks roads as well as all other parts of town. He added that there were also reports of similar occurrences on the Tilton/Sanbornton town line as well as in Northfield and even Franklin.

"In some cases, they completely removed the signs, while in others, they just lifted them and dropped them on the ground. Some of the really nice Steele Hill Resort signs were damaged as well," he said.

While a few people reported on social media sites on Monday that they had seen a truck speeding away from scenes where signs were vandalized or stolen, unfortunately no one thought to call the police at that

time.

"Please don't make your reports through Facebook," Hankard said. "The officers are busy out on patrol and not watching the Internet."

Had calls come in to their dispatchers, he said, there was a chance that an officer was in the area at that time and might have caught the perpetrators in the act. Had they not been in that part of the town when the call came in, they would at least be apprised of the situation and could have responded in just a few minutes. Patrols throughout the town would have also been stepped up with officers on alert to the situation.

"We need people to remember the old 9-11 saying, 'If you see something, say something.' We want to know when these types of things are actually happening, not the next day and not through social media," the chief said.

While they do have some leads in the case, they encourage everyone to keep an eye open for the vandalism and contact police immediately if they see anything suspicious.

"Please call us. All it takes is an officer in the right area at the right time to put an end to this activity," Hankard said.

Free Music on the Tioga River June 1

BELMONT — Live music on the side of the Tioga River to start your summer in the Lakes Region! Spend a warm summer evening hanging out with friends and family while listening to three live bands.

Enjoy the smooth sounds of blues and rockabilly with Stolen Thunder starting us off at 4 p.m. The group of young guys known as 19 Miles Per Hour will show you that age does not matter

when it comes to making great music. They will entertain the crowd from 5 – 6 p.m., leading up to a short presentation of three mural pieces created by Belmont Elementary and Middle School students. Radio Roulette will finish off the evening with their high energy rock 'n roll and plenty of space for dancing. Enjoy roving stilt walkers and contact jugglers during the early hours and stay for

the unique fire spinning show featuring Cirque de Light performers.

This is a free event appropriate for all ages and is in celebration of Belmont's 150th anniversary. Come celebrate this milestone with us. For more information, contact Gretta Olson-Wilder, Special Events Coordinator, at 998-3525 or email her at events@belmonth.org.

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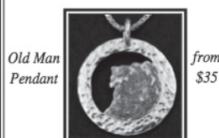
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Opinion

A4 Thursday, May 23, 2019

WINNISQUAM ECHO

STRATEGIES FOR LIVING

The case of the vanishing church

BY LARRY SCOTT

The city of Cusco had shut down for the day in the quiet of a normal Andean night. It was 1949 and, at 11,000 feet in elevation, the nights were bitterly cold and the streets were empty.

Cusco, a city of some 60,000 residents, was still years away from achieving its world-renowned status. All around the city, reminders of the Cusco's Inca heritage and subsequent occupation by the Spanish could still be found. High on a mountain overlooking the city, the ruins of Sacsayhuaman could be seen, standing like a sentinel over this ancient capital of the Inca Empire. I should have been impressed, but to this 10-year-old, it was just home.

I refer to the city, for there was one night during the two years we lived there that I shall never forget. I recall awakening with a start, disturbed by a loud, rumbling sound outside our home. As it came closer, the noise slowly increasing in intensity and left me pondering its meaning. I listened as it passed us by and then slowly faded into the distance. And then ... silence.

I am not sure what prompted the thought, but suddenly I sat up in bed in a cold sweat. One horrifying thought overwhelmed me: "Jesus has come, and I have just heard the departure of all God's people. I have been left behind!"

It never happened, obviously, and it will not. I am charting the next ten years of my life. My plans notwithstanding, I live each day well aware that this may be the day of my departure. I am ready... and excited... about the prospect. My death – and new life – is but a few years away. Soon, I plan to hear my Savior say, "Welcome home, Larry. The battle's over!"

It is difficult for me to visualize the nightmare that will be faced by those who awaken on that fateful morning to discover the Christian community has disappeared. In a matter of moments, the world will have changed; nothing will ever be the same again.

Millions of men and women, absent from their posts, will tie up business, travel, and marketing throughout our world. It is difficult to imagine the impact this will have on our society. Hospitals without doctors... automobiles without drivers... students without teachers ... airplanes without pilots. All activity comes to a standstill. TV stations go silent, Congress adjourns, gas stations close, highways stopped in gridlock. Panic sweeps the nation, lawlessness goes unchecked.

As a new reality sets in, one man emerges out of the chaos, promising order and recovery. A brilliant mastermind, the man with all the answers, smooth, and articulate, he is an aristocrat. Perfectly placed with the power to bring order out of the chaos, a grateful world quickly falls into line. He's the man of the hour, an astute political strategist, a deeply religious gentleman, a humble "servant of the people." Although there are those who voice caution, no one is listening. Order is established, new laws are enacted, harsh measures are implemented.

After some months of painstaking readjustments, a new normal emerges. Banking, commerce, and transportation function again. The architect of recovery is hailed as the hero of the hour, the man to whom all are indebted. Indeed, the Antichrist has come, but no one knows it.

For more thoughts like these, follow me at indefenseoftruth.net.

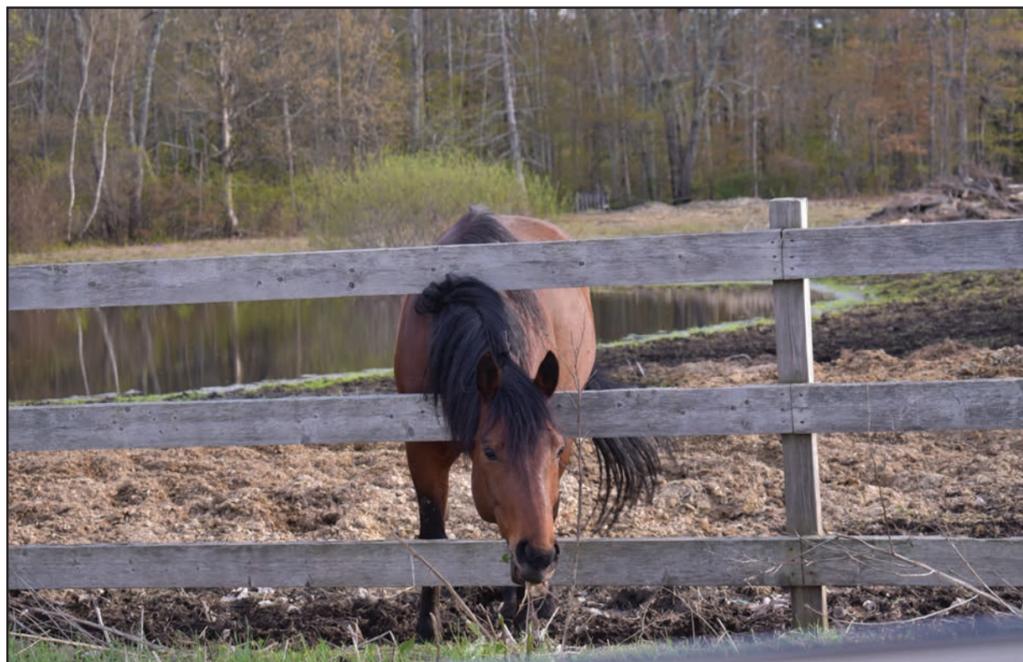
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DONNA RHODES

Sometimes the grass may really be greener on the other side of the fence.

LETTERS TO THE EDITOR

We need drivers!

To the Editor:

A few years ago, the Caring Hands Assisting Tilton (CHAT) partnered with Community Action volunteer Driver Program. This program is very much like the CHAT program but on a larger scale. The resident needing the ride would call CAP Dispatch and then the dispatch would call the drivers in the area who have volunteered. The driver accepting the ride would then call the resident and let them know they would be the one picking them up.

This program is essential to our Seniors and Disabled residents to get to and from doctor's appointments. When we first began CHAT, we had a lot of volunteer drivers. Over the years, for one reason or another our number of volunteers has diminished. Due to the shortage of volunteers we sometimes have to deny a Senior a ride to a doctor's appointment and they need to reschedule their appointment.

To be a driver, you need to have a desire to help someone in your community

A valid New Hampshire driver's license and auto insurance

Are you 21 years of age, and own a dependable vehicle

As a driver, you can set your own hours and decide how many trips you want. You get paid 55 cents a mile. But most of all you are providing access to basic and essential services for our residents who are unable to drive due to age or disability.

To hear more about becoming a driver, Community Action Program and Tilton Senior Executive Committee have two informational meetings at the Tilton Senior Center. June 3 at 5:30 p.m. and June 7 at 11:30am.

If you can just spare an hour or two a week, it would make a huge difference in the lives of our Seniors and disabled residents. Any questions, call me at 387-5711 or Community Action Program at 224-8043.

Please help,
As always, thank you from the bottom of my heart
Pat Consentino
Chairman
Tilton Senior Executive Committee

FRANKLIN VNA & HOSPICE'S HEALTH CORNER Wellness Tidbits To Keep Us All A Little Healthier

Preparing to age, a five part series: Pulling it all together

In the first four of our Preparing to Age series, we introduced a few key topics to consider, here we'd like to review those topics and share a few final thoughts.

First, think about what you really want your future to look like. If staying at home as you age is a priority, take some easy steps now to ensure it remains a possibility. You can do this by first developing your Advance Directives. They are a set of guidelines that allow you to approve or decline certain types of medical care at end-of-life, called a Living Will, or guidelines that will help someone you trust to make health-care decisions for you if you have become unable to make those decisions yourself, called a Durable Power of Attorney for Health Care. AARP has a clear and easy set of forms here: <https://www.aarp.org/content/dam/aarp/relationships/caregiving/2015/ad/New-Hampshire-advance-directives-updated-2014-aarp.pdf>. Remember, your Durable Power of Attorney should be someone you trust, someone who will stand up for your wishes, and someone who is willing to take responsibility for your health-care decisions. Your Ad-



COURTESY

Social Worker, Sharon Wilcox with Hospice Administrator Elaine Cartier.

vance Directives are the roadmap for the DPOA you chose to follow so they can make the right decisions for you, and choose the treatment options you would choose for yourself.

Now, take a deep breath and think about Hospice. Hospice is a specialized type of care for those facing a life-limiting illness and supports the individual as well as their family and loved ones. Franklin VNA & Hospice has a moving video of Carol Stonemetz on their Facebook page, <https://www.facebook.com/pg/FranklinVNAHospice/videos/> that speaks to how home Hospice affected both her life and that of her husband, Lee. You may not need Hospice for many years, but it should be included in

your advance directives if faced with a life-limiting illness.

Far from giving up, Hospice is a choice to focus on quality of life and having your desire for it written out can help your DPOA and loved ones ensure your wishes are followed.

Now make sure you are connected to the resources you need, like ServiceLink to help with Medicare plans, a primary care provider to manage chronic illness, and a will or estate planner to make sure there are no financial pitfalls waiting to spoil your plans.

Next, take a close look around you at your home. Keep safety in mind as you consider how you would move around your home, cook, and care for yourself. If there is anything

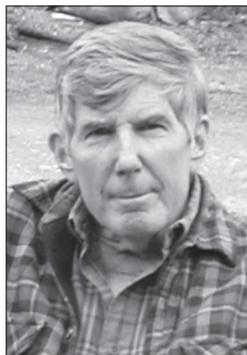
that makes doing those things difficult it impossible, make a plan to change them. Looking for solutions now? A visit from a physical or occupational therapist for a home safety evaluation is one way to identify some of these issues, as they are trained to offer solutions for mobility and comfort. Interested people should speak with a health care provider to see if they qualify and get a referral. For those who do qualify, an assessment could be available through a visiting nurse association such as Franklin VNA & Hospice.

Lastly, call a meeting. Gathering your family and caregiver supports together in one place helps everyone have the same information about what you want as you age so there's less chance of confusion later on. It also ensures you have followed the four suggestions above on ways to prepare to stay in your own home. We hope the series has been helpful, and that by following the suggestions in the articles, your desire to age in place can become a success. Courtesy

Social Worker, Sharon Wilcox with Hospice Administrator Elaine Cartier.

NORTH COUNTRY NOTEBOOK

Around and around the fields they go, thinking more than we ever could dream



By JOHN HARRIGAN
COLUMNIST

Sometimes it takes you a lifetime to get mad about something. Even then, it turns out to be one of life's little foibles that you can't do much about—except perhaps write about, and share

the blame.

A local man had died, in a family I knew of only faintly. But he had relatives in town; that's how I recognized the name. I was on the same sub-jay-vee basketball team as his nephew.

They lived Out East—that seemed to be most of what anyone knew. "He was just a farmer," one of the adults said. Maybe she didn't mean it to be derogatory or dismissive, but it was a phrase I never forgot.

+++++

A few years later, I worked a summer for Lyman Forbes, who at that time was running

one of the biggest dairy farms in the state (milking 105). These days, megafarms milking a thousand, even several thousand in Florida and California, are as common as crows, but back then 105 was really something.

Lyman was really something too. Never had I known a man (except, of course, my Dad) who thought so much about so many things, so fast. The frosting on the cake was a great sense of humor.

In his idle time, if there was any, Lyman invented a gutter-cleaner. A gutter is (or was) the narrow, shallow pit behind the business end

of a cow. Before Lyman built his back-and-forth, folding-paddle machine, manure was moved and removed by shovel and hoe.

It took seven surrounding out-of-business farms to provide enough hay for Lyman's operation. All spring, summer, and fall, Lyman figured out when and where to put machinery and hay-wagons and men, and what to cut and bale, and when, all the while supervising (and helping do) the milking. There were a myriad other not-so-small matters, such as grain, sawdust, and painting the silo (featuring, of course, me).

My main job for milking was to go get the cows, which I did all by myself, dogless, and then feed the young stock, and then help scrape and bed. My last job of the day, unless advancing storms called for us to bale late and get hay under cover, was to go down to the bulk tank and fill a big stainless steel pail with milk for the table. "Just a farmer," I remember thinking one night as I trudged back up to the house.

+++++

It might sound strange to say you're honored to put someone in the ground, but it was true when 200 or so kindred souls heard music and told stories and bowed for prayer to bury John Amey on a drizzly Sunday afternoon. Honored, as in honored to have known the man, and honored to be there.

I wonder if people wonder what a person driving a tractor around and around a field is thinking about. If they notice the tractor, that is, or the field. Some people miss everything and look straight ahead, tunnel vision. It can lead to flawed policy at the highest levels.

John Amey, at such times, was thinking about how much manure he had left and where it should go before the grass got too high for the spreader. Or what he would say at the next Joint Rivers Commission meeting. Or whether Northern Pass was really going to rear its ugly head again. Or how the family would make it to the next milk check. Or whether that red-tailed hawk scud-

ding along the treetops was a local or headed for the Maritimes.

It takes five trips around a field to make a bale of hay, and that's if nothing goes wrong. I know, because I've done it. John Amey had done it a thousand times over, which is why neither one of us was a good recipient for a complaint about the price of a bale of hay. "You go out there and make one," I wanted to say, and did, and probably he wanted to too, but he'd sooner bite off his tongue.

+++++

John and I knew each other as kids—one of his sisters and her husband were next-door neighbors—and then our adult lives took us on decidedly different paths. But in recent times we'd renewed a friendship that had always been there. We talked on the phone once a week. We went out to lunch once a month.

Seldom did we ever get the time to actually finish lunch. John was a good story-teller, and I'm no slouch. People dropped by our booth. Sometimes they stayed. We never got to even think about dessert.

And that's what I heard Friday when he was lowered into the ground—that he couldn't be gone, shouldn't be gone, that there would be no more like him, that there should have been time for at least one more story.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 003576.)



By MARK PATTERSON

There are times when the use of options are a means of acquiring a stock or Exchange traded fund at a discounted price to the current market price. I will explain a method that I often use for specific investment portfolios. If you plan to use options you should read and understand the options risk disclosure that your broker or advisor must supply to you.

In my examples, I will use stocks for explanation purposes only, I am not making a recommendation of these stocks.

Example #1: A client owns shares of Apple, and would like to accumulate more, but would obviously like to buy lower. Apple stock trades at \$188. I can sell,

MARK ON THE MARKETS

"Putting" a portfolio together

on my client's behalf the June 28, 185 put that expires in about six weeks, and collect about \$550 per contract. A contract represents 100 shares and the \$185 is the strike price. Two outcomes of this strategy are 1: Apple stock stays above \$185 and on June 28th the option contract expires worthless to the buyer, but my client was the seller of the contract, so they keep the premium of \$550 per contract sold. 2: Apple stock price drops below \$185, but the client's breakeven price is the strike price of \$185 minus the premium of \$550 collected for a price of \$179.50, minus any transaction fees.

This is a very effective means of collecting premium or buying stocks or ETF's that you would have wanted to purchase at a lower price than current market.

Example #2: Same client owns Apple but would not mind selling some of the position. Ap-

ple is trading at \$188, but we would like to get \$190. We sell the June 28 \$190 call for about \$615. If the stock trades over the \$190 strike price it may get "called" away, but the client collected \$615 for the premium bringing their sell price to \$196.15 less transaction fees. If the stock trades below \$190 my client keeps the premium and the stock.

These transactions can be advantageous for a client who wants to build a portfolio of stocks and ETF's or to the client that already has a position in these stocks and would like to create added revenue. I find options a very efficient means of getting cash into the equity markets and most advisors will tell you that it can be a challenge when the markets are fully valued. The client either gains revenue, buys or sells the underlying investment with the addition of having the cash in a money market waiting to be deployed.

The call sold on Apple is considered covered because the client owns the underlying stock, the puts are cash covered and if you are prepared to own the stock at the strike price, your risk is mitigated. Uncovered calls place you at unlimited risk and I would not recommend. You should review the options risk disclosure document before deploying any options strategies.

Before you use options, make sure that you understand them and make sure that your broker is experienced in these types of transactions. You do not want to be the guinea pig.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

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Robert Robinson, 73

LACONIA — M. Robert "Bob" Robinson went home to be with the Lord May 14, 2019 surrounded by his loving family.

Bob was born in Lynn, Mass. to Maynard and Virginia (Broderick) Robinson May 27, 1945. He graduated from Lynn Classical High School in 1963. July 1971, he married Judith Locke with whom he raised three children. After moving to Laconia in 1977, he began his career as a chef at Plymouth



State College, later working for the State

of New Hampshire for over 20 years, retiring from the Tobey School Youth Detention Center in Concord, preparing meals for the children there. While there, he worked very hard getting donations to provide nice meals for those kids unable to go home for the holidays. After his retirement, he filled his time working at Pizza Hut in Concord for a number of years, where he was lovingly referred to as "Bob-o." When he was no longer able

to work due to his declining health, he still volunteered his time at Laconia's food kitchen and the "Got Lunch" program. Bob was a philanthropist at heart, truly enjoying helping others as much as he was able.

Bob is survived by his three children and their families: Michelle Blake, her husband Matt of Belmont, Tim Robinson, his wife Lisa of Webster, and Amanda Wood, her husband Brandon of Pittsfield; his

grandchildren, Emma and Ian Blake, Taylor and Tynan Robinson and Gianna Wood. He also leaves behind nieces and nephews. Bob is also survived by his loving ex-wife, Judy Locke, who was there for him until the very end.

Bob was predeceased by both his parents and his sister Maureen Conway.

A remembrance of life will be held at First Baptist Church in Meredith with the date to be determined.

In lieu of flowers, the family requests that memorial donations be made to Wilkinson-Beane, Inc., PO Box 67, Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services 164 Pleasant St., Laconia, NH are assisting the family with the arrangements. For more information and to view an online memorial, please visit www.wilkinsonbeane.com.

Carol Sanborn receives Spaulding Youth Center's Spaulding Spirit Award

NORTHFIELD — Spaulding Youth Center is pleased to present its most recent Spaulding Spirit Award to Carol Sanborn, Quality Improvement Coordinator. This peer-nominated recognition is presented at each quarterly staff meeting to one employee who exemplifies Spaulding Spirit and makes peers proud to be work-

ing by their side.

Among numerous thoughtful and compelling nominations, Ms. Sanborn was described by her colleagues as a real go getter, a visionary with a soft heart, positive and cheerful, creative and wise, a great problem solver, and the ultimate team player. Of course, her nomination also included admira-

tion for her knowledge and experience - 34 years and counting!

Ms. Sanborn joined Spaulding 34 years ago as a residential counselor in the organization's Lambert residence hall. After two years in a residential role, Ms. Sanborn accepted the position of secretary in Spaulding's program office. She stayed in this position



Carol Sanborn

for eighteen years before transferring to a school secretary role. In 2005, Ms. Sanborn was approached about a newly created recruiting and licensing specialist position for Spaulding's Individual Service Option (ISO) foster care program. She accepted this new venture and worked in this role for over ten years before accepting the title of Quality Improvement Coordinator. In this current role, Ms. Sanborn is responsible for ensuring Spaulding Youth Center has the policies and procedures in place to qualify for accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF International provides

accreditation services worldwide at the request of health and human service providers.

Ms. Sanborn established a significant connection with Spaulding students and staff members at the onset of her career and has been an integral part of the organization ever since. She even serves as a guardian for a child, now grown, who was previously enrolled in Spaulding's program. Ms. Sanborn identifies the development of Spaulding's Community-Based Program as one of the most pivotal moments in the organization's history.

"Carol has been a vital member of our staff and organization for the past

thirty-four years," said Susan C. Ryan, President & CEO of Spaulding Youth Center. "Her dedication to our students, families, foster children and staff members is truly inspiring. Carol continues to tackle new positions with enthusiasm and determination. This peer recognition is truly well deserved."

Ms. Sanborn was born and raised in Manchester, New Hampshire. In her spare time, she enjoys riding motorcycles with her husband of thirty-two years and spending time with her children and grandchildren.

About Spaulding Youth Center
Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

NHTI Spring 2019 Dean's List

CONCORD — The following students have been named to the Dean's List at NHTI Concord's Community College in recognition of their academic achievement during the Fall 2018 term. In order to qualify for Dean's List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher.

Belmont

Sarah McGlynn, Jordan Sargent

Northfield

Julie Amico

Sanbornton

Theresa Laliberte

Tilton

Carolyn Lake

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cord's Community College offers more than 90 academic programs to more than 4,600 students annually. Graduates can transfer to 4-year colleges and universities, or enter directly into the workforce. NHTI is a member of the Community College System of New Hampshire, and has been accredited by the New England Commission of Higher Education, a nongovernmental, nationally recognized accrediting agency, since 1969. www.nhti.edu

Students named to Colby-Sawyer College Dean's List

NEW LONDON — Colby-Sawyer College recognizes 234 students for outstanding academic achievement during the 2019 spring semester. To qualify for the Dean's List, students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit

hours in graded courses.

Alyssa Wiles of Tilton, a psychology major and member of the class of 2022.

Noah Smith of Northfield, an athletic training major and member of the class of 2022.

About Colby-Sawyer College
Colby-Sawyer College

is a comprehensive college that integrates the liberal arts and sciences with professional preparation. The college's faculty, staff and students strive for excellence in an engaged teaching and learning community that fosters students' academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking, and effective communication, Colby-Sawyer prepares students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.

Former Supreme Court Justice to lead mental health awareness program

TILTON — May is Mental Health Awareness Month, and tonight (Thursday, May 23) from 6-7:30 p.m. at Winnisquam Regional High School, the school district's Office of Student Wellness will host John Broderick, Senior Director of External Affairs at Dartmouth Hitchcock and former Chief Justice of the New Hampshire Supreme Court,

as part of Dartmouth's R.E.A.C.T. Mental Health Awareness Campaign. The campaign aims to provide individuals with tips on how to recognize signs of emotional suffering and how to seek support for themselves and others.

After the presentation, there will be a panel discussion with Broderick, Elaine de Mello from NAMI NH and other invited guests. Audience members will have the opportunity to ask the panelists questions concerning mental health awareness. Child care

and light refreshments will be provided. The Winnisquam Office of Student Wellness hopes that you will join us in our efforts to support Mental Health Awareness Month.

The R.E.A.C.T. campaign is presented by Dartmouth-Hitchcock in collaboration with the Children's Hospital at Dartmouth-Hitchcock (CHaD), the New Hampshire Department of Education, the Vermont Agency of Education, other agencies and civic leaders.



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Franklin VNA & Hospice welcomes newest volunteers

FRANKLIN — On Wednesday, after six weeks of intensive training that covered everything from the hospice philosophy to non-medical ways to assist clients, Franklin VNA & Hospice held a quiet ceremony to celebrate the hard work of its four newest volunteers and to recognize the commitment each of them has made to the Hospice program.

Now that they've completed the program, they will join the rest of the volunteers in helping to provide comfort, strength, and understanding to Hospice patients and their caregivers.

Longtime hospice volunteer, Rebecca Herr, is featured on Franklin VNA & Hospice's Facebook page in a video speaking about the challenges and benefits of becoming a hospice volunteer, www.facebook.com/FranklinVNAHospice/ and in a series of shorter videos on their website <https://www.franklinvna.org/ways-to-help.html#volunteer>.

It's clear that the act



COURTESY

From left to right new volunteers John, Heath, Carolyn, Tabitha Dowd, Executive Director Franklin VNA & Hospice, Sara, Katie, Tobias Nyatsambo, Hospice Chaplain and Volunteer Coordinator at Franklin VNA & Hospice and Sue, Hospice Volunteer and Co-trainer.

of being present for a hospice patient, as the volunteers do, allows the patient to reminisce about their life and decide what their legacy will be. Herr notes that some patients need an objective listener and that the volunteer can be someone the patient can say things to that they couldn't tell a family member or friend.

She also knows that developing a therapeutic

relationship takes time, a reminder that people often approach hospice care late into a life-limiting illness, and so miss out on the six months or longer they could have been receiving all the benefits of Hospice, including a volunteer.

Tobias Nyatsambo, Hospice Chaplain and Volunteer Coordinator, states, "The volunteer becomes an integral part

of the Care Team. Their insights help guide care, and their presence helps support the hospice patient and loved ones in a uniquely valuable way, different from nurses, therapists, or aids."

The program itself is unique, taking place at Peabody Home, where volunteers new to working alongside the elderly can interact positively with the residents there as they move through

the training and gain the skills they need to work with those on Hospice. From the length of the training to the opportunities to build skills, it's

clear the Franklin VNA & Hospice values their volunteers, and soon the patients receiving hospice care from them will receive the benefits.

Veterans Home Flea Market set for June 8

TILTON — The New Hampshire Veterans Home is reviving another long-dormant tradition this year, when the old group yard sale, which went dark more than a decade ago, comes back as the new Commu-

nity Flea Market.

Things will be hopping -- rain or shine -- from 9 a.m. to 3 p.m. on Saturday, June 8, outdoors under the Home's covered picnic pavilion. Scores of vendors will have everything yard

sale goods to hand-crafted items.

There will be hamburgers, hot dogs and ice cream for sale for hungry shoppers, raffle items, a 50-50 drawing, and a white elephant table of donated items.

Proceeds from the while elephant table, and all other funds raised by the event, will go to the Home's Resident Benefit Fund, which supports trips and activities for the residents.

Some vendor spaces are still available at \$15 each. For information, contact Volunteer Activities Supervisor Patty Copeland at 527-4449 or patricia.copeland@nhvh.nh.gov.

The Home is located at 139 Winter St., Tilton, just west of downtown Tilton.

Northfield Hazard Mitigation Plan Committee to meet

NORTHFIELD — The Northfield Hazard Mitigation Plan Committee is beginning the process of updating its 2012 Hazard Mitigation Plan and will meet on Thursday, May 23 at the Northfield Town Hall, 21 Summer St. in Northfield, at 10 a.m.

Residents of Northfield and representatives from neighboring towns are encouraged to attend and provide input.

The committee is represented by a variety of local interests including representatives from the Police, Fire, Public Works, and town administration.

The group will focus on the natural hazards that may put North-

field at risk as well as the development of recommendations to protect the safety and well-being of town residents and visitors.

Hazard mitigation planning is as important to reducing disaster losses as are appropriate regulations and land use ordinances. The most significant areas of concern for Northfield will be reviewed and evaluated through this update process. In the 2012 Hazard Mitigation Plan, these included winter storms and flooding.

As the plan is updated town leaders will be able to evaluate the

status of current plans, policies, and actions and then develop and prioritize actions to reduce the impacts of potential hazards. Community leaders want the town to be a disaster resistant community and believe that updating the Hazard Mitigation Plan will bring Northfield a step closer to that goal.

For more information please call Emergency Management Director and Police Chief John Raffaelli at 286-8982 or Susan Slack, Principal Planner, Lakes Region Planning Commission at 279-5337.

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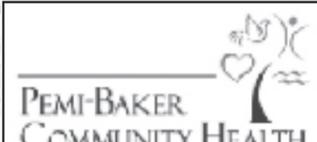


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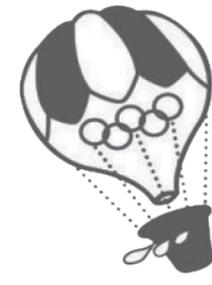
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DERBY

CONTINUED FROM PAGE A1

“Frank and Harry always loved it when the trophy was bigger than the child who won it.” Laughy recalled with a laugh.

Winning this year’s for the second time in three years, another feat Frank and Harry would have loved, was ten-year-old Matthew Hibbert of Northfield.

Hibbert was excited to have yet another trophy to add to his collection at home but also offered some tips for his fellow competitors.

“You’ve just got to use the right lures and the right bait for what you’re fishing for (trout in this instance). You also need the right equipment and the right line for the strength of a big one so the line doesn’t snap,” said Hibbert.

The big one he landed this time was a 15-inch Rainbow trout that not only gave him the win in his age group, but that coveted Harry and Frank Trophy. After Hibbert posed for a few photos with his fish and the trophies though, he then graciously handed that winning fish over to some new friends from Manchester whom he met during the course of the derby.

“We don’t really like to eat fish and they do, so I gave it to them,” he said.

While six-year-old Riley, also of Northfield, didn’t win a tro-



DONNA RHODES

Winners of the Tilton-Northfield Rotary’s 42nd annual Children’s Fishing Derby posed with their trophy after the awards presentation at the Tilton School pond last Sunday.

phy this time around, she did manage to help bring home dinner for her house with the nine fish she and her family caught on Sunday.

“I come here every year. I really like fishing,” she said as she hoisted a stringer laden with fresh trout.

Rotary officials commended all the children for a great day in the outdoors and were glad that 50 of them also walked away with new fishing poles, once again awarded through a raffle drawing from Health First Family Care Center in Laconia.

Trophy winners in the ages one through six category this year were three-year-old Joel Chapman of Sanbornton who came in third place, five-year-old Kenly Chapman of Sanbornton in second place, and four-year-old Amillia Mason of Northfield in first with a 13.5-inch trout.

For the 7-11 age group, it was Danny Powell, age eight of Sanbornton, coming in both second and third with his 12 and 10.75-inch catches, while Hibbert took first place with his rainbow trout

that was also the largest caught in the derby.

In the final 12-15 year-old division, Alex Jordan of Tilton took both the second and third place trophies with his top two fish measuring nine and 8.75-inches, while Tyler Carson of Franklin placed first with his 12-inch catch.

In the Strangest Fish category, which included anything other than trout, 10-year-old Eli Arvidson of Tilton took home his trophy for the 10-inch “sucker fish” he reeled in that day.



DONNA RHODES

While six-year-old Riley of Northfield didn’t win any trophies this time around, she did manage to catch a stringer full of trout during the Tilton-Northfield Children’s Fishing Derby, held once again at the Tilton School pond.

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Edward Jones: Financial Focus

Time to ‘Cycle’ through Some Investment Ideas

If you’ve noticed an increase in bicycle-related events lately, it may be because May is recognized as “Bike Month” – and some cities even observe a specific Bike Week. Of course, bicycling is good exercise and an environmentally friendly method of transportation, but it can also teach us some lessons about investing.

Here are a few to consider:
Put the brakes on risky moves. To keep themselves safe, experienced cyclists regularly do two things: They keep their brakes in good shape and they don’t take unnecessary risks, such as whipping around

blind curves. As an investor, you can combine these two actions by putting your own “brakes” on risky moves. For example, if you’re tempted to buy some hot investment you heard about, you may want to think twice before acting. Why? In the first place, most “hot” investments don’t stay hot for too long, and may be cooling off by the time you hear of them. And even more important, they might not be appropriate for either your risk tolerance or your need to diversify your portfolio. When you invest, you can’t eliminate all risks, but you can reduce them by avoiding

impulsive moves and sticking with a disciplined, long-term strategy based on your needs and goals.

Get regular financial tune-ups. Avid cyclists keep their bikes in good shape through regular maintenance. When you invest, you usually don’t need to make a lot of drastic moves, but you should periodically “tune up” your investment portfolio, possibly with the help of a financial professional, during regular reviews. Such a tune-up may involve any number of steps, but the main goal is to update your portfolio so it reflects

where you’re at in life – your goals, risk tolerance, earnings and family situation.

Protect yourself from bumps in the road. All serious bicyclists – and all bicyclists serious about keeping their heads intact – wear helmets when they are riding, because they know the dangers of rough terrain. Likewise, you need to protect yourself from the bumps in the road that could impede your progress toward your objectives. For starters, life insurance can help your family meet some essential needs – pay the mortgage, educate children, and so on

– in case something were to happen to you. And you may need disability insurance to replace your income temporarily if you became injured or ill and can’t work for a while. Also, you might want long-term care insurance, which can help you guard against the potentially catastrophic costs of an extended stay in a nursing home or the services of a home health care worker.

Don’t stop pedaling. When going long distances, bicyclists ride through rain, wind, sun and mosquitoes. They elude angry motorists and they change flat tires. In

short, they persist in reaching their destinations. As an investor, you will pursue some goals that you may not reach until far in the future, such as a comfortable retirement, so you too need to demonstrate determination and persistence by continuing to invest, in good markets and bad, through unsettling political and global events – and even despite your own occasional doubts.

Whether you’re an avid cyclist or not, following these principles can help keep your financial wheels moving along the road to your goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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DONNA RHODES

Historians David Witham, Barbara Wright, Library Director Marcia Haigh, Jackie Brouillard and Library Trustee David Adams were pleased to present the restored Burleigh Family Portrait by renowned artist Walter Ingalls as a permanent fixture of the Sanbornton Public Library.

PORTRAIT

CONTINUED FROM PAGE A1

now as the Sanbornton Public Library.

After his term in Concord, Ingalls turned his attention back to his love of art and was commissioned to paint at least one known local portrait after that time for the Burleigh family.

As a member of one of Sanbornton's earliest families, Alfred Burleigh was a local farmer and stonemason who lived from 1816-1878. He married Emeline Sanborn, the daughter of Col. Dan Sanborn and Harriet Ladd Sanborn, founding members of the town. The couple had three children, Addie and Wal-

ter, who each died at a young age, then George, who survived his infancy. Alfred, Emeline and baby George are the figures depicted in Ingalls' 1862 portrait of the family.

Sanbornton Library Director Marcia Haigh said the portrait was discovered in storage in the 1980's then brought back

out as part of last year's Attic Treasure's program by the Sanbornton Historical Society. Realizing then what a timeless treasure the piece was, as well as the significance of Ingalls, Haigh contacted the Currier Museum of Art in Manchester. From there, she was directed to Martha Cox of Great Works Res-



DONNA RHODES

A full view of the 1862 Walter Ingalls' portrait of the Burleigh family of Sanbornton, which can now be seen in the second floor of the Sanbornton Public Library.

toration in Shapleigh, Maine who they advised could bring the art back to its original condition.

Haigh said Cox traveled to Sanbornton to examine the portrait. She gave the library an estimate and time frame for the restoration process and Sanbornton residents then rallied to raise those funds.

"She said it would be \$2,700 to restore the portrait and in less than two months we had already raised the money," said Haigh.

Bake sales and a "Baubles for Burleighs" jewelry booth during the March Town Meeting, along with numerous private donations, swiftly gathered the funding needed and sent the portrait off to Cox's skilled hand in Maine.

Last Saturday Haigh and trustee David Adams said they were pleased to know that Cox took extra measures in maintaining the integrity of Ingalls' artwork.

They explained that she first wiped away the dirt and grim that accumulated while in storage, then carefully removed not one but two old layers of varnish. Applying a fresh layer of varnish, only then did Cox begin touching up faded paint, blotches and holes on the canvas. Be-

neath that new varnish though, everything is just as Ingalls painted it 157 years ago.

"It's amazing she not only did all of that but even finished it ahead of schedule. We're just so happy to have the Burleigh's back," said Haigh on Saturday.

Adams had the honor of unveiling the portrait while Jackie Brouillard and Barbara Wright, who did research on the painting, the artist and the Burleigh family, explained more about the background of the portrait. For her part, Wright said it was interesting to discover how many connections there were between Ingalls, the Burleighs and residents still living in Sanbornton today.

"So many older families are connected to this portrait in some way," she said.

Brouillard also expressed delight in all she discovered about the artist himself.

"It was amazing to learn what sort of Renaissance guy Ingalls was, and how he traveled the world but was still loyal to the people of Sanbornton," Brouillard said. "I'm just so happy this portrait has been restored. It's a real treasure!"

CHOICES

CONTINUED FROM PAGE A1
11:05 a.m. with an opening presentation for all grades, then split into half hour segments for each class.

The topic of each segment varied as students rotated from one location to another throughout the afternoon. Besides the community-employer-based Need to Know panel that discussed how teenage choices can affect future employment and even military enlistment, Nurse Maundy Abrahamson and Principal David Williams met with each grade level to discuss traumatic brain injuries that can occur through automobile accidents and dangerous activities. Laurie Warnock from New Hampshire Poison Control also gave an educational presentation on the effects of Vaping, a popular new form of smoking. She explained that while an electronic cigarette may not smell like a tobacco product, they have one thing in common. They both contain nicotine.

"If e-cigarettes smelled like regular cigarettes, would you go near them?" she asked one class, and received a decisive "No" in response.

Outside in the parking lot, the Belmont Police Department and the N.H. National Guard were on hand to take



DONNA RHODES

During the "Making Good Choices Day" at Belmont High School last Friday, Belmont Police Capt. Richard Mann observed student Gabriel Frasier trying to pass a field sobriety test while wearing "Drunk Goggles," which simulate being under the influence of alcohol.

things a step closer toward reality. Students were presented opportunities to don "Drunk Goggles" then asked to perform so simple tasks. They could try to drive go karts through a maze of cones, stack blocks, put children's puzzles together and even try something simple like catching a ball.

"Oh wow- it was like being dizzy the whole time I had those goggles on. I was seeing two of everything," said sophomore Alyzabeth O'Connell.

Other students also found their depth perception and reaction times were drastically altered through the goggles. To show them just how serious that can be, Capt. Richard Mann of the Belmont Police Department then offered trial field sobriety tests

with the goggles on.

One by one the students were instructed by Capt. Mann to hold their hands by their side and walk a straight line, heel to toe, much as anyone suspected of driving while intoxicated would have to do.

"Wow — that was an experience. I completely failed," said Gabriel Foster.

In fact, Mann said that Foster was so off balance that had he actually been stopped and asked to perform a sobriety test, his officers would have cut it short for fear he would get hurt. He wasn't alone in that determination.

Gianna Sode said the entire program was eye opening for her. Of special impact was a presentation by Todd Phelps who is an Internal Affairs Investigator for the New Hampshire

Department of Corrections. Phelps spoke to the students about losing his father, a much loved and respected English teacher at Concord High School, due to an accident caused by a distracted driver.

"That was powerful. Sometimes, I think people don't realize how much an accident impacts someone until their stories are told. Not just the person who was hurt or killed, but the person driving distracted and how sorry they are for what happened, too," Sode said.

She said lessons learned from that talk would stay with her.

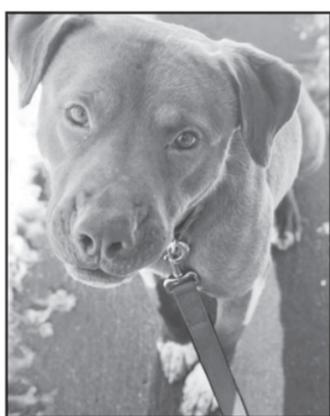
Another startling realization for not just Sode, Foster and their friends was the knowledge that those under the age of 18 cannot use

SEE CHOICES, PAGE A12

PET OF THE WEEK DRUMMER

Drummer is a magnificent-sweet and smart 5 year old mixed breed. Incredibly social and sweet playful soul this young man will make a great hiking partner for his humans. Since relocating from the south three months ago, he has learned to sit, give paw, and get down when his exuberance overtakes him. He is currently working on learning stay, come, drop it, and going to a mat on cue. He sure is ready to explore his new surroundings, take in the sweet smells of springtime in New England with you. Drummer would do best in an active home with teens or

older. He can be a little picky about his dog friends and may be ok with a dog savvy cat, so do take that into account. But know that Drummer will be a devoted friend. Bow wow yippe yippe yay, let's get Drummer a home where he can stay and play.



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Gilmanton Historical Society hosting program on Underground Railroad

GILMANTON — The Gilmanton Historical Society opens its 2019 program season with a presentation on New Hampshire and the Underground Railroad, on Tuesday, May 28, 7:30 p.m. at Old Town Hall in Gilmanton Iron Works.

The Underground Railroad was a network of secret routes and safe houses established during the early 1800s. It was used by African-American slaves to escape into free states and Canada. Michelle Arnosky Sherburne will present her research on the Railroad in New Hampshire.

Michelle Arnosky Sherburne is the production and marketing manager at the Journal Opinion, Bradford, Vt. She has freelanced for magazines and newspapers since the 1990s, finding history is her strength. Sherburne spent 25-plus years researching Vermont and New Hampshire's Underground Railroad network and learning about the Abolitionist Movement.

Sherburne has four books on the shelves. She co-edited the Peacham Historical Association's book, "A Vermont Hill Town in the Civil War: Peacham's Story." Then it was three books in three years, all with History Press: "Abolition and the Underground Railroad in Vermont," "St. Albans Raid," and "Slavery and the Underground Railroad in New Hampshire."

The Society's 2019 series continues on the fourth Tuesday of each month, June through September, with programs featuring Gilmanton history: a walking tour of Smith Meetinghouse Cemetery on June 25 (6 p.m.), Doug Towle's Antique Gilmanton Homes on July 23; The 12th New Hampshire Regiment During the Civil War on Aug. 27; and A Brief History of Gilmanton's Churches on Sept. 24.

Social hour and refreshments begin at 7 p.m., and the program begins promptly at 7:30 p.m. The Society's museum, in the basement of Old Town Hall, will be open at 7 p.m.

The Society's Museum in Old Town Hall is open every Saturday morning, 10 a.m. to noon, June, July and August.

The programs are free and open to the public. Donations to support the work of the Society are always welcome.

CHOICES

CONTINUED FROM PAGE A11

any cellphone device, including hands-free Blue Tooth, while driving.

"I didn't know that," said not only students but some teachers as well, another important lesson from the day.

Helping sponsor the event once again this year was the Children's Hospital at Dartmouth and CHaD representative Chelsie Mostone said she was pleased with all she saw at BHS last Friday.

"This is all about getting teens involved and educated in making good choices, and collaborating with others to help them do that," she said. "We commend the school for doing a lot to educate their students.

There are not a lot of schools that would give up half a day toward an event like this and we at CHaD are here because we don't want to see these students become statistics."

CHaD's involvement in school programs like Belmont's seems to be paying off, Mostone added. As of the fall of last year, only one teen was reported to have died due to drunk or impaired driving, compared to at least six teens the previous year.

"We attribute that to the education we and the schools do," she said.

To congratulate the students on their successful completion of the day's presentations, each were given a Making Good Choices tee shirt from CHaD.



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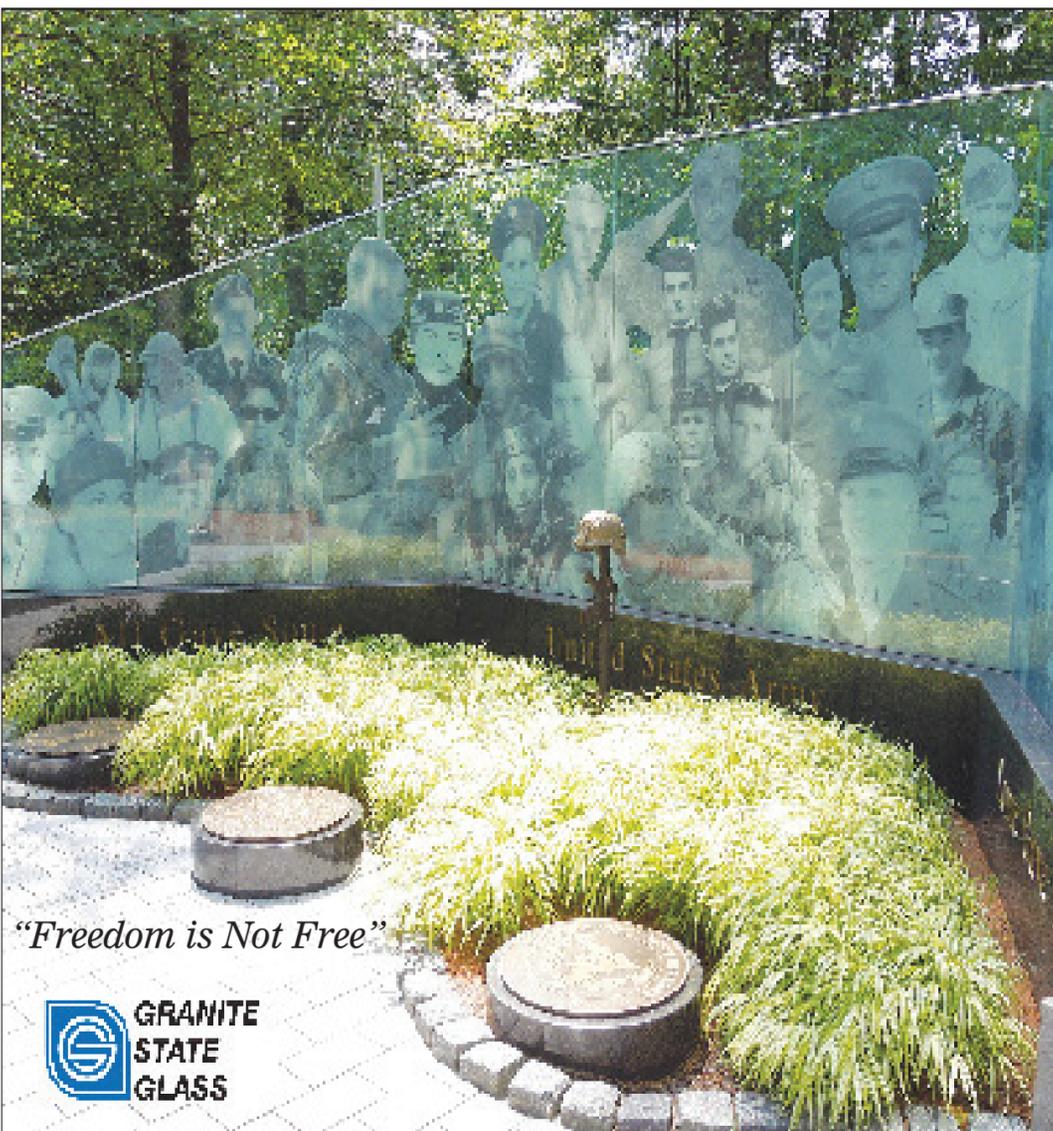
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SPORTS

THE WINNISQUAM ECHO
SalmonPress.comBears continue battling
for playoff position

BY BOB MARTIN

Bob@Salmonpress.news

TILTON— The Winnisquam baseball team has turned things on since an 0-3 start to the season, and after a pair of wins last week and a tight loss to rival Belmont, the Bears are at .500 and battling for playoff positioning.

On May 15, the Bears hosted Berlin and came away with a great 10-0 shutout victory. Michael Allard pitched all five innings, allowing only three hits while striking out five batters, picking up his third win of the season.

The Bears scored in each inning. Andrew McKinnon and Jack Beaulieu had a pair of RBIs each to lead the offensive charge, with McKinnon and Evan Judkins both recording two hits apiece. The Bears did an incredible job on the base paths, stealing 12 bases on the day.



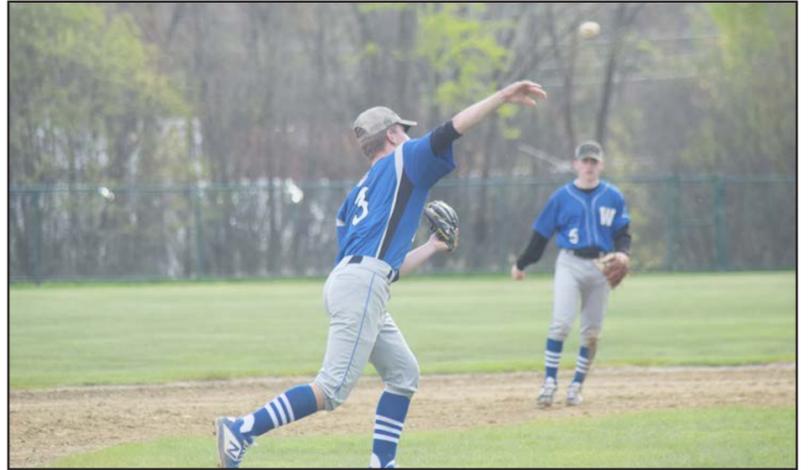
BOB MARTIN

Michael Allard fires a pitch for the Bears against Berlin.

This was also the Operation Hat Trick ceremony where residents of the New Hampshire Veterans Home of Tilton were honored before and after the game. The veterans were given OHT hats and autographed team baseballs, and the players

got a chance to meet the veterans who sat and watched the game from the hill. Army bound athletes Patrick Welch and Judkins threw out the ceremonial first pitches.

On May 16, the Bears had the difficult task of facing Belmont, which has been one of



BOB MARTIN

Phil Nichols throws to first to get an out against Berlin.



BOB MARTIN

Winnisquam players met residents of the New Hampshire Veterans Home prior to the game against Berlin.

Belmont baseball continues to
roll with three more wins

BY BOB MARTIN

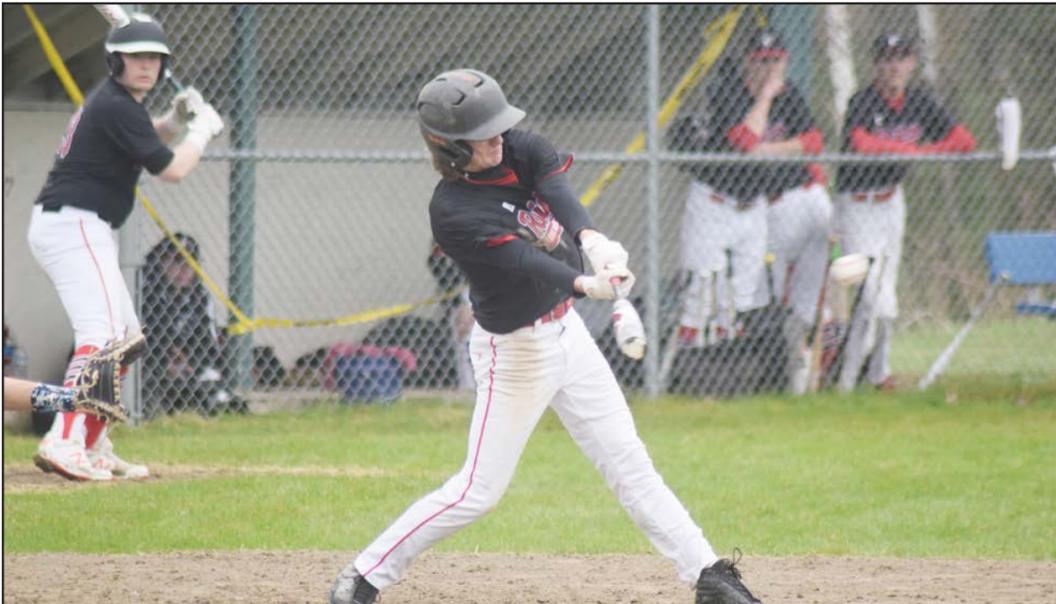
Bob@Salmonpress.news

BELMONT – The Belmont High School baseball team has been one of the top programs over the past three seasons, and this year the team has continued to roll along, and is among the favorites for this year's Division 3 state title.

Last week Belmont had three convincing wins over solid teams with a 6-1 road win over Hopkinton, 2-1 road win over Winnisquam and an 8-7 win at home against defending champion White Mountains.

On May 15, the Red Raiders beat Hopkinton thanks to a six-run first inning. Griffin Embree started things off with an RBI double in the inning and the Red Raiders never looked back. Belmont was solid in the field with no errors committed.

Nate Sottak and Cam Magerer had two hits



BOB MARTIN

Griffin Embree takes a swing for Belmont. He has been one of the key players in the success for Belmont this season.

apiece in the game.

Embree pitched seven innings with seven strikeouts, four hits, no walks and only one earned run. He was also 2/4 with an RBI.

The next day the Red

Raiders took on Winnisquam and won 2-1. Belmont scored two runs in the third inning to secure the win, in what

was a well pitched game on both sides.

The Red Raiders had seven hits in the game with Sottak and Colby

Brown leading the way with two hits each. Belmont made no errors in the game, continuing

SEE BELMONT, PAGE B3

the top teams in Division 3 the past several years. The Bears gave it their all but lost a tight battle 2-1.

Winnisquam scored its only run in the fifth inning when Garret Mango reached on an infield hit and scored on a double to centerfield by Sam Wood. Mango led off the seventh inning with a double and suddenly it was anyone's game, but he was stranded and Belmont picked up the win.

“Jack Beaulieu and Dante Gentile limited one of the best hitting teams in Division 3 to six hits,” said coach Fred Caruso.

Winnisquam and Newfound then went head to head in the “Battle of the Bears,” which took place at Fisher Cats Stadium in Manchester on Friday. The game is in memory of Winnisquam's Scott Cote and New-

SEE WINNISQUAM, PAGE B10

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Aubrey St. Onge throws a pitch against Berlin last week.

BOB MARTIN



Carly Catty drives a pitch for a single for the Bears.

BOB MARTIN

Winnisquam softball falls to D3 powers

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – It was a tough week for the Winnisquam softball team, who had the difficult task of facing powerhouse teams like Berlin and White Mountains last week, with White Mountains being a doubleheader. The Bears dropped all three games but look to turn things around in the final week of the regular season.

On May 15, the



BOB MARTIN

Hannah Max has been solid behind the plate this season for Winnisquam.

Bears took on Berlin and lost 16-0. Berlin has only lost once all season and is among the top teams of Division 3.

On May 16, Winnisquam faced White Mountains, another team that is at the top of the pack in Division 3. In game one, the Bears got off to a quick lead when Carly Catty led off with a walk and stole two bases. She then scored on a wild throw to third for the first run of the game. Hannah Max then hit a homer to put the Bears

up by two runs.

White Mountains regained the lead with a 5-2 lead in the fifth and managed to score three more to go up 8-2. The Spartans tacked on a pair in the sixth inning and won the game 10-2. The second game was a tough 22-1 loss. Catty was 2/3 with a double and a run scored.

“Playing four games in four days really caught up with us today,” said coach Mark Dawalga. “We look to bounce back next week.”

Raiders beat Hawks in extra innings

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Belmont High School softball team went 1-1 last week with a win over Hopkinton and a tough loss to defending champion White Mountains.

On May 15, the Red Raiders traveled to Hopkinton and won 8-7 in eight innings. Morgan Hall pitched all eight innings for the win. She allowed seven hits, three walks, one hit batter and struck out seven hitters.

The offensive charge was led by freshman Savannah Perkins. Perkins went

3/4 in the win, including a hit in the seventh inning to score the tying run and bring the game to extra innings. Becca Fleming was 3/5 with a double while Chantelle Martin was 3/4.

In the sixth inning, Hopkinton tied up the game and then took a one-run lead into the sixth inning before Perkins tied things up with her RBI in the seventh inning. Belmont then scored two runs in the eighth inning on hits by Martin and Raven Gates. Hopkinton scored once in the eighth but Hall held on for the win

with a strikeout to end the game.

On Friday, the Red Raiders lost 6-1 to White Mountains. Julianna Estremera was the losing pitcher for Belmont, giving up six runs but only three of them earned over four innings. Hall pitched five through seven and did not allow a run.

“A tough loss against defending state champions,” coach Bill Clary said. “We can’t make mistakes and expect to win. Need to clean some things up this week as we head into the playoffs.”

Lakes Region Lacrosse Club thanks season sponsors

LACONIA — The Lakes Region Lacrosse Club (LRLC) has opened its 24th season and the club’s success shows no sign of slowing down. Since 1995, athletes from eight surrounding Lakes Region communities have joined together to make this grow each year. The club includes eight full teams with more than 150 players, both boys and girls, ranging from first to ninth grade.

The Lakes Region Lacrosse Club wishes to thank this season’s sponsors for their support and generosity, without which the club would not be here today. The board of directors, parents and athletes of LRLC thank Advanced Orthopaedic Specialists (AOS), Kennel Orthodontics, Lucky Dog Tavern and Grill,



COURTESY PHOTO

The U14 girls’ lacrosse team sponsored by Irwin Automotive Group gets ready for a 2019 home game at the Meadows.

Benson Auto, Lakes Region Children’s Dentistry, Rowell’s Services and Irwin Automotive Group.

It is important to recognize that without the volunteer commitment of time and dedication from the club’s volunteers, board of directors, coaches and the contin-

ued sponsorship from these generous local businesses, Lakes Region Lacrosse Club could not continue its success and growth.

For more information about the Lakes Region Lacrosse Club or any of the above listed sponsors, please visit <http://lrlacrosse.org/>.

Tilton School hires new varsity football coach

TILTON — Matt Dawson, a coaching veteran with more than 17 years of experience, will join Tilton School as head coach for the varsity football team starting in the Fall of 2019. Dawson is known for his intuitive leadership skills and keen ability to develop and mentor young professionals to achieve their maximum athletic potential.

“I fell in love with the atmosphere and vibe at Tilton. I am excited about this new chapter in my life and I can’t wait to get going,” said Dawson on why he chose to join the coaching staff at Tilton School.

Dawson earned a degree in sports man-

agement from Massachusetts in 2001. While a three-year starter at linebacker, he helped the Minutemen win the 1998 NCAA Division I-AA (now FCS) national championship and the 1999 Atlantic 10 championship. A native of Pepperell, Mass., Dawson finished his career with 250 tackles, 30 tackles for loss, 11.5 sacks and 11 pass deflections.

Dawson comes to Tilton from Norfolk State University (Norfolk, Va.) where he was the defensive coordinator and inside linebacker coach. Prior to joining Norfolk State, Dawson worked as defensive line coach and with the special teams units at his alma mater,

the University of Massachusetts, linebacker coach at the University of Rhode Island, defensive coordinator at Virginia State, Monroe College, and Fordham University, and special teams coordinator at the University of New Hampshire. At Virginia State, he led a defensive effort that led to winning its division title. As a graduate assistant, he was an assistant defensive line coach at the University of Oregon.

Dawson coached many collegiate student-athletes to All-CAA honors, some of whom who have gone on to play in the National Football League (NFL) and implemented systemic Defensive Program turnarounds.

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BOB MARTIN

Shannon Goodwin launches a discus for the Winnisquam Bears.



BOB MARTIN

Riley Mann runs the 4X800 meters for the Winnisquam Bears.



BOB MARTIN

Dylan Robert runs a relay race for the Bears at the Wilderness Championship.



BOB MARTIN

Aidan Rupp leaps over a hurdle at the Wilderness Championship.



BOB MARTIN

Zack Duclos heaves a shot put for Belmont.



BOB MARTIN

Alice Riley was the top Belmont distance runner at the Wilderness Championship.

Raiders and Bears take part in Wilderness Championships

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – Belmont High School hosted the annual Wilderness League Championship Meet last weekend, where the Raiders were also joined by their neighbors from Winnisquam.

Belmont High School

The Belmont boys' track team came in second out of 18 teams in the meet.

Zach Ennis was the winner of the 800 meters with a time of 2:02.87 and the 1,600 meters with a time of 4:36.17.

In the 100 meters, Ben Hillsgrove was 10th with a time of 12.26. Nolan Gagnon was 14th with a time of 12.56 and Devin Bricknell was 19th with a time of 12.68.

In the 200 meters, Lucas Mathieu was fifth with a time of 24.57.

Gagnon was fourth in the 400 meters with a time of 53.66.

In the 100-meter hurdles, Aidan Rupp was fourth with a time of 19.42. He was second in the 300-meter hurdles with a time of 46.39.

The 4X400-meter relay team consisting of Gagnon, Ennis, Eddie Mann and Micah Edgren was first with a time of 3:37.99.

The 4X100-meter relay team consisting of Mathieu, Mann, Bricknell and Hillsgrove was

third with a time of 46.89.

The 4X800-meter relay team consisting of Pare, Nick Miles and Jared and Kyle Whitcomb was third with a time of 9:05.65.

In high jump, Bryce Hall was ninth with a leap of five feet, four inches.

In the long jump, Bricknell was fifth with a distance of 19 feet.

In the triple jump, the Red Raiders had three athletes crack the top 10 with Mann in sixth with a distance of 37 feet, five inches, Jacob Cress in eighth with a distance of 36 feet, 4.75 inches and Micah Edgren in 10th with a distance of 35 feet, 9.75 inches. Kyle Plaza tied for 12th with a distance of 34 feet, 3.75 inches.

In shot put, Zack Duclos was third with a toss of 40 feet, 5.5 inches. He was seventh in discus with a throw of 104 feet.

Brendan Kelley had a slid day throwing the discus with a toss of 92 feet, six inches for 11th place.

Mathieu was seventh in the javelin with a throw of 126 feet, six inches.

The girls' team placed eighth overall out of 18 teams.

In the 100 meters, Gabrielle Day was seventh with a time of 13.89 and Jada Edgren was 12th with a time of 14.19.

In the 800 meters, Aurora Couto was 10th with a time of 2:46.20.

In the 1,600 meters, Alice Riley was third with a time of 5:32.24. She was second in the 3,200 meters with a time of 12:21.90.

In the 300-meter hurdles, Sana Syed was second with a time of 53.30. In the 100-meter hurdles, Syed had a time of 19.12, which was sixth overall going into the finals, but she did not run the final heat.

In the 4X100-meter relay, Belmont was second with a time of 54.25. The team consisted of Day, Edgren, Syed and Skylar Ruelke.

Ruelke was tied for sixth in high jump with a leap of four feet, four inches. In the long jump she was ninth with a distance of 14 feet, three inches.

In triple jump, Edgren was seventh with a distance of 31 feet, 7.5 inches.

In shot put, Molly Sotak was eighth with a toss of 27 feet, two inches.

Winnisquam Regional High School

The Winnisquam boys' track team was eighth overall in the meet.

In the 200 meters, Hunter Hinxman was second with a time of 23.88.

In the 400 meters, the top two Winnisquam runners were Joe Dama- with a 17th place time

of 59.65 and Evan Griffin with a time of 1:00.36 for 19th.

In the 100 meters, the top Winnisquam runner was Cooper French with a time of 12.66 for 17th.

In the 800 meters, Dylan Robert was eighth with a time of 2:13.25; Kyle Mann was 11th with a time of 2:17.62 and Riley Mann was 21st with a time of 2:25.23.

In the 1,600 meters, Robert was seventh with a time of 4:56.67 and Kyle Mann was 22nd with a time of 5:15.66.

In the 4X100-meter relay, the team consisting of Griffin, Hinxman French and Eric Young was sixth with a time of 47.72.

In the 4X400-meter relay, the team consist-

ing of Hinxman, Robert and the Mann brothers was fourth with a time of 3:48.41.

The 4X800-meter relay team consisting of Griffin, Robert and the Mann brothers was second in a close race with Mascenic with a time of 8:32.45.

In pole vault, Hinxman was third with a height of nine feet, 10 inches.

The girls' team placed 13th overall in the Wilderness League Championship meet.

In the 100 meters, Alexis Poole was 18th with a time of 14.74. She was 12th in the 200-meter dash with a time of 30.84 and 14th in the 400 meters with a time of 1:08.61.

In the 800 meters, Faith Gosselin was fifth

with a time of 2:37.49. She was also fifth in the 1,600 meters with a time of 5:42.44.

In the 100-meter hurdles Ilijana Markelic was seventh with a time of 19.85.

In shot put, Sarah Seymour was 10th with a toss of 25 feet, 7.25 inches. Hannah Blackburn was 13th with a toss of 25 feet, 2.75 inches.

In discus, Blackburn was third with a throw of 83 feet, 10 inches. Seymour was ninth with a toss of 78 feet. Shannon Goodwin was 13th with a throw of 75 feet, 10 inches.

In javelin, Shannon Goodwin had a third place toss of 92 feet, five inches. Blackburn was 10th with a throw of 81 feet, nine inches.

BELMONT

CONTINUED FROM PAGE B1

and an earned run while striking out seven batters. Mikey Sprague came in for an inning of relief with a strikeout and no hits allowed.

On Friday, Belmont had one of its toughest match ups of the season against the Spartans of White Mountains and two big innings secured it for the Red Raiders with an 8-7 win. White Mountains scored a run in the first and three runs in the second and third innings, but Belmont had four runs in the first and four runs in the third inning.

Brett Auclair picked up the win for Belmont, going six innings, allowing six hits, two walks

and an earned run while striking out seven batters. Mikey Sprague came in for an inning of relief with a strikeout and no hits allowed.

On Friday, Belmont had one of its toughest match ups of the season against the Spartans of White Mountains and two big innings secured it for the Red Raiders with an 8-7 win. White Mountains scored a run in the first and three runs in the second and third innings, but Belmont had four runs in the first and four runs in the third inning.

Belmont was facing ace Braxton Brown of White Mountains and managed to knock him out after three and one third inning. Austin Didsbury started for Belmont and also left early, lasting two innings, allowing six runs on six hits. Sprague came in and pitched well in relief for the win, tallying five innings one earned run, three walks and four strikeouts.

Belmont finishes the regular season at Prospect Mountain for a 4 p.m. start on Friday, May 24.

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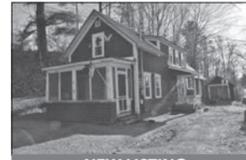
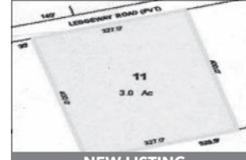
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| Lancaster, NH • New Englander, 3 Bedroom, 1 Bath • +/- .17 acres, +/- 1,092 sq. ft. • Updated Roof & Windows • Zoned Commercial, Lg Front Yard \$58,000 (MLS #4747380) |  NEW LISTING | Lancaster, NH • Adorable Cape, 2 Bedroom, 1 Bath • +/- .23 acres, +/- 1,197 sq. ft. • Updated Heating System & Septic • Vinyl Siding, Country Setting \$96,000 (MLS #4750114) |  NEW LISTING |
| Littleton, NH • Ledgeway Subdivision • +/- 3 acres, Perc Tested • Wooded Lot with Stream • Town Maintained Street \$36,000 (MLS #4747631) |  NEW LISTING | Lancaster, NH • Renovated Cape, 3 Bedroom, 1 Bath • +/- .38 acres, +/- 1,964 sq. ft. • Large Rooms, Updated Windows • Wrap Around Deck, Vinyl Siding \$139,900 (MLS #4750663) |  NEW LISTING |

SEARCH 1000'S OF HOMES INSTANTLY AT WWW.LISAHAMPTONREALESTATE.COM

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NKF National Kidney Foundation™
www.kidneyhealth.org

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Loon Human Resource-Payroll Coordinator

If you are looking for a full-time, year-round position with outstanding benefits and a good variety to your work day, apply now. Loon seeks a Human Resource-Payroll Coordinator to handle the Human Resource Information System, which includes payroll processing, employment applications, employee onboarding, and HR Generalist duties. Preferred candidates will have prior administrative experience, proficient in Excel and Microsoft office, and guest service skills.

For more info or to apply on-line visit www.loonmtn.com
Equal Opportunity Employer

LAKES REGION COMMUNITY SERVICES
Engage. Empower. Inspire.

Family in Belmont is seeking support companion for nonverbal adult male. Looking for someone who will keep the individual active in his community and at home. Companionship is for both safety and socialization. The position would be part time, 20-30 hours per week in the afternoons. Training will be provided.

Qualified applicants will have a minimum of a high school diploma/ GED, valid NH driver's license, four door vehicle, automobile insurance and have the ability to pass background checks. Please visit www.lres.org or call 603-524-8811 to apply.

NCH Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

***SIGN ON BONUS!**
Full-Time
***RNs**
with two years' experience or
***MT / MLT**

Additional Full-Time Opportunities
Speech / Language Therapist Ultrasound / Echo Technologist
Radiologic Technologist Coding Supervisor

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ED Technician Unit Secretary

APPLY ONLINE
WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org

EOE

D.R. Landry & Sons

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Above Average Pay

Looking for experienced landscapers or willing to train the right candidates. Main duties include spring & fall clean ups, spreading mulch, commercial and residential lawn mowing.

- Hardworking
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Performance base incentives include Season Passes to three local ski area.

Call for more information
Serious inquiries only please
Contact Don@ 252-3233
Donlandry3233@yahoo.com

NHBB
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Mitsumi Group

Machinist Positions

New Hampshire Ball Bearing's Astro Division is located in Laconia, NH—heart of the scenic Lakes Region. Astro is a World-Class 490+ person, climate-controlled manufacturing facility that produces spherical bearings, rod ends, sub-assemblies and other precision metal parts for the aerospace industry. We are currently recruiting for the following:

Experienced Machinists
(Turning & Grinding experience required)
2nd & 3rd Shifts

These positions require quality conscious candidates with solid work histories and mechanical aptitude. Previous manufacturing experience and knowledge of blueprints and measuring with precision instruments is preferred. Experience with centerless grinding is a plus. All positions require successful completion of a pre-hire drug screen. If you have a High School diploma or equivalent, we encourage you to apply either in person or on line to www.nhbb.com. If you have applied/interviewed in the past 6 months, it is not necessary for you to re-apply. Successful candidates will enjoy exceptional pay and benefits packages which include Medical, Dental, Vision, 401(k) plan, paid vacations, incentive pay, bonus program, and shift premium.

NHBB, Inc.
155 Lexington Drive
Laconia, NH 03246
Fax: (603) 524-3524
Email: jdunleavy@nhbb.com

NHBB is an equal opportunity employer all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected Veteran status, or any other characteristic protected by law.

An Equal Opportunity/Affirmative Action Employer

Ashland Lumber
Division of BELLETETES, INC.

Yard Customer Service

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

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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NCH North Country Home Health & Hospice Agency

Come Join Team!

We are currently looking for a **Triage Auditing Specialist RN**

If you are highly motivated, able to work from home, looking for a full-time benefits and salary with bonus opportunities, give us a call!

For more information, please contact **Jennifer Everleth, Human Resources**
(603) 444-5317 or jeverleth@nchhha.org
Apply online at www.nchhha.org

North Country Home Health & Hospice Agency is an Equal Opportunity Employer

NCH North Country Home Health & Hospice Agency

Come Join Our Team!

Increasing referrals are resulting in new openings and new positions throughout Grafton County!

We are currently looking for a reliable and compassionate **Evening Shift Licensed Nursing Assistant** to join our Woodsville team. We offer a competitive salary and benefit package as well as a \$1,000 sign on bonus! Staff are assigned a laptop, a cell phone and are given the autonomy to manage their own case load with efficiency and flexibility!

For more information, please contact **Jennifer Everleth, Human Resources**
(603) 444-5317 or jeverleth@nchhha.org
Apply online at www.nchhha.org

North Country Home Health & Hospice Agency is an Equal Opportunity Employer

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
2019-2020 School Year

Professional Staff
Special Education Teacher (LES)
Special Education Teacher (WMRHS)
School Counselor (LES)
Title I Teachers
Long-Term Substitute Teacher (9/9 to 11/22/19) - WES
Athletic Trainer (part-time)
Kindergarten Teacher (anticipated opening)
AmeriCorp Vista Volunteer

To Apply: <https://my.americorps.gov/mp/listing/viewListing.do?id=73351&fromSearch=true>

Support Staff
Cook
Administrative Assistant

**All applicants must apply on Schoolspring.com
Paper applications will not be accepted.**

Coaching Staff
Alpine Skiing
Varsity Girls' Basketball
JV Boys' Soccer
(Please contact Kerry Brady, AD – 837-2528)

Substitutes Needed for Teachers, Nurses, Paraprofessionals, Custodians, Cooks

For further information, contact:
Roxanne H. Ball, Adm. Assistant to the Superintendent of Schools/Human Resources
White Mountains Regional School District
SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: rball@sau36.org

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HELP WANTED - CARPENTERS
Need experience in framing, roofing & siding.
This is a 1099 position.

603-991-3097
fregeaubuilders@gmail.com

Bristol Elementary School

Administrative Assistant
Available July 1, 2019

This position assists the school principal in accurately maintaining all school level financial accounting including student activity accounts, purchase orders, and reconciliation of accounts. Strong computer skills, interpersonal skills, and public interface experience is required. Knowledge of student information systems is important. Background and experience in a public school office is preferred. This is a full time year round position. The position is paid hourly ranging from \$14.29 – \$20.83 an hour.

Candidates should send a letter of intent, resume, job application and three letters of recommendation to:
Stacy Buckley – Superintendent of Schools
Newfound Area School District
20 North Main St.
Bristol, NH 03222

Application is available at:
<http://www.sau4.org/home/employmentinformation>

INTER-LAKES 2019-2020 SCHOOL YEAR VACANCIES

PRINCIPAL
INTER-LAKES ELEMENTARY SCHOOL
(PK – Grade 6 470 Students)

Qualifications: Master's degree or higher, with a major in Education Administration; valid NH Principal Certification; at least three years' experience in public school administration and supervision; and at least two years as a classroom teacher. Such alternatives to the qualifications as the Board may find appropriate and acceptable.

Compensation:
Salary commensurate with experience.

Full-Time Position
Athletic Director /PE Teacher (.4 FTE)

Qualifications: Bachelor's degree or higher in related field required. Appropriate NH Certification Required. Experience in teaching, coaching, officiating preferred.

Compensation:
Salary commensurate with experience.

Please visit <http://interlakes.org/employment.html> for a Professional Application – Administrator. To be included with the application resume, transcripts, copy of certification, and three letters of recommendations.

All application packets should be submitted to:
Ashley Dolloff, Human Resources Director
Inter-Lakes School District
103 Main Street, Suite 2, Meredith, NH 03253
Or
E-mail: ashley.dolloff@interlakes.org

Application deadline is May 31, 2019.
EOE

BURNDY

Join our growing team!

Burndy is looking for experienced CNC Machinists on all 3 shifts in our Littleton and Lincoln, NH locations!

We offer competitive wages and benefits including medical, dental, vision, life insurance, disability, tuition reimbursement, paid vacation, 11 paid holidays and more.

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In Lincoln at 34 Bern Dibner Drive, Lincoln, NH 03251
ppinkham@burndy.com
In Littleton Industrial Park, 150 Burndy Rd. Littleton, NH 03561
cnetska@burndy.com

See all our open positions and apply on line at:
<https://careers.hubbell.com/>

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Plating Technician (Lincoln)
Machine Operators
Entry level factory positions - we will train, no experience necessary

Maintenance Mechanic
(Lincoln - 3rd Shift)

Burndy is a wholly-owned subsidiary of Hubbell, Inc., an equal opportunity employer M/F/Veteran/Disability

All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, disability, protected veteran status or any other protected class

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Will Train. Valid Driver's License required.
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(603) 536-3533

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climber wanted
and Laborer Wanted
Call 603-279-5455**

Part-Time Laborer Public Works Department

The Town of Tilton has an immediate opening for a Part-time Laborer position at the Public Works Department. Position performs a variety of routine manual laboring duties involving the maintenance of town parks, cemeteries, roads, and municipal buildings. Applications are available at the Tilton Town Offices, 257 Main Street, Tilton, NH 03276, or on the website, www.tiltonnh.org. Possession of valid NH Drivers license required. Physical examination and background check are a condition of employment. For further information, you may contact Kevin Duval, Director of Public Works at 286-4721. The Town of Tilton is an EOE employer.

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Experienced Machine Operators

At Upper Valley Press, Inc., we believe our employees are our greatest assets! As an employee owned company, we are committed to developing our team members and watching our sales and profits grow!

We currently have positions available on all shifts for experienced equipment/machine operators. Do you possess the ability to run production machinery, pay close attention to detail and report to work on-time and when scheduled? Then we want to hear from you!

Upper Valley Press, Inc., a 100% employee owned (ESOP) company, provides excellent wages, benefits, 401(k) retirement saving and much more. We offer opportunities in a solid company with an excellent record of stability and growth. Please submit a resume with wage requirements or apply in person to:

**UPPER VALLEY
PRESS, INC.** 446 Benton Road
North Haverhill, NH 03774
resume@uvpress.com

**Alvin J.
COLEMAN
& Son, Inc.** Established 1940
9 NH Route 113, Conway, NH 03818-9505
Office (603) 447-5936 • Fax (603) 447-5839

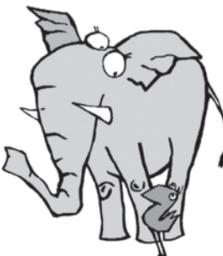
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- CDL Qualified
- 2-years experience
- Construction experience a plus

Please call:
(603) 447-5936 Ext. 307

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office@roddgersskiandsport.com

Help Wanted

FULL TIME/PART TIME

IMMEDIATE OPENINGS

Retail Sales Associate

We are looking to add a self-motivated individual to join our sales team in our Apparel & Accessories department. Candidates must be available on Weekends and Holidays, have a positive attitude and a positive approach to customer service. Duties include but are not limited to addressing customer needs and providing the necessary knowledgeable information on products, restocking and light cleaning.

Benefits include:

- Competitive Pay
- Discounted and/or free skiing privileges at area mountains

Please call, email or apply in person

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Precision Lumber Inc.

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

Newfound Area School District

School Nurse Vacancies

Bristol Elementary School
Danbury Elementary School

We are seeking two skilled, caring, and committed nurses with experience in a school environment.

Must have RN license.

Interested applicants should submit a letter of interest, resume, supportive credentials, job application and three current written references to:

Superintendent Stacy Buckley
c/o Newfound Area School District
20 North Main Street,
Bristol, NH 03222

Application is available at:

<http://www.sau4.org/human-resources/employment-information>

Seasonal Help Wanted

Pheasant Ridge Golf Club
Part time Snack Bar/Beverage Cart

Must be at least 18 years old
Please call 524-7808 for more info

LOON Adventure Center Attendants:

Want to have a fun summer working outside and helping guests zip across the river, climb the rock wall and enjoy the trampoline? Join our team as an Adventure Center Attendant for full or part-time schedules.

For more info or to apply on-line visit www.loonmtn.com

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ABILITY TO ANSWER
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ABILITY TO MULTI-TASK
MUST HAVE VALID DRIVERS LICENSE

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EMAIL RESUME KIRKSTIRE@ROADROADRUNNER.COM
NO PHONE CALLS PLEASE.

495 TENNEY MT. HWY. PLYMOUTH, NH 03264
WWW.KIRKSTRUCK.COM • (603) 536-1035

PLYMOUTH REGIONAL HIGH SCHOOL

Plymouth, NH 03264

2019-2020 School Year

SPECIAL EDUCATION AIDES To work with students with a wide range of educational disabilities (Bachelors Degree preferred)

Please send letter of intent, resume,
and recommendations to:

Tonia Orlando
Special Education Director
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
torlando@pemibaker.org

Your Community Health Partner Since 1975

Patient Access Specialists ACHS - LITTLETON & WOODSVILLE

ACHS, a fast-growing, nationally recognized Federally Qualified Health Center with six sites in the north country is looking for exceptional professionals to join our team.

YOU MUST LOVE PEOPLE!

We're seeking Patient Access Specialists at our busy medical clinics in Littleton and Woodsville. More than a receptionist, this position ensures smooth patient visits and provides a range of critical tasks that support an efficient and financially sustainable health center. As the initial face of ACHS, you'll assume responsibility for enhancing the patient experience, so you MUST enjoy the public. Proficiency in MS Office and being detail oriented is also necessary. Two years related experience is ideal, but we're willing to train the right candidate. **This is a full-time, M-F daytime position.**

If you are looking for a rewarding career with the potential for exciting learning opportunities, competitive pay and benefits at an award-winning, active and caring organization visit:
ammonoosuc.org/careers

EOE

Ammonoosuc Community Health Services
Littleton • Franconia • Warren • Whitefield • Woodsville www.ammonoosuc.org

Your Community Health Partner Since 1975

LICSW - SUBSTANCE MISUSE DISORDER (SUD) CASE WORKER

ACHS, a fast-growing, nationally recognized Federally Qualified Health Center with six sites in the north country is looking for a LICSW Case Manager to join our team.

HELP SHAPE LIVES

You can make a real difference in the lives of local residents facing addiction. As a LICSW/Substance Use Disorder (SUD), Case Manager you'll provide care management to patients using a "shared goal model". You'll facilitate the screening process and coordinate integrated care for patients as well as provide advanced care management with the goal of improving patient safety and enhancing quality. Behavior care management may be provided in individual or group settings. This position will be accountable for the full patient care cycle. You must hold a LICSW, and or PhD/PsyD and be licensed or license eligible in the State of New Hampshire. **This is a full-time, M-F daytime position.**

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Think When You Drink

VACANCIES

BERLIN PUBLIC SCHOOLS – SAU 3

**Berlin Middle/High School
Principal/CTE Director
Assistant Principal**

**Berlin Elementary School
Assistant Principal**

The Berlin School District is seeking enthusiastic educational leaders, knowledgeable in Positive Behavior Interventions and Supports (PBIS) for Berlin Public Schools. The candidates must have skills to build a strong collaborative learning environment inclusive of staff and parents. The candidates must also be committed to meeting the needs of all students. Principal candidates must have a Master's Degree in Administration and be certified as a NH School Principal. Assistant Principal candidates must be certified or certifiable as an Associate Principal and have a Master's degree in Education. All candidates must have a minimum of five years teaching and or administrative experience. Interested applicants may submit a completed district application found on the website: www.sau3.org, letter of interest, three letters of reference, transcripts, copy of certification and evidence of leadership roles or initiatives to Corinne Cascadden, Superintendent, 183 Hillside Ave., Berlin, NH 03570 or email hr@sau3.org EOE
Application Deadline: Open until filled

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Team atmosphere. Must be hardworking, honest, and punctual. You must have your own transportation, a clean driving record and own the required tools needed to perform your daily duties. Pay Range: \$14-\$24/hour.



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Responsibilities & Duties:

- Drive water truck equipped with sprinkling attachment to settle dust on the road and parking lot within the facility
- Responsible for daily maintenance of vehicle
- Filling and maintaining odor control equipment
- Willing to assist with other job duties such as site cleanup maintenance as needed

Education, Experience & Certifications:

- Must be able to pass pre-employment drug screen
- No CDL required
- Seasonal employment

Qualifications & Skills:

- Self-directed person with a positive and safety mind-set
- Excellent communication and problem solving skills are required

Casella Attributes:

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- Open to personal and professional training and development.

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Please submit your resume at Casella.com or mail to:

**Kevin Roy
NCES
P.O. Box 9
Bethlehem, NH 03574**

NFI North, Inc.

Inspiring and empowering people to reach their full potential

NFI North Array of Services, Davenport School an all girls' Residential Treatment Facility located in Jefferson NH has the following positions:

Teacher and a Special Ed Teacher: Bachelor's degree in Education, have a NH teaching certificate and will have experience with children with various mental health and special education needs.

We offer an excellent benefit package for full time employees with health and dental, tuition reimbursement, excellent training, career growth and supportive work environment.

NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America, an accredited, nonprofit college designed to develop working adults through cost effective, competency based higher education. **Not only do we offer our employees access at incredibly low and affordable rates but now you can also enroll your immediate family members.**

Please send resume and cover letter to: Program Director, PO Box 209, Jefferson, NH 03583 or email nfinorthhr@nafi.com

Visit www.nfinorth.com EOE/AA

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3 LAKES LANDSCAPING

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Full-time positions open for applicants experienced in commercial/residential hardscape installations, irrigation, night lighting and plantings. Position requires 2-5 years experience. Must be able to operate heavy equipment.

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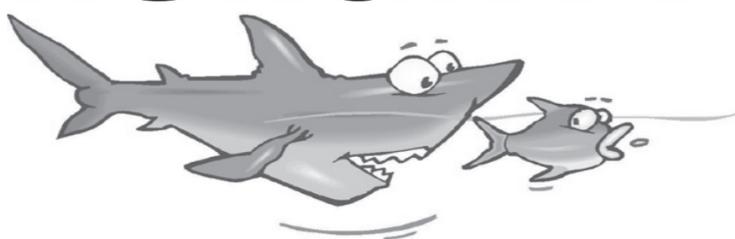
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14 Emerson Dr.
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Monday 10:30 am

Estate Sale

ESTATE SALE TO BENEFIT LAKES REGION HOSPICE AND HUMANE SOCIETY

68 SODOM ROAD,
TUFTONBORO, NH
(across from the town garage)
Friday-Sunday May 17-19 and
May 24-26. 9am to 3pm
All items priced to sell but any reasonable offer will be accepted.
Credit cards accepted.

Pets/Breeders

LOW COST SPAY/NEUTER
Mobile Feline Fix It Wagon,
Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

Business/Work Opps.

CARPENTER WANTED

Looking for an experienced carpenter to work full time in the lakes region. Must have own transportation.
Serious inquiries call Paul (339)832-9078

General Help Wanted

Culinary Staffed Wanted.
Bald Peak Colony Club seeks part time or full time seasonal cooks and utility staff. Competitive wages. Flexible hours. Meals included while on duty. Holiday bonus. Candidates should email chefhynes@baldpeak.org

Dishwasher/Kitchen Assist.

Female kitchen staff for all-girl residential camp. Prep, Clean, Wash Dishes, Serve approx.. 60 people 3 meals per day. Call (603) 536-4244 for application.

Great Summer Job!

June 22 thru Labor Day. We are looking for summer help at our Beach. Duties include: monitoring parking, light cleaning, observing that beach rules are adhered to. Staff must mature, love working with the public and be able to preform light physical labor. Please call or email 603-476-5177 / Suissevaleom@gmail.com

Hardworking Landscapers Wanted.

Do you love the outdoors? Bald Peak Colony Club is seeking hardworking individuals for seasonal full-time employment. 40 hours/week. Physical job duties include but are not limited to hand mowing, raking and other landscaping tasks. Qualified applicants must be able to lift up to 50 lbs. We will train any hardworking individual who is willing and wants to work outdoors with a team of dedicated golf course personnel. Applicants should have reliable transportation. Hourly rate commensurate with experience. Please email crudolph@baldpeak.org

General Help Wanted

LANDSCAPE MAINTENANCE

Newfound Lake area. Established co. has full and part time positions available. Must be at least 18 years old with a clean driving record. No experience needed \$15/hr to start, more with experience. Chris 603-744-2195

Lovett's Inn & Restaurant -

under new ownership, is hiring all positions for year-round work; kitchen staff, servers, bartender and housekeeping.
Contact Michelle at 603-401-5700 or Michelle@lovettinn.com
Experience Preferred

Professional Painters Needed.

License and references required. Experienced only need to apply. Call 387-9760.

SUMMER HELP WANTED!

The Old Country Store, Moultonborough
Cashiers and stock person positions available. Cashiers starting at \$12/hr. Full or Part time. Must be able to add & count back change, be personable, motivated, reliable, and trustworthy. Call 603-476-5750 M-F or stop in ask for Jo Hayden.

Professional/Technical

Looking for full time Early Childhood Associate Teachers. Small, fun, loving and caring environment! Please email your resume to teloca@yahoo.com

Veterinary Technician/Assistant

Looking for the right person to join our busy team. 30-35 hours per week. DO NOT CALL. Send resume: Plymouth Animal Hospital: Attn. Holly Allen

General Services

BELKNAP PROBATE & ESTATE PLANNING

Wills and Trusts should now focus on income taxes.
Tax Attorney Sean Karkos
603-524-0507 Ext. 21 or sean@dsbcpas.com

Real Estate



Equal Housing Opportunity

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

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

This paper will not knowingly accept any advertng which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. hereincontained. The Publisher reserves the right to refuse any advertising.

Houses For Rent

JEFFERSON NH - Fully furnished log home available immediately for rental. \$1,200/mo rent; heat, electricity, DISH, phone, internet included. Minimum 185 days rental agreement required. 603-586-4579.

Jumbo Yard Sale

FIRST EVER! HUGE assortment, eclectic items, antiques, furniture, vintage tools-hardware, office and appliances, lumber, barn wood, household, 30-50's clocks military, pipes, jewelry, linens, quilts, decorative, glasses, lamps. No Toys. May 25 + 26, 9AM-2PM, 158 Black Cat Island Rd. Moultonborough.

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American Red Cross



Sam Wood takes a big swing against Berlin last week.

BOB MARTIN

WINNISQUAM

CONTINUED FROM PAGE B1
found's Ron Bucklin, and Newfound came

away with the "Coaches Cup" with the win. Newfound scored a run in the top of the first but then Winnis-

quam ran away with the game thanks to an eight-run first inning. Addam Dunham and Allard had two hits

each and Winnisquam sent 13 men to the place in that inning alone.

Phil Nichols got the

win and had a complete game with 11 strikeouts and only five hits allowed.

The Bears wrapped

up the regular season this week with games against Inter-Lakes, Hopkinton and Franklin after deadline.

Forestview Manor
ASSISTED LIVING

FORESTVIEW MANOR PRESENTS:

AVOID THE CRISIS:

HABILITATION, A SUCCESSFUL MODEL OF CARE AT HOME AND ANYWHERE FOR PEOPLE WITH DEMENTIA

WITH MAL ALLARD, LICENSED NURSE & ALZHEIMER'S AND DEMENTIA CONSULTANT

Saturday, May 25th 2019
10:00 am

Join us for brunch as Mal Allard, founder of *Their Real World*, speaks about habilitative care tips for those living with Dementia, at home or anywhere!

Brunch will begin at 10:00 am
Presentation will begin at 10:30 am

Birchwood Building (Manor 2)
153 Parade Road
Meredith, NH 03253

Please RSVP with Leigh
603.279.3121
Leigh@forestviewmanor.com

This event is free! CEU's will be available!

I would be lost without her help. Her visits each week keep me going!

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