

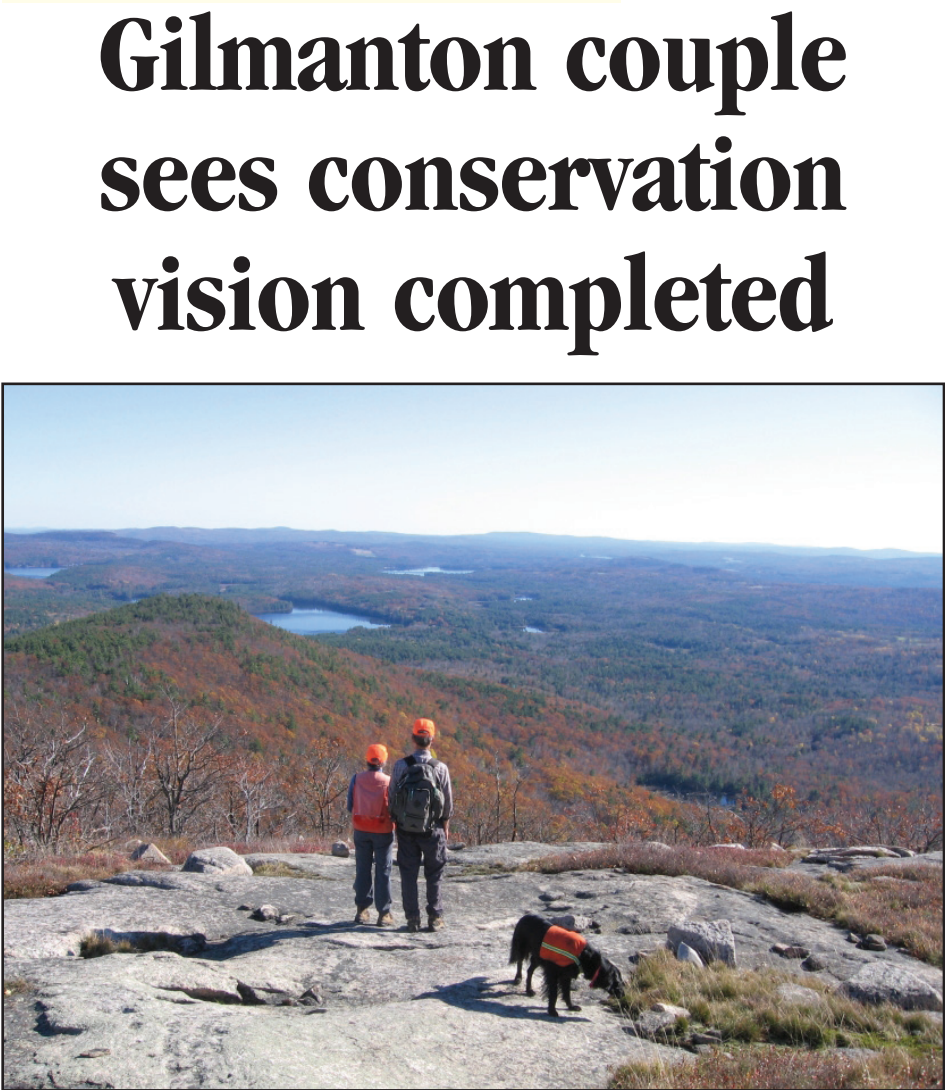
1825 Woodman Sanbornton Academy Building gets a facelift

SANBORNTON — T-Mobile awarded the Sanbornton Public Library and 24 other cities and towns a T-Mobile’s Hometown Grant Award! As a T-Mobile hometown grant recipient, the Sanbornton Public Library will receive a \$50,000 grant to restore 22 antique windows and install a mini-split for additional heating and cooling in the 1825 Woodman Sanbornton Academy building that houses the Sanbornton Public Library.

Library director Rebekka Mateyk wrote the grant and submitted support letters from five local partners, and commented “The grant was submitted in December and we thank T-Mobile, the library trustees, the staff and our local partners for their contribution to the grant application, it was a team effort and we are thrilled to be able to restore the windows and make the Woodman Room available for community meetings year ‘round.”

T-Mobile Hometown Grants is just one of the many initiatives underscoring T-Mobile’s commitment to rural America. Beyond amazing deals on plans and new devices, the Un-carrier’s unleashed a new broadband service available to millions of rural households — T-Mobile Home Internet.

SEE FACELIFT, PAGE A9



GILMANTON — In 2006, Charlie and Nanci Mitchell permanently protected 664 acres in the Belknap Mountain Range by placing two conservation easements on their land in Gilmanton and Gilford. The couple donated one easement on a 304-acre portion of Swett Mountain Forest, where they lived, to the Society for the Protection of New Hampshire Forests, and the Forest Society was able to purchase a conservation easement on the Mitchells’ 360-acre Durrell Farm tract, thanks to a generous bargain sale. Now, 15 years later, the couple has donated a conserva-

tion easement on the last 40 acres in their ownership to the Forest Society.

“We think of the approximately 40-acre addition to the 664 acres we conserved in 2006 as a vision completed,” said Charlie and Nanci Mitchell. “We have always wanted to conserve all our land in Gilmanton and now we have realized that dream. This land was special to us from the moment we acquired it. The land is especially valuable to larger mammals who live there, the numerous songbirds, as well as whip-poor-will and woodcock. There are two perennial streams and

NH Veterans Home receives \$16,000 from Eversource

TILTON — Eversource representatives recently visited New Hampshire Veterans Home (NHVH) veterans and staff to personally discuss their \$16,000 donation to the state’s long term care community for veterans. The Home utilized the donation to purchase items from their wish list chosen by Eversource, including a motorized therapeutic exercise cycle, wheelchair accessible patio swing for two, wheelchair accessible garden planters, and display cases for veterans’ art and military memorabilia.

The donation, a collaboration between the NHVH and Eversource’s New Hampshire Veteran’s Business Resource Group (NHVBRG), fulfills resident wishes of items that will bring years of enjoyment to the Home’s veterans, family members, volun-

teers, and staff.

“We are very grateful for Eversource’s generous \$16,000 donation that facilitated the purchase of a variety of wish list items,” commented Kimberly MacKay, NHVH Commandant. “The most

SEE EVERSOURCE, PAGE A10



NHVH Resident David Richards (left) with his son Jay Richards, Eversource P&C Design Engineer.

Middle School teachers receive free books for their classroom libraries!



REGION — The Raven Gael Blaisdell Foundation, a non-profit organization whose mission is to encourage youth in the area to embrace reading and explore all of literature’s wonderment and joy, has supplied all teachers in Kindergarten through eighth grade with 10 free books for their classroom libraries. On Wednesday, Brittany Shanahan from the Raven Gael Blaisdell Foundation brought the last set of classroom books to Winnisquam Regional Middle School.

The Raven Foundation’s donation of books is aimed at helping teachers enhance their classroom libraries and provide students with more opportunities to read and learn. By providing teachers with these resources, the foundation hopes to encourage a love of reading and promote lifelong learning among students.

“We are thrilled to support the teachers and students of Winnisquam School district by providing them with these books,” said Brittany Shanahan, a representative of the Raven Gael Blaisdell Foundation. “We know that access to books is crucial for academic success, and we are proud to play a small part in helping these students achieve their goals.”

The Raven Gael Blaisdell Foundation is committed to supporting education in communities throughout the region. By providing free books to teachers, the foundation hopes to foster a love of reading and learning that will last a lifetime.

For more information about the Raven Gael Blaisdell Foundation and its programs, please visit <https://rebrand.ly/RavenGBF>.

Greater Lakes Region Children’s Auction awards \$525,000 to 60 nonprofits

L A C O N I A — T h e Greater Lakes Region Children’s Auction (GLRCA) last week distributed \$525,000 in grants to 60 area nonprofit organizations at a luncheon event at the Huot Career and Technical Center that also included a workshop on digital marketing.

The 60 nonprofit leaders gathered their checks during the meet-and-greet event that also offered lunch prepared by students at the center and the half-hour marketing presentation.

Corina Locke, the creative director of Snap-Root Creative Digital Marketing, an agency that collaborates with the Auction, offered the talk on how nonprofits can use an online software graphics program called Canva to enhance the posting they are doing on social platforms like Facebook.

“We were glad to see everyone enjoying their meal and feeling grateful not only for their grant but for the chance to network with other nonprofit leaders and to learn from Corina,” said Jaimie Sousa, Chair of the Auction board. “It was a great opportunity to get everyone together.”

Grants will be used by the local nonprofit organizations to fund wide-ranging programs that support local children and families in need. These programs address needs that are



Nonprofit attendees pose for photos with Greater Lakes Region Children’s Auction board members.

COURTESY

vital to the well-being of children in our communities, including food and housing insecurity and related emergency assistance; afterschool programs, recreation, education and the arts; childcare and related family resources; and healthcare, including victim outreach and support and preventative health and wellness training.

The Auction had \$686,398 in requests in 2022 from 65 nonprofits and awarded \$525,000 to 60 agencies. For specific distribution information, visit <https://www.childrensauction.com/>

[whereourmoneygoes](https://www.childrensauction.com/whereourmoneygoes).

Sousa is pleased with the 2022 Auction results, and commented “In 2020 and 2021, while still impressive, our fundraising was impacted by the financial pressures of the pandemic. I am beyond thrilled to see the

Auction emerging stronger than ever with a new fundraising record set in 2022,” she said. “These funds are significantly improving the lives of local children by ensuring their basic needs are met, and they have opportunities to thrive. There are so many people from the Lakes Re-

gion and beyond that made this possible, and we cannot thank you enough for your generous contributions.”

Sousa also thanked the Auction’s board’s Distribution Committee, which reviews all the grant applications and makes recommenda-

tions on funding.

“We are so lucky to have a group of truly dedicated community volunteers who carefully review every application to ensure that we are best meeting the requirements and wishes of the children in need in our local communities,” said Cindy Hemeon-Plessner, chair of the Distribution Committee. “Because of the committees’ strength with problem solving, analysis, empathy and community awareness, we are able to ensure all who donate, bid and volunteer that the funding is being spent wisely.”

The next round of grant applications will be due by Oct. 15.

For more information about the GLRCA application and funding process, visit www.childrensauction.com/applyforfunding.

In the past 41 years, the Auction has distributed \$8 million to nonprofit organizations in the community.

Learn more about the Auction at www.childrensauction.org, or follow the Children’s Auction on Facebook, Instagram, Twitter, or LinkedIn.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 6-13.

Christopher W. Crowley, age 50, of Tilton was arrested on March 7 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Roland J. Gagne, age 26, of Northfield was arrested on March 10 in connection with multiple bench warrants.

Robert Leroy Clark, age 46, of Belmont was arrested on March 11 for Obstructing Government Administration. Leslie M. Clark, age 37, of Laconia was arrested during the same incident for Operating After Certification as a Habitual Offender and Obstructing Government Administration.

Mary Beth Roy, age 48, of Laconia was arrested on March 13 in connection with multiple warrants.

L A C O N I A — The Belknap Mill is pleased to offer expanded textile education classes. Intermediate knitting classes will be Thursday mornings 9:30-11 a.m. starting March 23. Beginner Crochet classes will be held Wednesday evenings 6-7:30 p.m. starting April 5. All classes are held at the Belknap Mill. The cost is \$80 for a six-week session. Registration details can be found at www.belknapmill.org/textile.

Knitting is taught by Beth James. Her grandmother placed her first pair of knitting needles in her hands at age 8 and it was love at first stitch. Over the years, she has expanded her love of fiber to include hand spin-

Textile Arts at the Belknap Mill



ning yarns and dyeing her own textiles. Monday afternoons, she can

be found spinning wool or knitting at the Mill.

Crochet is taught by

Kristen Morrill. She and her family recently moved to New Hampshire, and prior to Covid, she had never held a crochet hook. Morrill loves to share crocheting with others and looks forward to teaching at the Belknap Mill.

For information about textile arts or other events at the Mill, visit

www.belknapmill.org.

Tilton man sentenced to 12 years for drug and firearm offenses

C O N C O R D — Jarred Stottlar, 43, of Tilton, was sentenced to 144 months of imprisonment today for possessing with intent to distribute methamphetamine and possessing a firearm in connection with a drug trafficking offense, United States Attorney Jane E. Young announced.

According to court documents and statements made in court, during an investigation law enforcement learned that Stottlar was dealing in significant quantities of methamphetamine. Police executed searches and

seized over approximately 1.6 kilograms of methamphetamine and 11 firearms, several of which were stolen, from Stottlar. Law enforcement also recovered more than \$100,000 from the defendant. Stottlar was arrested on federal charges on June 9, 2020 and has been detained since then.

“The defendant, armed with firearms, trafficked methamphetamine into our communities for profit,” said U.S. Attorney Young. “The sentence imposed by the court today demonstrates that such criminal activity will

not be tolerated and will result in more than a decade of incarceration. Working with our law enforcement partners, this office will continue to actively prosecute armed criminals who traffic dangerous drugs into our communities.”

The case was investigated by the Drug Enforcement Administration, with assistance from the Tilton, Franklin, and Sanbornton Police Departments. It was prosecuted by Assistant U.S. Attorneys Anna Krasinski, Alexander S. Chen, and Seth R. Aframe.



FREE CHILDHOOD SCREENING

The Littleton School District (SAU 84), is excited to announce a **FREE** childhood screening on Friday, May 12th for children between the ages of birth and 5 years of age residing in Littleton, NH.

This free screening will be held at Lakeway Elementary School.

Childhood specialists will be available to screen:

- Speech and Language Skills
- Motor Skills
- Academic Skills
- Hearing and Vision Screening

The Littleton School District hopes that, through this screening, children in need of any type of early childhood educational services can be identified and receive the support they need.

Appointments will be taken starting **Monday, April 17th through Friday, April 28th**. You can call Lakeway Elementary School at (603) 444-2831 between the hours of 7:30 am - 3:00 pm and schedule an appointment with the Mildred C. Lakeway Office Staff.

If you have any questions about this FREE childhood screening, please call Jess Bisson, Preschool Coordinator at (603) 444-2831.

For Advertising Information
Call 603-279-4516
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April brings changes to Belmont Public Library

“April hath put a spirit of youth in everything.”

— William Shakespeare, “Sonnet XCVIII”

BELMONT — With April muds come a growth of new life and new beginnings! For the Belmont Public Library, April will also bring upon changes and new offerings.

Belmont Public Library is excited to be offering some Tech Help during the month of April on Friday mornings from 10 - 11 a.m. Our dear trustee and friend of the library, Jessica, will be here to help answer any technology questions our citizens may have.

National Library Week is April 23 - 29, which coincides with spring vacation week. The library will be hosting a “Spring Fling” and each day is a different theme. Keep an eye out for more information and the schedule of daily events. Weather permitting, a new Storywalk will be put up on the Village Spur Rail Trail behind the Library starting April 17.

The Library’s Youth Services is planning a busy spring and kick off to summer and the summer reading programs. Mondays will be rhythmic with a new day and time for Musical Munchkins - 10 AM every Monday. Teen Tuesdays will concentrate on the teen & tween patrons: a new program each Tuesday afternoon with the following setup: Rhyme & Reason - a poetry group (April 4); Innovation Station - S.T.E.A.M. group (April 13); Young Ink - a new writing club (April 20); and lastly Crafternoon - a crafting group (April 25). Wednesdays are reserved for the wee little ones and writing. StoryTots, a story time for ages birth to preschool, will now meet on Wednesdays at 10 a.m. Miss Rebecca’s Cursive Club, a handwriting group, will meet every other Wednesday at its new time of 4:30 p.m.!

If you are “Thinking” of venturing to the library on a Thursday, maybe join a book club or teen club. Great Stone Face (GSF) Book Club will now meet the first week of the month at 3 p.m., offering book selections for our middle school patrons. Isinglass Flume (I.F) Book Club will now meet the third week at 3 PM offering book talk selections to patrons in the high school grades. Round out the month with Teen Advisory Club (TAC) on April 27 at 3 p.m. – a place where teens & tweens can come talk about upcoming programs, materials, or books that they would like to see here at the library.

Finally Film Fridays will be every week at 3PM. We will be starting this weekly kick off by showing the greatest films from the 1980s. Any questions, feel free to contact Rebecca at 603-267-8331 or youthservices@belmontpubliclibrary.org.

Belmont Public Library offers two adult reading groups. Miss Rebecca hosts Tea and Tales Book Group on the second Thursday of each month at 5 p.m. In April, her group will be meeting on the 13th to discuss Louise Erdrich’s “The Sentence.” Eileen hosts Friday Fiction on the third Friday of each month. Her group meets on April 21 at 10:30 a.m. to discuss “An Elderly Lady is up to no Good” by Helene Turston. Copies of both book selections can be found on the main level of the library or through the library’s ebook services. Even if the meeting times are inconvenient, you can read along. If you want to participate remotely, contact Rebecca or Eileen at circulation@belmontpubliclibrary.org.

Our Watercolor Group is continuing to grow like spring flowers. The group has been busy working on shading and creating still life watercolor pieces. Want to join but don’t know where to start? Bring your ideas and use our supplies Mondays at 2 p.m.

Currently working on a fiber arts project and want to bounce ideas off of other crafters? Join staff and other patrons on Wednesday mornings at 10 a.m. for a laidback hour of fiber arts crafting. Bring a knitting, crochet, or cross-stitch project you are working on or try one of our Take Home Kits for a new idea. Both groups are self-guided with experienced advisors on hand.

Summer reading begins June 26! This summer’s reading program theme will be announced at our kick off party. In the meantime, Miss Rebecca is busy planning all the small details that go into summer reading activities. What do you think this year’s theme will be?

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. It’s our 95th year in the building, and our 130th serving the Belmont community.

Ducks Unlimited Committee sets dinner date

FRANKLIN — The Daniel Webster Chapter of Ducks Unlimited will hold its thirty fourth annual dinner banquet auction on Saturday, April 15 at 5 p.m. at The Lodge of Elks in Franklin at 125 South Main St. James Cropsey is Area Chairman this year. Nearly 6,200 local Ducks Unlimited fundraising events throughout the country contribute towards Ducks Unlimited’s national fundraising effort achieving 88 percent efficiency, resulting in 88 cents of each dollar raised being spent on wetland acquisition or improvement.

Each year, the United States loses some 140,000 acres of wetland habitat. Since its inception, Ducks Unlimited has raised over one billion dollars and enhanced and restored nearly 15 million habitat acres, encompassing over 15,000 wetland projects, in an effort to reverse this destructive trend. About 0.39 metric tons of carbon is sequestered each year on average on each acre of prime wetlands helping to alleviate the effects of Global Warming. DU’s projects provide habitat for over 600 wildlife species, including ducks, geese, and endangered or threatened species like the whooping crane and bald eagle.

While Ducks Unlimited has accomplished a great deal since its founding in 1937, the rapid draining of our wetlands demands that the organization continue to accelerate its work. Efforts like those of the Daniel Webster Chapter are a vital part of Ducks Unlimited’s efforts.

Order your tickets today! Dinner tickets cost \$85 for an individual and \$110 for a couple while youths under 18 years of age are \$50. All attending youths win prizes. Sponsor tickets are \$290 for an individual ticket. Sponsors will have a one in five chance of winning a gun of their choice from a vast selection. Sponsors need not be present to win. New this year is the Table Captain, buy any eight dinner tickets and receive a Wrangler Revolver! Buy your tickets before 25 March and take \$5 off per ticket, cash or checks only. To purchase tickets or for information on how you can support Ducks Unlimited’s program of wetlands conservation, contact Steve Saulten at 603 289-2109 or Jim Cropsey at 603-286-9633. You may also order online at www.ducks.org.

Celebrate the best of Boston comedy at Franklin Opera House



Rob Steen, Jody Sloane and Frank Santorelli

FRANKLIN — Franklin Opera House presents Best of Boston - Comedy Night featuring Frank Santorelli with Jody Sloane and Rob Steen Saturday, April 8 at 7:30 p.m. Reserved Seating and tickets are selling fast! Visit www.FOHNH.ORG Adults \$20 Seniors \$18.

Frank is an Italian-American who is best known for playing the recurring role of “Georgie the Bartender” in The Sopranos. Frank is also well known for his star role in The Godfathers of Comedy. Frank has starred in numerous movies, including No Reservations, Meet the Parents, Jonny Slade’s Greatest Hits and Crooked Lines. Nationally known in more countries than Slovakia, Santorelli has been a headliner at some of the world’s most famous comedy clubs, with venues such as Catch a Rising Star, The Improv, and Caroline’s on Broadway. In addition to his appearances on the big screen (he needs one), did you know that Frank Santorelli has appeared on over 21 television shows besides The Sopranos where he plays

the lovable character of “Georgie, the Bartender?” Frank has also done commercials for some of our favorite products, Olive Garden, Coor’s Beer, and McDonald’s.

Four years ago, Jody Sloane took a “stand” bringing her act to venues throughout New England. She has been a three time contestant in the Boston Comedy Festival and Finalist in the Funniest Comic in New Hampshire Contest. Impishly perverse, her style is thoughtful, yet edgy; touching on age, divorce, and being raised by wolves. She’ll have you convinced that in the darkest corners of truth is comedy.

Rob Steen’s act is fresh and always different. He has a gift for working the crowd into his act and taking them on a ride into his offbeat world!

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Here comes the sun, and I say it's all right

After a long (and, we think, mild) winter, warmer, longer days are finally here. As the official first day of spring arrived on March 20, we're noticing people have more of a pep in their step. A refreshing sight! While each season has its own perks, there is something about spring that seems to surprise us each year. We re-acquaint ourselves with our yards as they slowly reveal themselves as the snowbanks melt away. Muddy grass has never been a kinder sight. Over the past few weeks, the common chatter has been about baseball, track, softball, springtime fitness goals, gardening, hiking, you know the usual. This week we reminisced about old April Fool's Day pranks in the office. Tacks on seats, the soda bottle filled with water sitting on top of a door waiting to be opened in order to drench an unsuspecting individual, saran wrapped cars, fake lottery winnings, fake wedding proposals and lost wedding rings to name a few. Stunts to make Larry, Moe, and Curly proud. With spring, of course, comes spring fever. In modern times, this is a semi-positive term, however back in colonial times, 'spring fever' referred to the poor quality of health everyone was in, after sustaining a winter without fresh vegetables and proper diet. Today's 'spring fever' will have children restless, new romances transpire and people attacking their homes with dust cloths and Windex. Experts say the changes that a person goes through during the springtime are due to hormonal changes in the body. During the winter months, the body secretes a large amount of melatonin, (the sleep hormone). The presence of more sunlight in spring sends the body a message to stop producing as much melatonin. This causes folks to be more awake. Add this to the uptick in your serotonin levels due to the sunlight and you will not only be awake but enthusiastic. Interesting to note is that during the springtime the body becomes more susceptible to illnesses. Way back when, scurvy outbreaks always occurred during this time of year as did rubella and measles. Doctors note that in spring, gout, a condition that affects joints, peaks in individuals. Because there are more allergens in the air, you will see more cases of rosacea and other skin irritations on the rise. During our research, we did notice that the mud wreaked havoc on our ancestors more than we've ever given a second thought. An excerpt from a 1929 newspaper based in northern New England read, "Easter Sunday was the one best weather offering of the week, although the season is much further advanced than last year. There is very little snow anywhere. There is an abundance of mud on the gravel or dirt highways. It is an unmentionable condition. Teams of horses have been on duty at Riverton to aid helpless motorists." We just love the fact that horses had to come to the rescue of motorists who could not make it through 'unmentionable conditions.' We encourage everyone to spend as much time outdoors this spring. Get back to basics, back to nature, keep things simple and pick up an old hobby you have abandoned but have been meaning to reconnect with, life is meant to be fun.



DONNA RHODES

Tilton employees recognized for outstanding service

Before the Tilton Town Meeting got underway last Saturday, the selectmen took a few minutes to present two special awards. First up was Select Board Chair Scott Ruggles, who congratulated the Tilton Department of Public Works Director Kevin Duval for his dedication in not only maintaining all town equipment, supporting his staff and recruiting qualified new employees, but in keeping the roads safe, especially during the March 14 snowstorm on Town Election Day. In appreciation of his hard work, Duval was given the 2023 Employee Community Service Award. Selectman Pat Consentino then called resident Chuck Drew forward to receive the Special Recognition Award given each year to a resident who has gone above and beyond to better the community. Consentino read off numerous contributions Drew has made to the area through Rotary, youth athletic programs, holiday parades, his family's Fourth of July community celebration, Movies in the Park, senior projects, food and gift basket distributions for the TNS Santa Fund, and the implementation of the Every Child is Ours program, providing food for children in need. "This is just a thumbprint of all Chuck (and his wife Lisa) have done over the years," said Consentino.



LETTERS TO THE EDITOR

I have confidence in Franklin's Police Chief

To the Editor:

My name is Christine Dzujna of Ward I. I am a member of the Planning Board, a Superintendent of the Check List, a Director of the Drug Force, and a Trustee of our public library. I am also a member of Franklin's Business and Professional Women, and have worked in our school system for nearly 17 years.

I mention these commitments because they are relevant to my total confidence in our Police Chief, David Goldstein, and in his department.

I have been on the Drug Task Board for three years, and have worked with Chief Goldstein on many projects to educate both our children and the citizens of Franklin on the consequences of substance abuse. Part of our job is to be out in the community to support the city's events such as community day, national night out, drug take back day, Fall festival and the holiday stroll. There has never been a time when Chief Goldstein and his staff were not in complete support of these events.

I have been a library trustee for several years. One of our meeting's discussions included how to make our library friendlier and safer inside and out. We asked Chief Goldstein if one of his staff might join our meeting to discuss safety issues for children and citizens of Franklin. The Chief sent Lt. Poirier, who was accommodating and gave us good solid information and reminded us that he and his co-workers are always willing to come and help.

at the elections. This assignment cannot be as stimulating as others, but they do it and they do it well -- keeping in mind the safety of all who enter the various election sites.

One of the many projects that the BPW conducts is a day camp for high school girls. This camp is about teaching them real life experiences by conducting a reality store in which they travel from event to event to see what it takes to live for a month. In addition to the reality store, we start the day with a keynote speaker. This year our speaker is Police Officer Tracy. She has agreed to speak on what made her become a police officer and what her daily duties consist of. In addition, we asked Chief Goldstein if he would share with our high school students his course on self-defense and without hesitation he said yes.

Finally, for the time I spent in the school system, I have never felt unsafe. Our police department has always been there for the children and they always come with a smile. When times are tough, and the children are having a hard time, they help. When times are tough and the staff are having a hard time, they help. When times are tough and there's a threat, they show up -- completely.

For these reasons, I am without hesitation confident in police chief, David Goldstein, and in his department. I thank them for all they do for the city of Franklin.

Christine P. Dzujna
Franklin

As Superintendent of the Checklist, I have never known the police officers to complain about being

The far right, Rupert Murdoch, and the John Birch Society

To the Editor:


Yes, Fox News promotes the far right. Founded in 1996 by Rupert Murdoch, Fox boldly serves sensationalism. Murdoch (now 92), just out of college, "briefly worked as an editor on Lord Beaverbrook's London Daily Express, where he first gained practical experience in the sensationalist journalism that would be a major influence early in his career as a

publisher." (Encyclopaedia Britannica)

I pair this up with a new account of the John Birch Society, "Birchers: How the John Birch Society Radicalized the American Right," by Matthew Dallek. Birchers despised "not just liberals but also mainstream conservatives . . . they were especially disgusted by President Dwight D. Eisenhower, a moderate Republican." In the "late 1960s Birchers thrived on discord and menace." Doesn't that sound like the dangerous and complex pickle we are in right now? Our Republican party (maybe not those still-registered-as-party voters) aims to be belligerent. The worst of them welcomed and cover for the armed insurrectionists that attacked our seat of government, House members and Senate at their work, on Jan. 6, 2021.

Is today's Republican party increasingly contemptible of voting rights and citizen needs, except for those of their own voters? Big question. Elephant in the room.

Sincerely,
Lynn Rudmin Chong
Sanbornton



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Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

The wisdom of Sun Tzu

Unforeseen events can shake our world to the core, leaving us scrambling. COVID-19 lockdowns caught us off guard and demonstrated that even the most meticulous planning could not prepare us for the unprecedented.

While news of the outbreak surfaced months before it reached the USA, many of us remained ignorant until it disrupted our daily lives. It is a stark reminder that life can take unexpected turns, and we must learn to adapt in the face of uncertain-

ty. Rare but catastrophic events can occur, and taking precautions is essential.

Over time, I've seen pursuing my goals as a battle I am committed to winning.

The ancient book, "The Art of War," by Sun Tzu, says: "The general who wins the battle makes many calculations in his temple before the battle is fought. The general who loses makes but few calculations beforehand."

This quote suggests that those who prepare for various potential sce-

narios will emerge victorious, while those who plan for only one scenario will fail.

It's good to recognize that in order to accomplish our goals, we may need to navigate numerous challenges and obstacles along the way. In other words, success may require us to dodge many bullets.

I run a tech startup and also have friends and acquaintances that work in the tech startup world. One close friend called me in tears because his startup lost all its money last week. Their money was deposited in Silicon Valley

Bank (SVB). There are talks of bailouts, but at this time, there are still questions about how much of their deposit is protected.

I've been accused of pessimism when discussing preparations for every scenario. Still, I like to say, "Is it negative thinking to see the Hurricane coming, ensure your house is boarded up, and have extra water and food?"

"In peace, prepare for war," said Sun Tzu.

Is there any preparation that could have been made to prevent the loss of their money? That's

tough because if you cannot trust the banks, what are you supposed to do, throw \$10 million under your mattress?

To prepare for such a scenario, you'd have to come to the opinion that we are in economically uncertain times.

As my startup gains more investors, putting all the money in one bank may not be the best idea. As volatile as it is, I am inclined to put some into cryptocurrencies, some into cash, and maybe even into gold and silver, and the rest spread out into multiple banks.

You must build your dreams on a solid foundation, or they can all be blown away when the storms of life arrive.

Sun Tzu said, "Every battle is won or lost before it is ever fought."

Observing my father in business taught me a great deal about preparation. While he was a highly successful businessperson in many respects, I learned the most valuable lessons by watching him navigate his failures and setbacks.

I've thought a lot about one circumstance where he partnered with a close friend of his from Canada in a new business venture. While things started off promising, it wasn't long before the partner's true colors were revealed. He embezzled nearly a mil-

lion dollars, leaving my dad reeling and realizing he had been caught off guard.

It's a cautionary tale that underscores the importance of always having safeguards and precautions, even with close friends and business partners.

A crisis could come at a moment's notice. We never know what life will bring.

"Plan for what is difficult while it is easy." — Sun Tzu

A fine line separates preparation and paranoia - it's essential to be ready for anything, but not at the cost of our mental well-being. Making preparations shouldn't lead us to believe that the worst-case scenario is inevitable.

Having a positive mindset in the face of potential trouble is everything. Hardship will come, but you must know in your heart and mind that you have what it takes to overcome it.

Preparing for the worst-case scenario is not a sign of pessimism — it's a necessary aspect of achieving success in the face of unexpected challenges.

Stay informed, prepared, and optimistic; embrace the unknown, and make the most of every opportunity!

LETTERS TO THE EDITOR

Winnisquam's CTE program needs your support

To the Editor:

At 9 a.m. on Saturday, March 25, the annual Winnisquam School District meeting will be held at Winnisquam Regional High School. One of the main items voters will be asked to decide on is the new Career and Technology Education (CTE) program. This program will be able to offer students career training options in the fields of Precision Manufacturing and Cosmetology. These are both growing occupational categories, with well over 100 job openings each right now, right here in New Hampshire.

The district has requested a total of \$7,649,663 from the State of NH, enough to cover approximately 70 percent of the total cost of the CTE project and Ag Center renovations. On Wednesday, March 15, WRSD Superintendent Dr Shannon Bartlett received a call from Mark McConkey, Chair of the New Hampshire Capitol Budget Committee. The call was to inform the district that our project has been included in Gov. Sununu's Capitol Budget and "is strongly supported by committee members." This is great news and shows that the district has solid support from the State for the project.

To make this a reality, we need the support of the voters from Northfield, Sanbornton, and Tilton on March 25. Having attended many School District meetings, I realize they can seem long and tedious at times. However, if you do not attend, you cannot vote, and the students of our district, current and future, need your support. Even if you do not currently have a student in the district, many of you have grandchildren, nieces, nephews, younger siblings. It's up to us, the entire community, to come together and give our kids a chance at a great opportunity. Not just a one time chance, but a great

set of programs that will be around for many years to come, paying dividends back to the towns in the form of helping our young people get marketable skills that will lead to good jobs.

Two concerns I have heard from voters center around cost and whether our students have the ability (particularly in the areas of math & science) to make it through these types of programs. As for cost, as we have seen, the district has an excellent chance to have up to 70 percent of the total cost for the project covered by State funds. It is true that the remainder of the initial cost will come from the towns. It is also true that you do not get something of value for nothing. It would be tragic for our kids if we, as a community, walk away from the funding the State can make available. As for the contention that the kids in our district lack the ability to handle required science/math curriculum, I find myself in firm agreement with the sentiments expressed in a letter to the editor of this paper last week by Mr. Paul Blaisdell, from Northfield. While many young people chafe initially at math, feeling "why learn this? I'll never use it," I have seen that attitude turn 180 degrees around when that same young person is incentivized by a meaningful opportunity. It happened to me as a young man, I have seen it happen in my own family. Attitudes change when people find the change is relevant and important to them. There is nothing inherently lacking in our kids. Many are just waiting for the right opportunity to fire their interest. Let's give them something to get fired up about on March 25.

Ernest Roy
Winnisquam Regional School Board
Northfield

CTE program will address our region's lack of skilled technicians

To the Editor:

As a senior member of the engineering staff at a central New Hampshire design and manufacturing firm for high tech high temperature equipment sold worldwide, I have witnessed and experienced the acute lack of skilled technicians with mechanical and electrical aptitude within the employment pool. This deficit was exacerbated when vocational and technical programs in local colleges were eliminated and the available educational opportunities reduced. This has diminished the pool of skilled apprentices and technicians, and has certainly impacted my company's ability to do business not just in New Hampshire or the Northeast but internationally as well. We now have the ability to impact this problem with the new Career and Technology Education program being proposed at the Winnisquam Regional High School.


This regional program will include a Precision Manufacturing program which will prepare students for work in the aerospace industry, as well as others, so prevalent in our area as well as R&D programs throughout the US. I am presently training technicians to install and maintain our equipment at companies such as Triso-X, OSRAM, GE, Wolf-speed, Teledyne, NASA Langley, Lockheed Martin, Oak Ridge, Argonne and Los Alamos National Labs, and global manufacturers such as KEMET and Kyocera AVX and the unfortunate fact is that we are accessing an employee pool from southern New Hampshire and northern Massachusetts when we could be offering these high paying positions to young adults from Central New Hampshire. Let's offer our children the same benefits and opportunities as those in southern New Hampshire.

There is complete public presentation on Thursday, March 23 at 6 p.m. at the High School cafetorium; all are welcome to attend.

I strongly encourage each and every voter within the district to learn more of the financial and educational details by attending these public meetings and voting at the annual School District meeting on Saturday, March 25 at 9 a.m. at the Winnisquam Regional High School.

Paul M. Blaisdell
Northfield

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Edward Jones: Financial Focus

Time for financial 'spring cleaning'

Now that we've put winter behind us — at least on the calendar — it's time for us to think about sprucing up our homes, inside and out. But it also may be time to do some financial spring cleaning.

Some of the same ideas involved in tidying up your home can also be used to help put your financial house in order. Here are a few suggestions:


- Dust off your investment strategy. As you look around your home, you might find that many items — tables, desks, bookshelves, and computer and television screens — could benefit from a good dusting. And, once you've accomplished this, you'll get a clearer view of all these objects. Similarly, your investment strategy needs to be "dusted off" every so often, so you can see if it's still working to help you move toward your financial goals, such as a comfortable retirement. Over time, your personal
- De-clutter your portfolio. if you took a survey of your home, would you find duplicates or even triplicates of some things — brooms, vacuum cleaners, toasters, and so on? If so, it may be time to do some de-cluttering. And the same could be true of your portfolio — you might have several identical, or substantially identical, investments taking up space. If so, you might want to replace these redundancies with investments that can improve your diversification. While diversification can't guarantee profits or protect against losses in a declining market, it may help reduce the impact of market volatility on your holdings.
- Get organized. If your closets are overstuffed, with clothes and miscel-

laneous items crammed on shelves and the floor, you may well have trouble finding what you're looking for — but with a little straightening up, your searches will become much easier. And when you're trying to locate financial documents, such as investment statements or insurance policies, you'll also benefit from having everything organized in one central location. Even if you get most of these documents online, you can save what you need and keep them in a file on your desktop, laptop or tablet. (And it's also a good idea to tell your spouse, adult child or another close relative how these documents can be accessed, just in case something happens to you.)

- Protect yourself from dangers. If you look around your garage, shed or other storage area, you may well find some ob-

jects — such as gardening tools, paint thinners, engine fluids and leaning ladders — that could be dangerous if they aren't stored properly. As part of your spring cleaning, you'll want to remove these hazards to safeguard yourself and your family. But have you addressed the various financial risks that could threaten your loved ones? For example, if something were to happen to you, could your family members maintain their lifestyle? Could your children still go to college? To guard against this risk, you may want to discuss protection strategies with a financial professional.

Spring cleaning can pay off — in a cleaner, safer home environment and in helping ensure your financial strategy continues to work hard for you.



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

Youth hoop players do battle in Francouer/Babcock Memorial Tournament



All-Tournament honorees in the Francouer-Babcock Memorial Tournament. Back row (l to r), Alexander Thompson, Mia Williams, Cooper Mousseau, David Brooks, Nathan Greeley, Owen Phillips and Penny Flanders. Front row (l to r), Owen Poole, Dylan Cook, Cole Desjardins, Natalie Allen and Samantha Bonnett.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The annual Francouer/Babcock Memorial Basketball Tournament took place March 9-12 in Gilford featuring teams from Gilford, Sanbornton, Franklin, Lou Athanas of Laconia and Gilmanton.

In game one on March 9, Sanbornton beat Gilford in the junior division by a 28-25 score. For Sanbornton, Noah Potter had 12 points and Noah Robinson had 11 points, while Dylan Cook at 11 for Gilford and Jameson Halligan had 10. Hustle Awards were presented to Robinson and Halligan.

In the next game, Lou Athanas beat Franklin in junior division action 26-19. For Lou Athanas, Landon Noyes had eight points and Emmett Lasata had six points, while Tanner Berman had eight points and Giovanni Gamari had five for Franklin. Hustle Awards were presented to Noyes and Berman.

In Thursday's final game, Gilford defeated Gilmanton 26-5 in the senior girls' division. For Gilford, Addi Hodson and Briella Prescott each had eight points while for Gilmanton, Aubrey Bruneau had three points. Hustle Awards were presented to Taylor Marsh of Gilford and Alexis Perry of Gilmanton.

On Friday, March 10, Lou Athanas defeated Franklin in the senior girls' division by a 28-16 score. Mia Williams led Lou Athanas with 10 points and Guliahna Weeks had eight points while Cyra Wyatt and

Taylor Croteau each had eight points to lead Franklin. Saniya Matthews of Lou Athanas and Franklin's Wyatt were presented Hustle Awards.

In senior boys' division action, Gilford defeated Sanbornton 48-23. Sammy Worthen led Gilford with 16 points and Thomxas Southworth had 11 points while for Sanbornton, Evan Cote had 14 points. Worthen and Cote were presented with the Hustle Award.

In Friday's final game, Lou Athanas defeated Gilmanton 40-5 in senior boys' division action. Nick Kercheval-Behan led Lou Athanas with nine points and Micah Choice and Logan Treffrey each added six points while Damon Cottrell finished with five points for Gilmanton. Lucas Blais of Lou Athanas and Jackson Shirley of Gilmanton each earned the Hustle Award.

On Saturday morning, Gilford defeated Franklin in the junior division consolation bracket by a 50-16 score. Deacon Flanders led Gilford with 18 points, Cook had 14 points and Halligan added eight points. Cole Desjardins had seven points to lead Franklin.

In the junior division winners' bracket, Sanbornton defeated Lou Athanas 25-17. Robinson, Jackson Evans and Alexander Thompson each led Sanbornton with six points while Nathan Greeley led Lou Athanas with six points.

For the senior girls' division consolation bracket, Gilmanton defeated Franklin 18-9. Ro-

salyn Rogers led Gilmanton with eight points and Aubrey Bruneau added six points, while Wyatt had five points for Franklin.

In the winners' bracket for the senior girls' division, Gilford defeated Lou Athanas by a 35-12 score. Penny Lewis led Gilford with 16 points and Addi Hodson added nine points. Williams and Matthews each had four points for Lou Athanas.

For the boys' division consolation brackets, Sanbornton defeated Gilmanton 36-19. Cote had 10 points for Sanbornton and Jack Colby added nine while Cottrell had 10 to lead Gilmanton.

In the winners' bracket for the boys' senior division, Gilford defeated Lou Athanas 39-37, with Worthen leading Gilford with 20 points and Southworth adding 11. Kercheval-Behan led Lou Athanas with 14 points.

In the junior division consolation bracket, Lou Athanas defeated Gilford 41-36. Noyes paced Lou Athanas with 14 points and Nathan Greeley had nine points, while Flanders had 15 points and Cook had 10 to pace Gilford.

In the consolation bracket for the senior girls, Lou Athanas defeated Gilmanton 21-12. Williams had nine points to lead Lou Athanas and Rogers had four to lead Gilmanton.

In Saturday's final game, Sanbornton de-

feated Lou Athanas 46-31 in the senior boys' consolation bracket. Cote had 15 points and Colby had 13 points to lead Sanbornton while Amare Durga, Manny Sosa and Cooper Mousseau each had six points to lead Lou Athanas.

On Sunday in the junior division finals, Sanbornton defeated Lou Athanas 41-37, with Robinson leading Sanbornton with 14 points and Potter pouring in 11.

In the senior girls' division finals, Gilford defeated Lou Athanas 35-22, with Penny Lewis with 12 points to lead Gilford and Marsh adding nine, while Williams had 10 points to lead Lou Athanas.

In the senior boys' division final, Gilford defeated Sanbornton 43-34. Worthen had 16 points and Southworth added 12 to lead Gilford while Owen Poole had 14 points to lead Sanbornton.

Final standings in the junior division had Sanbornton winning, Lou Athanas second, Gilford third and Franklin in fourth. In the senior girls' division, Gilford was first, Lou Athanas was second, Gilmanton was third and Franklin was fourth. In the senior boys' division, Gilford was first, Sanbornton was second, Lou Athanas was third and Gilmanton was fourth.

The Nathan J. Babcock Volunteer Award was presented to Sidney Bartlett while the Denise



Gilford and Lou Athanas do battle in a senior division boys' game in the Francouer/Babcock Memorial Tournament.



Gilford and Lou Athanas do battle in a junior division game in the Francouer/Babcock Memorial Tournament.

Soucy Memorial Coaches Award was presented to Marie Gambale of the Gilmanton senior girls' division team.

The Aaron Francouer All-Tournament Sportsmanship Team Awards are given to one player from each team in each division at the conclusion of the tournament.

Honorees for the coed division were Cole Desjardins of Franklin, Dylan Cook of Gilford, Nate Greeley of Lou Athanas and Alexander Thompson of Sanbornton.

For the senior girls' division, the honorees were Natalie Allen of Franklin, Penny Flanders of Gilford, Samantha Bonnett of Gilmanton and Mia Williams of Lou Athanas.

Honorees for the boys' senior division were David Brooks of Gilford, Owen Phillips of Gilmanton, Cooper Mousseau of Lou Athanas and Owen Poole of Sanbornton.

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

Partnership for Public Health invites community to 2023 Annual Meeting

LACONIA — The Partnership for Public Health is pleased to announce its 2023 Annual Meeting, which will take place on Thursday, April 6 from 2 to 4:30 p.m. at the Huot Technical Center in Laconia. The event offers an excellent opportunity for commu-

nity members and partners to learn about PPH and its work, including the latest public health initiatives in the region, as well as network with other local individuals. Registration is free and is now open on their Web site.

The theme of the

meeting will focus on Public Health and the Housing Continuum, building upon the well-attended forums held this past fall, as well as other public health initiatives in the Lakes Region, including substance use disorder prevention and mental health. Dr. Daisy Pierce, Executive Director from Navigating Recovery of the Lakes Region will be the keynote speaker of the afternoon, followed by a panel discussion of local public health professionals.

The meeting is free and open to the public. To register, please visit pphnh.org or call 603-

528-2145.

The Partnership would like to extend its thanks to its Partner Sponsors, The Bank of New Hampshire and the Franklin Savings Bank, for their support. Other sponsorship and donation opportunities are available. Please contact PPH to inquire.

PPH is a nonprofit organization dedicated to improving the health of individuals and communities in the Lakes Region. Its mission is to work collaboratively with partners to develop and implement effective public health strategies that promote healthy living and prevent disease.

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Franklin Savings Bank accepting applications for Fund for Community Advancement

FRANKLIN — Franklin Savings Bank is accepting applications for its Fund for Community Advancement, representing the 46th round of grants. All applications must be postmarked by May 30 for consideration and can be mailed, dropped off at any branch location, or emailed to mybanker@fsbnh.bank. Since 1997, the bank has awarded 248 grants totaling \$1,135,809 to community organizations and agencies throughout New

Hampshire.

The Fund for Community Advancement is very active in supporting a broad range of nonprofit community activities to include, but not limited to, economic development, affordable housing, education, health care, social services, environment, arts and humanities, human services, and programs or services addressing the needs of children, adolescents and single parent families. Also

of importance are programs and services that address the needs of low to moderate income families and individuals. Eligible organizations must be recognized as tax exempt under section 501(c)(3) of the Internal Revenue Code, or be a school, municipality or other subdivision of government. Typical grant awards are between \$1,000 to \$10,000.

Areas served by the Fund include Boscawen, Bristol, Franklin, Gil-

ford, Goffstown, Merrimack and Tilton. Support for projects in other surrounding communities may also be considered.

For more information on the FSB Fund for Community Advancement, please visit www.fsbnh.bank and select the “Community” tab. You may also contact Renee M. Baldini, Executive Assistant & CRA Officer, at 603-934-8327 or via email at Renee.Baldini@fsbnh.bank.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering an array of commercial lending, personal banking and investment services. The Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services

technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Visit fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, Twitter and YouTube.

New Horizons Band hosting “Music for Everyone” concert

MEREDITH — The New Horizons Band of the Lakes Region is proud to host the State-wide New Horizon Bands of New Hampshire “Music for Everyone” Concert on Saturday, April 1 at 4:15 p.m. at the Meredith Community Center, Meredith.

The New Horizons International Music Association “provides entry point positions to music making for adults, including those with no musical experience at all and also those who were

active in school music programs but have been inactive for a long period of time. Many adults would like an opportunity to learn music in a group setting similar to that offered in schools. The New Horizon Bands provide music instruction at all levels from beginner to advanced.

On April 1, this one-day event will begin with musicians in New Hampshire’s four bands meeting for the first time together to rehearse the afternoon’s concert un-

der the direction of Maria Isaak of Concord, Debbi Gibson of the Lakes Region, Donna Morse and Phil Crotto of Monadnock and Russ Grazier of Portsmouth.

Admission is by donations. Won’t you join us for a concert of good music amongst friends in music!! Information on the organization or to join the band can be found at newhorizons-lakesregion.org or follow us on Facebook.

Amanda Dunham of Northfield named to Champlain College President’s List

BURLINGTON, Vt. — Amanda Dunham of Northfield has been named to the Champlain College President’s List for the Fall 2022 semester.

Students on the President’s List have achieved a grade point average of 4.0 or higher during the semester. Dunham is currently enrolled in the major.

Making the President’s List is a tremendous achievement in any year. Many of the high

achievers balance their classes with serious jobs, internships, clubs, and volunteering, as well as a global pandemic. We congratulate you on this great accomplishment and honor.

Founded in 1878, Champlain College is a small, not-for-profit, private college in Burlington, Vermont, with additional campuses in Montreal, Canada, and Dublin, Ireland. From its beautiful campus overlooking Lake Cham-

plain, the College offers an innovative academic experience and more than 100 residential and online programs, including undergraduate and graduate degrees and certificates. Champlain’s distinctive career-driven approach to higher education embodies the notion that true learning occurs when information and experience come together to create knowledge. For more information, visit champlain.edu.

Trooper assaulted during DUI arrest

NORTHFIELD — On March 18 at approximately 2:10 a.m., Trooper Cotnoir of the New Hampshire State Police Troop D Barracks was monitoring traffic on Interstate 93. While doing so, he observed a vehicle traveling through the Canterbury rest area without any lights

illuminated and the vehicle came to a stop in the travel lane on the on-ramp returning to the mainline.

After stopping the vehicle, the trooper identified the operator as, Vanessa L. Hall, age 39, of Laconia.

After a roadside investigation, Trooper Cot-

noir placed Hall under arrest for driving under the influence. During the arrest, Hall resisted arrest and kicked Trooper Cotnoir in the hand.

Hall was transported to the Merrimack County House of Corrections in Boscawen, NH, where she was bailed and released on her own personal recognizance. Hall was charged with driving under the influence, assault on a police officer, resisting arrest, lights required, and stopping, standing prohibited. She is scheduled to appear in the Franklin District Court on April 10 at 8 a.m.

BURLINGTON, Vt. — Amy Keigwin of Sanbornton has been named to the Champlain College Dean’s List for the Fall 2022 semester.

Students on the Dean’s List have achieved a grade point average of 3.5 or higher during the semester.

Making the Dean’s List is a tremendous achievement in any year. Many of the high achievers balance their classes with serious jobs, in-

ternships, clubs, and volunteering, as well as a global pandemic. We congratulate you on this great accomplishment and honor.

Founded in 1878, Champlain College is a small, not-for-profit, private college in Burlington, Vermont, with additional campuses in Montreal, Canada, and Dublin, Ireland. From its beautiful campus overlooking Lake Champlain, the College offers

an innovative academic experience and more than 100 residential and online programs, including undergraduate and graduate degrees and certificates. Champlain’s distinctive career-driven approach to higher education embodies the notion that true learning occurs when information and experience come together to create knowledge. For more information, visit champlain.edu.

Ernest Thompson to appear at Belknap Mill tonight

LACONIA — Ernest Thompson will be at the Belknap Mill this Thursday, March 23 at 6 p.m. for a book discussion about his new book, Book of Maps. Innisfree Bookshop will have books available for purchase at the event!

The Book of Maps, with its powerful father-son relationship

and one man’s relentless albeit unintentional quest to evolve into the better angel we all aspire to be, will capture the imagination of readers and leave them wanting to relive this mad, irresistibly moving, ridiculously funny, reflective and inspiring cross-country odyssey again and again.



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5 signs it’s time to renovate



Homeowners renovate their homes for a variety of reasons. Renovations can increase the value of a property and make homes safer and more comfortable for their occupants. Improvements also can be made to stay current with the times or to give a home a new vibe.

Statista projects \$510 billion will be spent on home improvements in 2024. The home improvement market is generating significant revenue. In fact, nearly a quarter of Americans opting to renovate their homes will spend an average of \$10,000 on their projects. According to a Home Stars Renovation report, 8 percent of Canadian homeowners who have renovated have spent more than \$20,000 on a home improvement project.

Kitchens and bathrooms often get the most attention when it comes

to home improvement. However, every room and space in a home may need a renovation at some point, and the following are five signs it's time to renovate.

1. Age
The National Association of Home Builders states that 50 percent of U.S. homes are over the age of 40. That means that age alone could dictate a need to renovate, particularly if some materials are original to the home. For example, asphalt roofs typically last 25 to 30 years, while window frames can last 20 to 50 years depending on how well they have been maintained.

2. Inconvenient layout
Some homeowners scratch their heads when faced with awkward floor plan layouts. While one may live with the incon-

venience for some time, typically a floor plan that isn't working for the homeowner is a major driver of renovations.

3. Outdated looks
A home can look dated even if it is a relatively recent build. That's because trends change quickly. For example, dark, cherry cabinets that were popular just a little while ago have now been replaced by lighter color palettes. Homeowners whose homes do not match the looks emulated in design magazines may consider a change, particularly if they're planning to sell soon.

4. Deterioration

Signs of water, storm or structural damage should be addressed as soon as possible. Any deterioration should be a strong indicator that it's time to renovate.

5. Efficiency
Escalating utility bills could be indicative of an inefficient home. Homeowners can conduct energy audits and then improve the areas where energy loss may be occurring, such as windows, doors, siding, and insulation.

Homeowners can renovate their homes when they see fit, but various signs may warn that it's time consider updating or remodeling a home.

FACELIFT
CONTINUED FROM PAGE A1

This project includes the full restoration of the 22 windows in the historic Woodman Sanbornton Academy building and the installation of mini-split units for heating and cooling on the first and second floors. The goal is to complete the grant projects by March 2024.

The building is located in a designated Historic District and the Historic District Commission has been informed about the Trust-

ee's intention to restore the windows and install the mini-splits. This is an important historic structure in Sanbornton and this restoration is an important part of giving this building a facelift for the building's 200th anniversary in 2025. For additional information, visit the Sanbornton Public Library website at www.splnh.com. #HometownGrants <https://www.t-mobile.com/news/community/25-new-towns-selected-to-receive-t-mobile-hometown-grants-for-local-initiatives>

CONSERVATION
CONTINUED FROM PAGE A1

by strong conservation values, the Mitchells used retirement savings to purchase the neighboring Durrell Farm in 2006.

The Mitchells' property is a highly visible section of the Belknap Mountain Range. Protection of the Durrell Farm tract, which contains portions of two hiking trails linked to an extensive network traversing the entire range and panoramic views from open ledges on Piper Mountain, includes guaranteed pedestrian recreation access for the public.

"We have reached an age where we can no longer care for our land the way we would like to, and shortly after this

last 40-acre easement addition was completed we sold our property," the Mitchells added. "Selling our home and land was difficult, but knowing that it was conserved 'forever' made it easier. Our dream from the start was to protect this land and now that is complete."

"Charlie and Nanci are conservationists to the core," states Jack Savage, president of the Society for the Protection of New Hampshire Forests. "They purchased this land, built a life upon it, and found a way to conserve it for generations to come. We thank them for their vision, for their generosity, and for conserving such an important part of the Belknap Mountain Range."

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TILTON-NORTHFIELD WATER DISTRICT

NOTICE NORTHFIELD RESIDENTS

The Supervisors of the Checklist will meet on

Saturday, April 1, 2023 11:30 a.m. – 12:00 p.m.

Northfield Town Hall

RSA 669:5

Purpose of this session:

- To make corrections to the checklist
- Registration for new voters for the upcoming Water District Annual Meeting
- Change of party affiliation can be accepted

Supervisors: Rose-Marie Welch, Peggy LaBrecque, Linda Luedke

TILTON-NORTHFIELD WATER DISTRICT

NOTICE TILTON RESIDENTS

The Supervisors of the Checklist will meet on

Saturday, April 1, 2023 8:00 a.m. – 8:30 a.m.

Town Hall, 257 Main Street

RSA 669:5

Purpose of this session:

- To make corrections to the checklist
- Registration for new voters for the upcoming Water District Annual Meeting
- Change of party affiliation can be accepted

Supervisors: Kathleen Mitchell, Judy Tilton, Desiree Daniels

TILTON-NORTHFIELD WATER DISTRICT

Annual District Meeting

April 11, 2023 @ 6 P.M.

Pines Community Center

61 Summer Street, Northfield

Please Note: Nominations will be made from the floor at the meeting for the following offices:

- Commissioner..... 3-Year Term
- Commissioner.....2-YearTerm (continuation of term)

Nominations will be taken from the floor of the meeting followed by ballot vote.

Sean T. Chandler /Commissioner

Arthur N. Demass/Commissioner

MUST BE A REGISTERED VOTER & WATER DISTRICT USER

Help wanted

White Mountain Country Club

\$15/hour

Full time, part time, seasonal and year round employment for the maintenance department.

We are looking to add five new members to our maintenance department for the 2023 season starting March 20. Fill out a job application at the course, on line or attend our job fair March 23 at Owl's Nest lake house 10:00 am to 2:00pm.

Department supervisor

Joe Langley

603 726-1093

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Advertising Works

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or Lori

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PETS OF THE WEEK

Jenni

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!

Colt

Meet Colt! This pup is beyond smart and would be an amazing companion. He knows so many tricks and commands... especially "treat?". He enjoys nothing more than getting to go for long walks outside, need a hiking buddy this spring? After a long day outdoors, Colt will be ready for snuggles and watching your favorite movies. He would be a candidate for a home without other animal friends.

NH Humane Society

Over a century of love for those without a voice.

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

EVERSOURCE

CONTINUED FROM PAGE A1

torized therapeutic exercise cycle allows our therapy team to address a broader spectrum of veterans' needs. Our veterans are especially excited for the wheelchair accessible swing that will bring together our veterans in wheelchairs with loved ones, volunteers, and staff to enjoy the same swing motion while simultaneously engaging in face-to-face conversation. Our gardening group looks forward to the raised,

accessible garden planters and has already met to plan our vegetable gardens. The display cases for veteran-created art and military memorabilia provides the perfect showcase for our veterans, teams of employees, visitors, and volunteers to view. We appreciate our veteran, David Richards, and his son, Jay, bringing this grant opportunity to light, facilitating our wishes becoming reality."

Visiting Eversource representatives talked

with residents about their lives and their service during the Home's morning coffee hour and while touring the campus. NHVH Resident David Richards shared thoughts of his 10 years of service in the Air Force during the Korean War.

"My time in the service were some of the most memorable years of my life," said Richards.

"After visiting the Veteran's Home in Tilton and sharing in some wonderful conversations with those vets, it made me reflect on my military experience and how we often take for granted the very things that most deserve our gratitude," said NHVBRG member John Skiff. "I think we all appreciated the time we spent there, and it was humbling to hear how grateful they are for the Eversource donation."

The New Hampshire Veterans Home is home to men and women veterans who have served their country and fellow New Hampshire citizens. NHVH was established in Tilton in 1890 as the Soldier's Home for Civil War Veterans and is a recipient of the Quality of Life Award from the NH Department of Health & Human Services and the Business Inspiration Award from the Lakes Region Chamber of Commerce. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State's elderly and disabled veterans with dignity, honor, and respect. NHVH is the State's only long-term care facility dedicated exclusively to veterans. For more information, call (603) 527-4400 or visit www.nh.gov/veterans, www.facebook.com/nhveteranshome.

HELP WANTED

Scott Burns' Landscaping, LLC

Well-established Lakes Region landscape company is hiring for the upcoming season. Positions available include gardeners as well as hardscape and softscape crew members.

If you are looking to change it up and love the outdoors with a M-F work schedule, give us a call. Valid driver's license required.

For more info, contact Scott at 279-8100 or email scott@scottburnslandscaping.com

Swim Instructor Wanted!

Tuftonboro Parks & Recreation is looking to hire a swim instructor for this Summer. Flexible hours, great hourly pay, 19 Mile Beach in Tuftonboro. Six weeks of employment.

3-two-week sessions.

Contact Dennis Zilembo,
Parks & Recreation Director at
603-569-4539 x25

or email tuftonboroparksandrec@tuftonboronh.gov

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MLS# 4929172

3BR/3BA, 3,292 sf. ranch w/ water views of Lake Winnepesaukee from both levels. Hardwood floors & tile throughout the main living area. Jet tub, gas fireplace, deck overlooking the lake, attached garage w/ side RV parking, plus a huge finished basement.

\$939,000



MLS# 4936437

4BR/3BA, 4,075 sf. farmhouse located near the Belknap Mountains hiking trailhead nestled on 4.14 ac. which abuts the State Forest. The home is well-maintained, featuring 2 car garage, walkout lower level, farms porch, 4 season room, & small barn.

\$1,199,000



MLS# 4933671

4BR/3BA, 3,144 sf. modern Colonial Williamsburg reproduction on 7.93 acres of heaven. This amazing hilltop home is situated in a neighborhood of fine homes, historic farms, and Squam Lake walking trails — only 5 minutes from downtown Meredith.

\$279,900



MLS# 4935234

6+ acre lot with stunning views of Lake Winnisquam and the White Mountains, Ossipees, and Belknap. Located in Waldron Bay, a private subdivision of 61 individual single-family homes along the 3,482' shoreline on Lake Winnisquam.



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	 List Price: \$153,995 \$149,995*		
MODULARS	 \$175,995*	 \$208,995*	 \$208,995*
	<small>*Prices subject to change</small>		
	WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU? Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall • WWW.CM-H.COM		



Feeling a little Crowded?
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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))
This paper will not knowingly accept any advertising 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, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



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HELP WANTED

Help Wanted

2023 Summer Season

Holderness Harbor is currently seeking motivated individuals who enjoy working in a friendly yet fast paced marina environment. Must be at least 16. Boater’s Safety license preferred but not required. Interested candidates are encouraged to contact us via email through our website holdernessharbor.com under contact us or call 968-9001 and leave a message.

Positions include Inside Customer Service/ Outside Dock and Boat support.

salmonpress.com

Veterinary Assistant needed

Full or part-time, year-round. Must be personable, self-motivated, hard-working and a “team player.” Must have some familiarity with small animals and computer skills. Some veterinary experience would be preferred, but we are willing to train the right candidate. Pay is based on experience. Please send resumes and references to info@winterharborvet.com. Please, no phone calls.



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TOWN OF CAMPTON

FULL-TIME HIGHWAY LABORER/DRIVER

The Town of Campton is accepting applications for the position of a Highway Laborer/Driver. The successful candidate will be responsible for general laboring responsibilities and to operate various pieces of light and heavy equipment. A Commercial Driver’s License with Air Brake endorsements, or the ability to attain one, is required. The individual chosen for this position must possess a willingness to work with others including the general public. High School Diploma or equivalent is required; Driver’s License, mandatory participation in the department’s Drug/Alcohol Screening Program as required by federal law. This is a year-round full-time position approximating 40 hours per week.

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

Applications will be accepted until position is filled.

INNOVATIVE CONTRACTORS

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We are currently seeking lawn and property care people (\$18 per hr), light carpentry/Handyman (based on experience).

Dock installation (\$23 per hr). Located on Squam Lake. Working as a team member is important!

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Will Train energetic people wanting to learn

Must have a valid driver license

Boat License a PLUS!

Please contact Melanie @ 603-968-7518

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RN Nurse Manager – ED/Med-Surg	Medical Assistant
Endoscopy Technician	Medical Technologist
Physical Therapist	

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Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

Town of Plymouth Recycling Center

Part-Time Operator Position Available

The Town of Plymouth Recycling Center is currently accepting applications for a motivated and flexible candidate who can perform semi-technical and heavy manual work associated with operation of transfer facility and recycling center.

This position consists of three, 8-hour days.

Starting Wage: Up to \$14.37/hr. based on experience

Preferred one-year experience in Solid Waste Management and Recycling operations.

MINIMUM QUALIFICATIONS REQUIRED

Possession of a high school diploma or equivalent. Must be 18 years old. Clean criminal and driving record. Some experience in the performance of heavy manual labor and equipment operation. Possession of a valid New Hampshire vehicle operator’s license. Must be able to obtain a Solid Waste Facility Operator Certification and Public Weigh master license within 12 months from date of hire.

Applications are available at either the Plymouth Town Hall (536-1731) from 8:00am until 4:30pm Monday to Friday or the Plymouth Recycling Tuesday to Friday.

Please send applications to the attention of James Conn, Recycling Manager, Town of Plymouth, 6 Post Office Square, Plymouth, NH 03264

The Town of Plymouth is an Equal Opportunity Employer.

Position will remain open until filled.

Belmont man arrested for violating probation

LACONIA — The New Hampshire Department of Corrections announces the arrest of probationer Corey Sinclair, 41, of Belmont and confiscation of numerous weapons and suspected drugs following a home inspection last Wednesday night.

Probation Parole Officers received information indicating that Sinclair was involved in illegal activity including possessing weapons and drugs. Based on the information provided, probation parole officers conducted a home inspection with the assistance of a NHDOC K-9 investigation team.

The Belmont Police Department was requested to assist NHDOC Probation Parole Officers and the NHDOC In-

vestigator along with K-9 “Bonny,” to quickly and safely access and secure the home. The search found dozens of weapons and numerous bags of suspected drugs, including three handguns, five rifles, more than 40 knives, brass knuckles, and rifle magazines. It was later determined that the firearms are realistic looking airsoft guns.

Sinclair was arrested and transported to the Belknap County Jail for violations of probation where he awaits his initial court appearance. Additional criminal charges against Sinclair are expected including felon in possession of dangerous weapons and drug related charges.

The Department of Corrections extends its

thanks to the Belmont Police Department for their assistance.

The Department of Corrections Division of Field Services provides supervision to just under 5,000 individuals placed on probation, parole, and administrative home confinement across the New Hampshire. Probation Parole Officers function as mentors and provide oversight to supervisees to lead law-abiding lives while monitoring their behavior through office, home, work, and other contacts. If a supervisee does not abide by the laws and rules related to their probation or parole, they are no longer able to remain in the community.

The Department of Corrections Division of

Professional Standards K-9 Investigations Unit is a team of specialized K-9’s and handlers trained to detect contraband including drugs. K-9 Investigation teams frequently search correctional facilities and often work with Probation Parole Officers to conduct home and field visits to ensure supervisee’s compliance with their probation, parole or at-home confinement.

Both teams play a critical part in the New Hampshire Department of Correction’s public safety mission.





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April Through October at Owl's Nest Resort and Owl's Nest Vineyard Course.

Owl's Nest Resort, currently the Northeast's largest resort expansion, is the ideal place to develop a successful career in Resort Hospitality. Conveniently located just off I-93 (Exit 28) Thornton/Campton and Owl's Nest Vineyard Course located off Exit 24 Ashland. There is simply no better place to work in the White Mountain/Lakes Region.

We offer competitive pay in a fun work environment. Schedules are flexible and based on business need. Benefits include court and course privileges, discounted food and beverage and more.

To apply: Visit our website www.owlnestresort.com/careers and complete the Employment Contact Form or email your cover letter and resume to jobs@owlnestresort.com. No phone calls, please.

Multiple Seasonal Opportunities Available:

- Starter/Ambassador
- Cart Barn Attendant
- Golf/Tennis Shop
- Equipment Operator
- Course Laborer
- Waitstaff (Dining Room, Patio and Pool)
- Beverage Cart Attendant
- Bartender
- Restaurant Shift Supervisor


- Pool and Beach Attendants
- Guest Services Assistant
- Line Cook
- Dishwasher
- Prep Cook
- Guest Activities Assistant
- Banquet Server
- Restaurant Manager
- Banquet Captains
- Dining Service Manager (Owl's Nest Vineyard Course)


LCJ Management DBA Owl's Nest Resort and WMCC, LLC DBA Owl's Nest Vineyard Course provide equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability, or genetics.

In addition to federal law requirements, Owl's Nest Resort and Owl's Nest Vineyard Course comply with applicable state and local laws governing nondiscrimination in employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absence, compensation and training.


Owl's Nest Resort and Owl's Nest Vineyard Course expressly prohibits any form of workplace harassment based on race, color, religion, gender, sexual orientation, gender identity or expression, national origin, age, genetic information, disability, or veteran status.

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