THURSDAY, APRIL 8, 2021

COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

FREE

Kinmond stepping down as New Durham's Town Administrator

BY CATHY ALLYN

Contributing Writer

NEW DURHAM
— Scott Kinmond has served in more public service positions than most, sometimes concurrently, so it's really no wonder that he's moving on from his Town Administrator post in New Durham after five years. Even so, town employees and residents are sad to

see him go.

"Scott Kinmond has united and rallied town employees since becoming our town administrator," Town Clerk Donna Young said. "He always goes the extra mile and is a pleasure to work with and for."

Police Chief Shawn Bernier stated that Kinmond is "professional, caring, and accessible to the public. Alton is getting someone who will care about the town and its residents."

For indeed, Kinmond is moving on to Alton to head the Department of Public Works there.

It marks a return to something he's

more than familiar with. Actually, he's more than familiar with just about any public service position.

Kinmond has worked for 35 years in municipal services, starting in the mid-80s as a police officer in Moultonborough. For 11 of his 20 years in that department, he served as police chief.

"During that timeframe, I had some aspirations," he said. "I'd been running my own winter maintenance business, doing private and contract plowing for the town, which gave me the idea of being the local road agent."

The Moultonborough road agent was in the process of retiring.

"I ran for the job, and was elected," Kinmond said.

At that point, he hadn't quite yet left as police chief.

He functioned in both roles for about six months, then retired from the police department in 2009.



CATHY ALLYN

After five years as town administrator in New Durham, Scott Kinmond has taken on a new role as director of public works in Alton. In a farewell statement to Town employees, he thanked them for their willingness to "pull together through tough and unsettling times" while maintaining "dedicated service to the residents." John Scuton is acting as interim town administrator while the search for Kinmond's replacement continues.

During his seven years as road agent, he built up the Town's highway department into a department of public works.

"That department was always help-

ing other departments," he explained. "All of that came under my umbrella, and evolved into a

DPW."

During this time, he also served as a SEE KINMOND PAGE A11

After a year away, spring sports are back at Prospect

BY JOSHUA SPAULDING
Sports Editor

ALTON — Last spring, sports came to a standstill and Prospect Mountain student-athletes didn't get a chance to compete on the track, diamonds and tennis

After a year away, the teams return to action this coming week with a regionalized schedule for each team.

courts.

The Timber Wolf baseball team will be opening the season against Gilford, playing on the road on Monday, April 12, and then hosting the Golden Eagles on Wednesday, April 14. The Timber Wolves will be hosting Pittsfield on Monday, April 19, and Moultonborough on Wednesday, April 21, before hitting the road to Pittsfield on Friday, April 23.

The next week brings a pair of games with Winnisquam, with the Timber Wolves hitting the road on Monday, April 26, and hosting the Bears on Wednesday, April 28. Prospect will be at Franklin on Monday, April 3, and will be hosting the Golden Tornadoes on Wednesday, May 5.

The Timber Wolves will play neighboring Kingswood the following week, visiting Wolfeboro on Monday, May 10, and then hosting the Knights on Wednesday, May 17. The Timber Wolves will host Inter-Lakes on Monday, May 17, and will visit the Lakers on Wednesday, May 19.

The final week of the season has the Timber Wolves taking on Kennett, hosting the Eagles on Monday, May 24, and visiting North Conway on Wednesday, May 26.

The softball Timber Wolves will play the same teams as the baseball team, but the schedule won't be exactly the

same.

Prospect will kick off with games against Gilford, with the Timber Wolves on the road on Monday, April 12, and at home on Wednesday, April 14. They will then be at Pittsfield for a game on Monday, April 19, will visit Moultonborough on Wednesday, April 21, and will be hosting Pittsfield on Fri-

day, April 23.

The following week
has the Timber Wolves

taking on Winnisquam, with Prospect in Tilton on Monday, April 26, and then hosting Winnisquam on Wednesday, April 28. The Timber Wolves will be taking on Franklin the next week, at home on Monday, May 3, and on the road on Wednesday, May 5.

on Wednesday, May 5.
Prospect Mountain
will be taking on neighboring Kingswood next,
visiting Wolfeboro on

SEE **SPORTS** PAGE A11

Trio of Knights earn hockey All-State honors



Joshua Spauldin

NICK POTENZA earned Division II Second Team All-State.

BY JOSHUA SPAULDING

2020-2021 season.

Sports Editor

REGION — New Hampshire's boys' hockey coaches recently got together to select the All-State teams following the conclusion of the In Division II, Kingswood had three honorees, led by Second Team honors from senior forward Nick Potenza and senior defenseman Bailey Savage. Also earning Second Team honors were Dario Ceppetelli

BAILEY SAVAGE earned Second Team All-State for Division II.

of Dover, Jake Pelletier of Somersworth-Coe-Brown, Cooper Kinnaly of Winnacunnet and Ben Hardy of Merrimack.

Kingswood junior defenseman Cody Emerson earned Division II All-State Honorable Mention. Also earning Honorable Mention were Alden Swiesz of Oyster River, Dominic Carozza of Merrimack, Carter Renaud of Winnacunnet, Luc Ouellette of Goffstown, Jack Poitras of Oyster River, Ryan Drouin of Somersworth-Coe-Brown, Alex Dureau of Dover, Joe Pillsbury of Merrimack, Jack Ellis of Winnacunnet and Britton Dunbar

of St. Thomas.

Division II First
Team went to Player of

the Year Grady Chretien of Goffstown, Aaron Bono of Somersworth-Coe-Brown, Asa Forbes of Dover, Parker Fleury of Dover, Finn Connor of St. Thomas, Devon

SEE **ALL-STATE** PAGE A11

Alton Parks and Recreation Connection

Exercise classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes for local residents. Classes are held live through Zoom, computer and internet access is required. Par-

ticipants must register from 1:30-2:30 p.m. class session link. Contact 875-0109 or parksrec@alton.nh.gov more information.

Weight Training-Adults of All Ages- Mondays and Wednesdays

3D archery shoot in New Durham April 18

NEW DURHAM — Farmington Fish and Game Club is hosting a Granite State Bowhunters 3D archery shoot on Sunday, April 18, from 7 to 11 a.m. Members and non-members are welcome.

Registration starts at 7 a.m. and there is a registration discount for members of Farmington Fish and Game.

Barbequed hotdogs, hamburgers, hot coffee, cold drinks and water will be served. For more information, please visit the club's web site, www.farmingtonfishandgameclub.com or their Facebook event page at Farmington Fish and Game, or e-mail Brian Fuller, fullerbn@gmail.com or Allan Thorell, act_ ptg_dec@hotmail.com.

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in advance to receive the Pre-register before your first class at parksrec@ alton.nh.gov.

Go Take A Hike

Our Towns Recreation (Parks and Recreation Departments from Alton, New Durham, Wolfeboro, Wakefield, Ossipee and Rochester) are sponsoring "Go Take A Hike" now until June 30. Explore the best hiking trails, in our neighboring Towns, and earn a free hiking stick-Visit www.alton. nh.gov/government/ parks-recreation to see the complete list of hikes to choose from in each town, and get more information on this free

program. For more information/questions contact Alton Parks and Recreation at 875-0109 or parksrec-asst@alton. nh.gov.

Minds. Healthy **Healthy Lives**

A free Zoom program to stay connected, and exchange tips and tricks. Each week will have a theme that will share ideas, answer questions, and bring people together. Live Zoom meetings are held on Thursdays from noon-12:45p.m. All are welcome to participate. Sign up by contacting parksrec-asst@alton. nh.gov. Featured topics include: May 6- Free Time Hobbies- What do you do in your spare

time? Register by April 23; May 20- Trip Down Memory Lane- What are your favorite movies, TV shows, and books? Register by May 13; June 3- What's on Your Plate?-What are your favorite recipes or healthy food tips? Register by May 27; June 17- Glass Half Full- How do you keep a positive attitude? Register by June 10. For more information, contact 875-0109 or parksrec@alton. nh.gov. Join in this program to share what you know, and help others learn new things. We are stronger together.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 5, 2021, rain or shine from 8 a.m-2 p.m. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 875-0109 parksrec-asst@alton.nh.gov before May 7 with your Yard Sale address location. When calling please include your name, phone number and complete physical address. Free Yard Sale maps will be available after May 25.

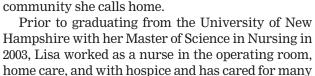
HealthFirst Family Care Center welcomes Lisa Ellis Morrissette to Laconia practice

LACONIA — HealthFirst Family Care Center is pleased to announce that Lisa Ellis Morrissette, APRN, is joining its Laconia practice and is now accepting new patients seeking primary healthcare

> services. Lisa has worked as a nurse practitioner in Internal Medicine for more than 17 years and has a special interest in preventative care and women's health.

> Having worked and lived in the greater Laconia community for the duration of her career, Lisa is eager to continue her passion of caring for

patients at HealthFirst and having the opportunity to care for families in the



Lisa Ellis Morrissette

patients with acute and chronic illnesses. Morrissette will begin seeing patients three days a week starting on April 12. If you are looking to enroll as a new patient and wish to schedule an appointment, please call HealthFirst in Laconia at 366-1070 or visit healthfirstfamily.org to request an appointment.

"We are so fortunate to have Lisa join our Health-First team of health care providers. Having a local, established provider choose to remain here and practice in the community they live in is especially unique and unusual in today's healthcare environment. Lisa is clearly a very dedicated provider and we are proud to have her join our team of professionals providing high quality health care in Laconia,"

said Russ Keene, Chief Executive Officer. Morrissette stated, "I am looking forward to reconnecting with former patients, as well as establishing care with new patients at HealthFirst. "

To learn more about HealthFirst Family Care Center or to enroll as a new patient of Lisa Ellis Morrissette's, visit healthfirstfamily.org or call Health-First Laconia's office 366-1070.

PMHS Booster Club seeking craft fair vendors

ALTON — The Prospect Mountain High School Team 319 Booster Club is seeking vendors & crafters for their upcoming Spring Outdoor Craft & Vendor Fair on Saturday, May 22 from 9 a.m. to 2 p.m. (rain date of May 23) at Prospect Mountain High School.

For information on booth space, please contact Michelle Kelley at MKelley@pmhschool.com or information and an electronic application can be found at www.tinyurl.com/319springfair.







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CALL: 603-677-9084

E-MAIL: josh@salmonpress.news

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A story of a jab

Local reporter receives first COVID-19 vaccination

BY ERIN PLUMMER

mnews@salmonpress.news

COVID-19 vaccination signups are now open to anyone over the age of 16 and vaccination sites can be found across the state. How do you sign up? Where can you get the shots done? Does it hurt? These are a few questions a lot of people are asking right now, but yours truly has some personal answers to those after getting the first jab just this week. Read ahead as I relay my own experience with signing up with the system, getting in line for the shot, and what comes after.

On March 25, Gov. Chris Sununu announced that vaccine signups would be available to all people over the age of 16 starting on April 2. That week vaccination signups were open on a rolling basis by age group for the first few days with ages 40-49 eligible on Monday, March 29, 30-39 Wednesday, March 31, and everyone over 16 on Friday, April 2.

From a personal perspective, I have wanted to get vaccinated since a few months after the vaccines came out. As more information became available on how safe they were for most people and how studies have shown their effectiveness, I made the informed decision I wanted to get that shot for so many reasons.

Getting vaccinated is a personal decision, though I'd like to share my experience in case anyone wanted a general idea of the process. This is all anecdotal and only from my perspective and

some anecdotes from people around me.

Being 41 myself, I signed up right on that Monday. As a habitual night owl, I was right on the state website (www. vaccines.nh.gov) at midnight though signups for my age group didn't go live until around 1 a.m. The signup process on the state's Vaccine and Immunization Network Interface (VINI) is pretty straightforward. It's a series of short forms form asking for basic personal info, past allergic reactions to the three available vaccines, allergies in general, if you've had a flu shot in the past 14 days, and some other basic health information. After filling out the form you will be given a confirmation email providing a link to click on to sign into your VINI account. This account will keep track of appointments and allow you to schedule and change any appointments. For me this process might have taken less than 10 minutes.

The next step is scheduling a vaccination: enter your zip code into the field and choose how many miles out you want to look for an appointment. The list of different locations will come up along with their earliest appointment day. When you find an appointment day that works, click the link and click on the appointment time. This will lead to a confirmation page. After confirming the appointment, you will receive an email with a QR code to present at the appointment. Have this available on your smartphone or print out a copy of the email.

You are also told to have an ID that shows proof of New Hampshire residence, a full list can be found on the state website though in most cases a driver's license or non-driver ID will work fine.

I put in my zip code Meredith then looked down the list. Lo and behold there were appointments available right the next day at the Plymouth Armory. I immediately clicked the link and selected a time, then got the confirmation email. In about 36 hours I was going to get my first shot. Tuesday afternoon I was on my way up to Plymouth.

The Plymouth Ar-

mory location drive-through, though a number of other locations like the Belknap Mall are in-person: it varies from location to location. In Plymouth all the cars were directed to loop around two of the parking lots by Langdon Woods Residence Hall. I think it took around 45 minutes from when I first pulled into the line until I reached the check-in point by the armory complex itself. Members of the National Guard went to cars at the front of the line, scanned the QR code into a tablet, examined IDs, and directed people to go past the gate into the lot. The whole process was well-organized and efficient, plus the National Guard members were quite helpful and polite.

Driving around the armory led to the front parking lot, where there were rows of tables and mini tents. A member of the Guard was at the entrance directing cars to different stations. At each station cars were directed to stop and volunteers talked with people and administered the vaccine. I saw quite a few people from local fire departments, including Barnstead and Tilton-Northfield, as well as a number of healthcare providers.

I was then directed to a station where a gentleman from the Barnstead Fire Department looked at my ID, asked me questions about possible allergies or any recent vaccines. A moment later he pulled up my sleeve and told me I would feel a little pinch. I didn't know how intense it would be, but it was in fact just a little pinch. The next thing I knew he was putting on a Band-Aid and that was

it. Barely anything. He gave me my vaccine card, where I learned I just got the Pfizer vaccine and the appointment for my second shot was already written on the back. I was then instructed to drive to the other side of the parking lot and wait 15 minutes in case there were any allergic reactions. If I felt off, I should honk the horn otherwise I could just leave after 15 minutes. In my case 15 minutes came and went uneventfully and I was on my way to Main Street for some coffee and snacks at Café Monte Alto before heading

My arm was slightly achy a few hours after the shot, by the next

home.



The line of cars leading up to the COVID-19 vaccination site at the Plymouth Armory.

day the area where I got it was just sensitive to pressure. It was like working out a little too hard, though having had a few tetanus shots in my time this wasn't an unfamiliar feeling. I read somewhere online that massaging he muscle helps and it indeed did, just do it carefully. The ache went away after a couple days. The slightly sore arm was

gotten after that first shot. It might be a different story after my second dose but stay tuned for a month from now, I guess.

For more information on signing up for the vaccine, including step-by-step user guides on how to sign up for the process, visit vaccines. nh.gov or call 211 for more information.



HIGH SCHOOL SLATE

Monday, April 12

KENNETT Baseball vs. Winnisquam; 4 Boys' Tennis vs. Inter-Lakes; 4 Girls' Tennis at Inter-Lakes; 4 Softball vs. Winnisquam: 4 KINGSWOOD Baseball vs. Plymouth; 4 Softball vs. Plymouth; 4 PROSPECT MOUNTAIN Baseball at Gilford; 4

Tuesday, April 13 **KENNETT** Boys' Lacrosse vs. Inter-Lakes; 4

Softball at Gilford; 4

Track Home Meet; 4

Track at Prospect Mountain; 4 **KINGSWOOD** Boys' Lacrosse vs. Plymouth; 6 Boys' Tennis at Plymouth; 4 Girls' Lacrosse at Plymouth; 4 Girls' Tennis vs. Plymouth; 4 PROSPECT MOUNTAIN Boys' Tennis vs. Gilford; 4 Girls' Tennis at Gilford; 4

Wednesday, April 14

KENNETT Baseball at Winnisquam; 4 Girls' Lacrosse at Inter-Lakes; 4 Softball at Winnisquam; 4 **KINGSWOOD** Baseball at Plymouth; 4 Softball at Plymouth; 4 PROSPECT MOUNTAIN Baseball vs. Gilford; 4

Softball vs. Gilford; 4 Thursday, April 15

KENNETT Boys' Lacrosse at Inter-Lakes; 5 Boys' Tennis at Inter-Lakes; 4 Girls' Tennis vs. Inter-Lakes; 4 KINGSWOOD

Boys' Lacrosse at Plymouth; 4 Boys' Tennis vs. Plymouth; 4 Girls' Lacrosse vs. Plymouth; 6 Girls' Tennis at Plymouth; 4 PROSPECT MOUNTAIN Boys' Tennis at Gilford; 4 Girls' Tennis vs. Gilford; 4

All schedules are subject to change.







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AUGER

Opinion

The power of positivity

Every day, we wake up with the best intentions — or we like to think that most of us do. Each

new day brings with it specific challenges. Many times, those challenges come by way of a misunderstanding or a shifted perspective. We have come to realize, long ago, that often there is more to a story than we can see at its surface. Just being aware of that one simple fact, can change the way a situation is viewed. Often times it's easier said than done, however the more we choose to remain optimistic the better. What might seem catastrophic in the moment is usually nothing more than a small frustration that has an easy fix and will pass. A wise man once said, 'Don't sweat the small stuff, and it's all small stuff.'

This isn't to negate the fact that larger issues do surface and take some time to sort out, however we need to remind ourselves that we are all surrounded by well intended, intelligent people. People who are willing to be helpful, generous, rational and kind through productive conversations will always find the pot of gold in any situation.

Remembering to check a kneejerk reaction before gathering all of the facts is crucial to your ability to remain optimistic. Again, this is not always easy, but once mastered can change everything.

Believe it or not, optimism is a choice and offers surprising benefits. Choosing to look on the bright side of life can lower your risk of heart disease and stroke while also extending your life.

One study revealed that individuals who spent five minutes a day thinking positive thoughts about their future increased their ability to be optimistic in just two weeks. Before turning in at night, list five things that you are grateful for and five things that you are looking forward to. Every time you stop at a traffic light, tell yourself something that you like about yourself. Keeping pessimists in your life at a distance is always a good idea.

When a negative thought does creep through your mind, that's ok. Recognize it, and decide how realistic it actually is. To offset those thoughts, try spreading positivity yourself. While at work, offer a co-worker an 'atta boy' or 'atta girl' for a job well done. If your child has been hard at work on a school project, tell them how proud you are. Send a letter to someone who has had a positive impact on your life. When you bestow positivity on others, it has a lasting effect on your own life.

One way to practice being more optimistic is to flip every negative thought with a positive one despite how creative you need to get. For example, if you're thinking 'I'm going to be late for dinner and I don't feel like cooking' you can flip that by reminding yourself about the wonders of the microwave and take out. If a rainy day has you feeling groggy, remind yourself that those are the best days to read all day, catch up on Netflix and not feel guilty about missing all of that sunshine.

A quote from Rodolfo Costa, "Learn to adapt. Things change, circumstances change. Adjust yourself and your efforts to what it is presented to you so you can respond accordingly. Never see change as a threat, because it can be an opportunity to learn, to grow, evolve and become a better person."



Courtesy

Hop to it!

The New Durham Parks and Recreation Department turned local children, some in their Easter finery, loose on the Town ballfields on Saturday for an egg hunt. Divided by age group, the kids searched with wild abandon and then finished up the sunny morning by making a bunny bag to bring their egg-citing loot home in.

STRATEGIES FOR LIVING

Thank you...thank you!

BY LARRY SCOTT

From Max Lucado's book, "In the Eye of the Storm," comes this story:

"It happens every Friday evening, almost without fail, when the sun resembles a giant orange and is starting to dip into the blue ocean, Old Ed comes strolling along the beach to his favorite pier. Clutched in his bony hand is a bucket of shrimp.

Ed walks out to the end of the pier, where it seems he almost has the world to himself. ... Before long, dozens of seagulls have enveloped him. Ed stands there tossing out shrimp to the hungry birds. As he does, if you listen closely, you can hear him say with a smile, "Thank you. Thank you." In a few short minutes, the bucket is empty. But Ed doesn't leave. He stands

there lost in thought, as though transported to another time and place.

His full name: Eddie Rickenbacker. ... On one of his flying missions across the Pacific, he and his seven-member crew went down. Miraculously, all of the men survived, crawled out of their plane, and climbed into a life raft. Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger. By the eighth day their rations ran out. No food. No water. ... They needed a miracle.

Time dragged. ... Suddenly, Eddie felt something land on top of his cap. It was a seagull! Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand and a squawk from the

gull, he managed to grab it and wring its neck. He tore the feathers off, and he and his starving crew made a meal – a very slight meal for eight men - of it. They used the intestines for bait. With it, they caught fish, which gave them food and more bait ... and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued.

Eddie Rickenbacker lived many years beyond that ordeal, but he never forgot the sacrifice of that first living seagull. And he never stopped saying, "Thank you." That's why almost every Friday night he would walk out to the end of that pier with a bucket full of shrimp and heart full of gratitude" (pp. 221, 225-226).

Eddie Rickenbacker's thankfulness for a seagull that had to die that he and his crew might live is a rather crude reminder of one who died that, to paraphrase Jesus' words, "We might have life and have it abundantly." Far from following his precepts as a matter of obligation, we serve him because we love him, from a heart of deepest gratitude. The limitations to our drives and ambitions that we have chosen to accept are nothing when compared to the peace of mind, the sense of purpose, and the promise of eternal life that is ours due to the death (and resurrection, I might add) of the one who loved us first. "Thank you, dear Lord. Thank you ... thank you!"

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Letters to the Editor

Mud in your eye

To the Editor:

When you live in a rural area, there seem to be many blessings you do not receive when living in an urban setting. Such as sliding sideways on the freshly sun melted dirt road longed for, from the winter freeze now turned to mud. What joy it can be to get out of your automobile and not recognize its color; one might think you are an off-road sportsman. The pure delight, hearing from your mechanic he found ten pounds of rocks and gravel wedged up in the undercarriage, and that was the source of noise you were hearing while perusing down Highway 95. What simple things living in the rural country can bring; amazing.

We are so blessed to have politicians who, for the last half century, swear if you elect me, I'll fix the infra-structure, your roads and bridges, highways and byways, will all be repaired and made anew. So, like fools, we vote for them only to find out they got blocked by one party or the other. They have all used this ploy to get into office. We the people have all fallen for it. Yes, some of these politicos put out signs letting the public know their tax dollars were working hard for them. Yet every spring, you slide sideways on that dirt road. When you call town hall and ask when will it be paved, hot-topped, whatever, they say it's not in the town budget, they do however send out the gravel trucks for the worst spots. We, all live with it, year in and year out.

Remember when a section of highway bridge fell out, on the interstate outside of New York City, and a couple other bridges, throughout the land. Maybe you are not old enough, or have you heard of bridges just failing and falling into the river they spanned. If not look it up. Boy, that was some kind of promise not kept.

When we all hear these promises made again, that it will be the difference between being the world leader or just another third world country. Statements like this if true, will be seen down the preverbal, dirt road in time. So, if you are a participant in the social experiment call Democracy, which side will you decide to fall with, either to support this plan to fix the country's infra-structure or to save the future generations from taxes that they may or may not be burden with? President, sleepy Joe says that it will be paid for and not passed down the road, by changing the rate of tax that corporations will pay. Bringing that rate to a more equitable amount paid, then under president #45's tax give away, when the last tax bill was signed into law. Which I'm still trying to figure out how that tax bill helped me, please let me know how you benefitted from it. Did the stock market's gains add to your bottom line? Do you own stock? I know a lot of people who cannot afford to buy stock, they are just trying to put food on the table and live, week by week, one paycheck to the next. It is time to stop the lies from those who do not want America to be greater than it has been over the last four years. Write to those who will try to keep your dirt roads, dirt and let them know your tried of their mudslinging. People like Moscow Mitch who in my opinion have not done a dam thing for the working people, except complain about people who do try to pass laws that help the underdogs and yes both sides add a little pork to a bill before it becomes law. Stand up for change, and not the un-natural state of conservatism, a baby bird leaves the nest, it does not stay in the nest to live out its life. In order to live and grow it moves on to save its life.

> John Henderson Barnstead

salmonpress.com

On Geography! On History! Even Concord's not enough!



By John Harrigan

COLUMNIST

It's not every day that you see a photo of a landing strip on the ice, yet there it was, and once again, it was a case of "Only in New Hampshire.

We can be sure of this because I've fact-checked it to death, and have flown my share with local pilots and bush pilots in the Far North, and New Hampshire indeed has the only FAA-sanctioned ice landing strip in the entire Lower 48.

The ice-strip is a matter of a good deal of pride among local and visiting pilots. A professional photographer in Rochester maneuvered his drone into just the right light to get the picture.

The photo wound up in wide circulation on Facebook, and initially was sent in by reader Vincent Bober of Rochester, who forthrightly noted, "Not my picture."

The photo was taken by one of several drones employed now and then by John Gisis, who's well known to many Lakes Region residents and summer visitors.

When he's not seeing people through lenses, John enjoys flying drones in good weather and the right light, often centering on large and recognizable structures. Recently, for instance, he got the kind of perfect day and light he'd been waiting for to fly a drone around the iconic Tilton Arch.

Frost-heaves are a popular topic, with some of the more infamous stretches of New Hampshire's highways and byways seeming in the order of the Coney Island Roller-Coaster.

Local wags are sure to put signs out somewhere

each year. This past week, a longtime friend sent in signs advising passersby to tighten up their false teeth and underwear. Contributor Ted Leach, professional puppeteer and erstwhile publisher of the Monadnock Ledger, would say only that it was a random popup on Facebook but could be "anywhere in New England" (gee, thanks, Ted).

Along that line, I once hunted down an old pair of boots, cut the tops down to half a foot or so, and stuck them upside-down in a puddle to illustrate a story on a notorious stretch of potholes.

Nashua is not far enough. Manchester is not far enough. Even Concord is not far enough.

Come on, supporters of passenger rail! Now that the Infrastructure Rebuild and Amtrak's long-lost hopes are out, give voice!

Plymouth is the geographic center of New



Could there be any grander signal for impending ice-out than a disappearing runway? John Gisis's drone caught Winnipesaukee's Alton Bay---and the Lower 48's only federally-sanctioned ice runway--- from around 400 feet on March 27.

Hampshire. Well, okay, can we just sort of agree on this? (Pittsburg might lobby for Lincoln.)

Oh, the unending feasibility studies. Oh, the endearing strength and reach of the automobile industry. Oh, the shallow and boring Fourth Grade history classes. Oh, the convenient whipping-boy of China ("Americans won't stand in line"). Oh, the mendacity of the media ("Gotta hold the Capitol Steps press conference in time for the 5 p.m. editors, in time for the 6 o'clock news!").

Trains can still roll to Nashua and Manchester and beyond, and still do. Let's not forget the undeservedly infamous (for the impatient, at least) coal train that fuels the big generating plant in Bow, just south of Concord.

Someone has been maintaining the rails north of Concord, to Plymouth and beyond.



Hang onto your choppers, not to mention unmentionables. Wags everywhere are prone to setting up their own road signs at this time of year.

Perhaps on the crew is the ghost of Eddie Clark,

an old engineer I knew. (I need your help on this one, Ed. Today's would-be

are not exactly steeped

in tradition. Where are

you? A tap on the shoul-

commuters

der will do. No dragging.)

(Please address mail, with phone numbers in case of questions, campguyhooligan@ gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)



The old Pemigewasset House had the Boston, Concord, and Montreal Railroad station built right into its foundation. The hotel burned in 1909, but the station was rebuilt---and stands to this day. (Courtesy Derek Strahan, lostnewengland.com)

LETTERS FROM EDWIN

This weekend change the clocks. Being spring, we'll move an hour forward. You know, spring ahead, fall back.

I've been enjoying watching the sun rise earlier every day as it races to the left of my back yard view. Right now, it rises at around six thirty while I'm fixing myself breakfast.

I used to have an old original number flipping digital alarm clock. It was big, but it sounded pretty good. After many years, it started to slow down so I'd have to advance it every now and then to keep it accurate. I know that if I had taken it apart and applied some oil it may well have still been running today. Old stuff was built to last, even this seventies relic.

One day, I decided to replace it with a new digital wonder with two alarms and an automatic daylight savings time feature. Never again would I get the kids up, fix them breakfast, and get off to church only to find that we were an hour early.

Being a smart device, it needs to know the date so that it can appropriately adjust the time. It has this tiny little speaker that produces chincey sound, but it's only to direct me to get out of bed. Besides, I have other means of listening to full fidelity music.

Speaking of full fidelity music (Hi-Fi) I don't think these new generations know what that is. They listen to psycho-acoustic

highly compressed frequency limited devices and call that wonderful. I wanted a new kitchen radio and bought a new clone of an old one that I knew had good sound. It looks almost identical. The FM reception is fantastic. But the sound. I almost sent it back. It has a resonate bass note that was totally annoying. I calmed it down by plugging up the port on the bottom. It still sounds like a thumping one note car stereo only a couple octaves up. And the watt and a half amp is constantly distorting on bass notes. I've had people complement the sound of it. I grit my teeth and smile.

One New Year's Eve, we had a gathering at the house and we were listening to MP3 music through the stereo and somehow, the conversation came to liking a certain song. I said that I had that on an album. So I got out the ladder, as my albums are on a ledge above the slider, and found it and put it on the turntable. For once these kids heard the real deal. There were some "wows" heard regarding the sound of it, but still no contest with pocket device conveniences.

You would expect that a digital clock radio would keep good time. It's close, but not really. It gains about eight minutes a year. That's not much, but it adds up. Eventually, you have to correct it. Now this device needs to know the time zone and date in addition to the correct time. And more

importantly, the operator needs to remember how to program this data. I thought I did earlier this winter.

This morning, when the alarm went off, I felt extra tired. Probably because I had been fighting off the annual sinus issue that comes about at the switching of the seasons. I got up and went downstairs to do my morning rituals. As I was preparing to do my Tai Chi, I looked up at the clock and it wasn't yet five. That's when the alarm is supposed to go off! In checking the clock, it had jumped its hour ahead last night because I had miss entered the data when I corrected for the time drift. I hopped back in bed for a half hour.

So next week,

it will once again be as dark as it was this morning when I get up. And the sun won't rise till after I'm done with my breakfast. It will continue rising earlier as it races over toward the corner of the house. By then it will already be light when the alarm sounds.

I still have that old old clock radio down the cellar. The digits have since ceases to sequence. Knowing that it probably has a shaded pole motor that most likely only needs a drop or two of oil to revitalize it, I may think about going back in time, once more, to when things were just more simpler.

E.Twaste

Correspondence welcome at edwintwaste@ gmail.com



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Rogue Space Systems supports WinnAero

GILFORD New Hampshire based satellite servicing startup, Rogue Space Systems Corp., recently announced its support for STEM education for youth by partnering with the local non-profit STEM-group, WinnAero. The joint venture will offer professional development workshops for teachers in critical aerospace educational components starting in May.

"Not only will Rogue Space Systems host these workshops in their facility in downtown Laconia, they are funding the first workshop tuition for teachers who apply," said WinnAero Education Director, Dan Caron.

Caron went on to say that the generous offer from Rogue to sponsor the Rockets Workshop on May 10 will include free registration for teachers as well as a complimentary one year membership in the curriculum provider, the Civil Air Patrol Aerospace Education Pro-

gram. This membership opens the door for teachers to apply for STEM grants as well as access to a wealth of teaching materials.

"We are very pleased to be able to partner with WinnAero and offer this first workshop for area teachers," said Jeromy Grimmett, CEO of Rogue Space Systems.

Grimmett added that "Rogue is committed to inspiring the next generation and supporting STEM education for youth is critical to Rogue and the future of space exploration. We look forward to expanding the partnership as we grow. From our equity crowdfunding offering on TruCrowd to our partnership with WinnAero, our company is all about building a community. Rogue's hope is that this will begin to lay the groundwork for space education in the New Hampshire Lakes Region where we look to develop a feeder program that can support our long-term employment and growth strategies in



Rogue Space Systems CEO Jeromy Grimmett (r) and Sensor Engineer Drashti Patel (c) welcomes WinnAero Education Director Dan Caron(l) to Rogue's facility in Laconia where STEM Teacher Workshops will be offered starting in May.

Subsequent teacher workshops are The Space Environment (May 18), Space Activities for Grades K-5 (May 26) and Spacecraft (June 3). Registration for any of the workshops after Rockets is the responsibility of the attendee; costs are \$40 per workshop which includes all

snacks. Workshop participants will actually do all the "hands on" activities of the day just as their own students would. All sessions are "stand alone" and teachers can decide how many sessions they wish to attend. The workshops will be held at Rogue Space Systems located at

town Laconia. Check-in for each session is 8:30 a.m., with adjournment at 3:30 p.m. For work-shop course descriptions and further details about the non-profit group, WinnAero, visit www. winnaero.org. For more information about Rogue Systems, please visit https://rogue.space.

New Durham Supervisors meeting

April 16, 2021 1-2pm New Durham town hall

Periodic Maintenance and Verification of Voter Checklists

RSA 654:39 Verification every 10 years

Supervisors: Pat Grant, Mary Poston, Maureen Knepp

ALTON SCHOOL DISTRICT Kindergarten Registration for 2021-2022

Attention all Parents/Guardians of Incoming Kindergarteners:

Alton Central School will be holding their Virtual Kindergarten Screening, via video conferencing, on Friday April 23, 2021, between 8:00AM to 2:00PM. The child must be present for the conference and must be 5 years of age by September 30, 2021. Please have the following required documents available to send electronically:

- Your child's birth certificate
- Immunization records
- Proof of residency (tax bill, recent utility bill, etc)
- Picture of your driver's license
- Last physical of your child

Please contact Sonya Kelly, by April 16th, at 603-875-9302 to set up an appointment.

Harbor Freight Tools to open new location in Gilford

Harbor Freight Tools, America's go-to store for quality tools at the lowest prices, has announced that it will be opening a new store in Gilford. The new store will be located at 1458 Lakeshore Road and is expected to open this spring. An official opening date will be announced closer to opening.

Construction has already begun at the location, using local workers and companies from the surrounding Gilford area.

In addition, the store is expected to bring between 25 and 30 new jobs to the community, including Sales and Logistic Supervisors, Senior Associates, Sales Associates, and seasonal opportunities as well. Harbor Freight Tools offers a competitive starting rate along with a bestin-class retail benefits package that includes robust health coverage, and Thanksgiving and Christmas off. Harbor Freight provides stability and the opportunity to advance in a company that continues to grow, with more than 23,000 associates and more than 1,100 locations nationwide. Forbes Magazine recently recognized Harbor Freight as the country's number one employer for Veterans as well as one of the top 20 large employers in all of retail. In addition, DiversityJobs.com has named

Harbor Freight one of

their 2021 Top Employers, citing the company's commitment to recruiting and hiring from all diversity groups.

"We'ye been looking

"We've been looking to open a location in Gilford for a number of years so that we can provide the tools and equipment at tremendous values to the community," said Trey Feiler, Senior Vice President, Real Estate and Construction for Harbor Freight Tools. "In addition to finding a great location, we were attracted by the availability of great associates in the Gilford area, and we look forward to having them join the Harbor Freight team.'

Interested applicants can apply online at www.harborfreightjobs. com/retail and search "Gilford, NH".

About Harbor Freight

Tools

For more than 40 years, Harbor Freight Tools has been America's go-to source for affordable tools. The family-owned company started in Southern California in 1977, when 17-year-old Eric Smidt began transforming his father's small phone sales business into a successful mail order company, bypassing the resellers, dealing directly with factories, and passing the savings on to the customer.

The company opened its first store in 1980. Today Harbor Freight Tools has 1,100 stores across the country, 23.000 associates and more than 40 million customers who depend on Harbor Freight's quality and value to earn a living, repair their homes and cars and pursue their hobbies. With core values of excellence and continuous improvement, Harbor Freight Tools works to constantly improve the quality of its products and this year will introduce more than 600 new tools and accessories. Harbor Freight Tools is one of the nation's fastest growing retailers, opening two new stores every week.

TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE

TUESDAY, APRIL 20, 2021 7:00 PM @ NEW DURHAM TOWN HALL Joy Subdivision

You are hereby notified that a virtual Zoom Public Hearing will be held by the New Durham Planning Board on Tuesday, April 20, 2021 at 8:00 pm. The hearing is in regards to a 2 lot Subdivision Application submitted by Berry Engineering on behalf of Trevor Joy, Cathleen Joy and Seth Joy. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom application please contact Robin McClain at ndlanduse@newdurhamnh.us or the Planning Board.

The property is located at 217 Ridge Road, Map 263 Lot 024.

BARNSTEAD NOTICE RIVERVIEW CEMETERY ASSOCIATION

The Annual Meeting of the Riverview Cemetery Association will be held at the Barnstead Parade Fire Station on Thursday, April 22, 2021 at 6:00 P.M. Immediately following the public portion of our meeting, there will be a meeting of the Trustees. Masks are required, and seating will be arranged to comply with social distancing protocols.

Nicholas C. Rott President

GOVERNOR WENTWORTH REGIONAL SCHOOL DISTRICT

INVITATION TO BID BUS DISPOSAL

You are invited to submit a bid on the following items from the Governor Wentworth Regional School District Transportation Department:

- 1 2008 Freightliner Wheelchair Large Bus with 145,401 miles, Bus #30
 - 1 2009 GMC Van, yellow, with 208,399 miles, Bus #45
 - 1 2010 Freightliner 77 Passenger Bus with 215,722 miles, Bus #08
 - 1 2010 Freightliner 77 Passenger Bus with 235,165 miles, Bus #18
 - 1 2011 Freightliner 77 Passenger Bus with 237,960 miles, Bus #10

Sealed bids will be received at the Superintendent of Schools' Office, 140 Pine Hill Road, P. O. Box 190, Wolfeboro Falls, NH 03896 until 2:00 p.m. on May 5, 2021. No facsimile or email bids will be accepted.

Please mark the outside of the envelope "Bus $\mbox{\sc Bid}".$

To schedule a viewing appointment or ask any questions, please call Maryann Belanger or Norm Breton, at 603-569-2684.

The School Board reserves the right to accept or reject any and all bids.

SAU #49

GOVERNOR WENTWORTH REGIONALSCHOOL DISTRICT

Brookfield, Effingham, New Durham, Ossipee, Tuftonboro, Wolfeboro

Kindergarten Registration for 2021-2022

Information is now being accepted for the 2021-2022 kindergarten class. Students must be 5 years old by September 30, 2021. To register please contact the secretary at the respective school before April 22nd with the following information:

- Child's name
- Date of Birth
- \bullet Parent/Guardian(s) name, mailing address, and phone number

A registration packet will be mailed, and screenings will be scheduled by individual schools.

Contact information:

- Carpenter School, 569-3457, Denise McCarthy dmccarthy@sau49.org
- Effingham Elementary School, 539-6032, Sandie Hill shill@sau49.org
- New Durham School, 859-2061, Lura Meattey Imeattey@sau49.org
- Ossipee Central School, 539-4589, Gayle Bergeron gbergeron@sau49.org
- Tuftonboro Central School, 569-2050, Deb Chrysafidis dchrysafidis@sau49.org

Belknap Landscape leading the charge for electric fleet vehicles

LACONIA — As little as a few years ago seeing an electric vehicle in the Lakes Region was a novelty, but today the trend seems to be have taken a firm hold. As auto manufacturers launch more electric models and ranges for these cars increase many believe we'll likely see more electric cars on our roadways soon. Hayden McLaughlin of Belknap Landscape is one such believer.

"It's really something. We were looking for a replacement vehicle for our sales fleet, and we decided to check out electric cars almost out of curiosity. We've always had great experiences working with the folks at Cantin Chevrolet, so they were our first stop. When we landed on the Chevy Bolt, it just made sense," Mc-Laughlin recalls. "We've always tried to be socially and environmentally conscious, which this car is, but there are some neat features that were just practical for us too."

The Chevy Bolt is one of several new electric cars to launch over the past few years, and in addition to those eco-friendly features, Cheryl Wright of Cantin Chevrolet likes to remind people of the practicality of the car.

"Electric vehicles are as easy as owning a cellphone, just plug it in. With an average range of 259 miles, it covers most of the driving trips people make. With no oil changes, gas or spark plugs, yearly maintenance is minimal. But best of all, they are fun to drive," Mc-Laughlin said.

While the Chevy Bolt or other electric cars has proven appealing to many consumers, commercial applications seemed to be lagging.

"I was surprised to hear we were the first to approach Cantin's about an electric fleet vehicle. I feel confident we'll see many more operated by other companies soon. We're even seeing other types of electric equipment becoming feasible for commercial use. From mowers to excavators, the technology is catching up to our needs fast. We intend to keep a close eye on these options," said McLaughlin

The convenience in charging electric cars



Cheryl Wright of Cantin Chevrolet shows Stephanie Sanford of Belknap Landscape the charging port of her new electric car.

has been going through a revolution too. A quick online search returns results of over 2 dozen charging facilities in the lakes region, a number which would be unheard of a short while ago. Charging stations are popping up at hotels, car dealerships, even some Dunkin's locations and rest areas such as those in Hooksett. Many electric vehicle owners fill their batteries at home, noting you can't fill your tank of gasoline at home.

Regardless of if you embrace electric cars, or you prefer gasoline, it is clear electric cars are here to stay. While many consumers purchase these cars to "be greener," the cars themselves have become appealing beyond their environmental at-

business friendly. To learn more about the Chevrolet Bolt or other commercial vehicle op-

tribute. They've become

tions visit cantins.com

To learn more about Landscapes Belknap Eco-Friendly initiatives, follow them on all social media platforms or visit belknaplandscape.com.

Belknap Mill to host "Pandemic Puddle Portraits" by Colleen Wilson



LACONIA Belknap Mill is proud to host Colleen Wilson through the month of April in the Lobby Gallery as well as virtually on the Belknap Mill's website www.belknapmill.org. Colleen will go live via the Belknap Mill's Facebook page on Tuesday, April 6 at 5 p.m. Viewers can tune in for a live interview with the artist.

Colleen is a native of

BUSINESS DIRECTORY

Laconia who recently returned after almost 20 years in southern Maine. She is a cat person and a morning person who developed a habit of watching the daily sunrise on the Maine coast, often

capturing images with her cell phone. The routine of greeting the sun and spending time in nature inspired her to purchase her first "real" camera (a Nikon, because of the Paul Simon song) and the two have been nearly inseparable since. During her time in Maine Colleen won a photo contest for Down East Magazine (her first published photo) and began a project to photograph all 65 lighthouses in the state.

Upon her return to the Granite State last vear. Colleen traded lighthouses for covered bridges (55 of them in New Hampshire) and has only two bridges left to photograph! While in New Hampshire, she also continues her daily routine of watching the sunrise, and is always looking on the ground for puddles (the perfect

canvas for a reflection photo). Before long, she had 'favorite' puddles nearby some of Laconia's most interesting buildings: the historic train station, the library, and the United Baptist Church in Lakeport.

Being back in Laconia has provided Colleen the opportunity to spend more time with her family, and she takes advantage of that by walking with her mother, longtime Laconia resident MarvAnn Wilson, After a rainstorm, their walks typically turn into puddle-hunting adventures where Colleen shoots and MaryAnn waits patiently for her daughter to move on to the next puddle, sometimes keeping a lookout for traffic when the puddles are in the road.

In December of 2020, Colleen created "Reflections of Laconia"

a 2021 calendar filled with her pandemic puddle project images. The creation and promotion of that calendar led to Colleen receiving an invitation to exhibit her puddle photographs at the Belknap Mill. She is excited to present this collection of "pandemic puddle portraits" of our City on the Lakes. Three of the frames in the exhibit were crafted by Colleen's father, local resident and woodworker Patrick Wilson. All items in the exhibit are for sale, and additional prints or formats may be purchased by contacting Colleen, her information is listed below: www. colleenphaedraphotography.com or by email: colleenphaedraphoto@ gmail.com.

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Fred P. Doherty, 92

Alton, NH -- Fred P. Doherty age 92, of Dudley Road died on March 30, 2021 at Presidential Oaks in Concord, NH.

Born in Tilton, NH on November 12, 1928, the son of James W. Doherty and Hazel A. (Merrill) Doherty. He was raised in Laconia, NH and lived in Alton, NH for 42

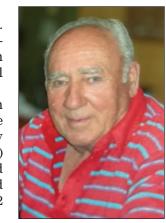
Fred retired as a Security Guard from the Laconia State Hospital. He was also a Police Officer for Laconia Police Department.

A 10-year U.S. Army Veteran and 13-year U.S. Air Force SSTG Veteran. He had been a Flight Engineer for Air Force One and Air Force Two for six years, during the terms of John F. Kennedy and Franklin D. Roosevelt. He travelled the world three times!

Fred was a former member of the Knights of Columbus.

He enjoyed making maple syrup, hunting, fishing, and roller skat-

Survived by his son;



Paul Doherty, 2 stepsons; Lee Hillsgrove and fiancée Cheryl Wright, Leon Hillsgrove and wife Shirley, a broth-Donald Doherty and wife Vivian, several grandchildren and many great grandchildren. Predeceased by the love of his life of 41 years; Lois F. Hillsgrove, son; Lane Doherty, his 3 siblings; Jim, Edna, and Aelay, stepson; Wayne Hillsgrove.

A graveside service will be held at a later

Cremation care by Peaslee Funeral Home. To express condolences, please visit: www.peasleefuneralhome.com

~ Comfort Keepers~

Seniors and sleep:

How much sleep do older adults need?

Owner/Administrator Comfort Keeners

Many things change as we get older. Something that we don't necessarily expect to change is how we sleep. In fact, 46 percent of adults 65 and older have trouble falling asleep and sleeping well through the night on a regular

Adults over the age of 65 should be getting seven to eight hours of sleep per night. But getting quality sleep at night can be difficult for seniors.

As we age, our bodies make less of the chemicals and hormones that help us sleep well.

Some seniors develop sensitivity to environmental factors affecting sleep, including noise and temperature.

The parts of the brain that control sleep are affected by conditions such as Parkinson's disease or stroke.

Arthritis and other conditions can also play a role in sleep quality due to chronic pain.

In addition, seniors may fall asleep earlier than usual, wake up in the middle of the night, or suffer from insomnia - all of which can negatively impact quality of daily life. In addition to affecting mood, lack of sleep can lead to issues with memory and an increased risk of falling

Inadequate rest affects mood– Not getting a full night of sleep can cause irritability, stress, problems with centration, and mood swings. Long-term sleep deprivation can lead to cognitive issues and depression.

When seniors don't sleep, their bodies suffer- Headaches, body aches and weakness can sometimes be attributed to lack of sleep.

Being tired can contribute to illness - When tired, an older adult's immune system doesn't perform as well, opening the door to illness and infection. Some studies have shown that lack of sleep can lead to heart problems, diabetes and it has even been associated with an increase in risk of breast cancer.

Seniors that are having a hard time sleeping can get help from their doctor. However, there are a few things they can try at home to help ensure a restful night's

Having a sleep schedule- going to bed at the same time every night, and getting up at the same time every morning, helps a person adjust to a natural sleep

Being mindful about eating habits- Alcohol, spicy foods, caffeine and a diet high in sugar can all cause sleep issues. Eating and drinking close to bedtime can also be a problem for some rather than having a full meal before bed, it's better to have a light snack or warm milk.

Creating indian vidualized sleep plan-Changing nighttime routines, and daily activities, can have an impact on sleep. It's important for people to find out what works for them and create a schedule that they stick to - consistency is key! Some people find that more physical activity during the day helps them sleep better. Others find that napping during the day makes it harder to sleep at night, while some aren't affected. Meditation before bed, a warm bath or reading time at night can all be part of a sleep plan, if they help.

Comfort Keepers® Can Help For seniors that want to change their daily routine and create a schedule for better sleep, the quality caregivers with Comfort Keepers can help. They can assist with scheduling and routine, increased ac-

tivity during the day, physician-prescribed exercise and diet plans and can provide transportation to scheduled appointments. Better sleep leads to more happiness during the day, and our goal is to help every client live a joyful life, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers Comfort Keepers is a leader in providing inhome care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been

serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit

our Web site at www. nhcomfortkeepers.com for more information.

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or e-mail abfc@faith.com.

Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union Pastors Daniel and Sherrie Williams, 473-8914.

For more information, please visit abundantharvestnb.org

ALTON BAY CHRISTIAN CONFERENCE

CENTER Sundays throughout the summer 10:am & 7pm; Tues-Thui 9am;. 875-6161.

BEFREE COMMUNITY CHURCH, ALTON

Alton-9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN

Worship Service 10:00am

Bible Ŝtudy 11:15am Rte 126 next to Town Hall Call or Text (603)269-8831 Pastor Brian Gower.

COMMUNITY CHURCH OF ALTON

Prayer Meeting 9:00 am Rev. Dr. Samuel J. Hollo. 875-5561 Bay service 8:30am Alton Bay Gazebo, Alton , NH 10 am Worship Service 20 Church Street, Alton Our services are live streamed on YouTube

Sundays at 10 am

CONGREGATIONAL CHURCH OF NORTH **BARNSTEAD UCC** We are an "Open and Affirming Congregation

of the UCC Reverend Nancy Talbott; 776-1820 504 N. Barnstead Rd., Ctr. Barnstead, NH Our services are Live on Zoom every Sunday at 10 AM More info at: ccnorthbarnstead.com

CHURCH UCC FARMINGTON

Worship Services 10:00 A M Sunday School 10:15 AM Farmington, NH 03835 Pastor Kent Schneider 755-4816 www.farmingtonnbucc.org

FIRST FREE WILL BAPTIST CHURCH

Sun. School 9:45am; Church 11am; Evening Service 6bm; Wed. Prayer Meeting 7pm. Depot St., New Durham;

PARADE CONGREGATIONAL CHURCH OF

on the Parade in Rarnstead Sunday Morning Worship Service for all ages begin at 10:00 a.m.

Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL

40 Hidden Springs Rd., Alton, 875-2548. Father Robert F Cale Pastor Mass Saturday 4pm; Sunday 8:30 & 10:30am Daily Mass Mon., Tues., Wed., Fri. 8:00am

ST STEPHEN'S

EPISCOPAL CHURCH Sunday 9:30, 50 Main St., Pittsfield Rev. Miriam Acevedo, 435-7908 www.ststep benspitts field.com

UNITED METHODIST CHURCH

Rt. 171 at Tuftonboro Corner

Sunday services 10:30 am. Church 603-539-8058 UNITARIAN UNIVERSALIST SOCIETY OF LACONIA

Sunday services and religious education 10:00 a.m. All are welcome.

172 Pleasant St.Laconia • 524 6488 • uusl.org

MAPLE STREET CHURCH

Sunday Service 11am 96 Maple Street Center Barnstead NH 03225

Visitation opening up at area nursing facilities

BY FLISSA PAQUETTE

Contributing Writer

REGION — New Hampshire is making progress on the Covid-19 vaccination front with 15.9 percent of the population fully vaccinated, as reported on the state's dashboard. That is good news, as Carroll County (as of March 29), is recording a high rating of daily new cases per 100,000 of 16.6. At the same time, the county has a low infection rate of 0.86 and a medium positive test rate of 4.1 percent.

As the numbers of fully vaccinated residents increases, including folks in younger age groups, some are experiencing a sigh of relief among them people with family members in long term care facilities.

tion to avoid or curtail outbreaks. but now. with vaccinations available, at last families and friends are beginning to reconnect. At Mountain View Community (MVC), the county's long term residential facility located in Ossipee, Clinical Coordinator and Preventionist Ciaran Smith reports that of the 98 residents, all are vaccinated, with the exception of just three, and 70 percent of the staff have received the Pfizer vaccine. "It is not mandatory. Some chose not to, but they are gradually coming forward," says Smith, as an "ongoing education effort" is relieving some concerns and hesitation.

MVC follows state guidance. Compassionate care visits, in consion, or in the case of failing health, are scheduled by the recreation department, and take place three days a week, with two at a time at most in one room.

"We are very happy to see it," she says.

Visitors are screened and must wear masks at all times. Families are welcome to inquire. Lori Mayer, spokes-

person for the Wolfeboro Bay Center, run by Genesis, also says that visitors are asked to call ahead to schedule a visit. "At this time, ap-

proximately 86 percent of residents and 63 percent of staff members have received dose one of the COVID vaccine across all Genesis-affiliated centers. This com-

It's been a year of sideration of a resident's pares to a median of 77.8 restrictions on visita- anxiety level, depres- percent for residents and 37.5 percent for staff who received more than one vaccine dose through the first month of the program, as reported by CDC," says Mayer.

She emphasizes, "Center staff, visitors and residents must still adhere to the core principles of COVID-19 infection control, including maintaining physical distancing, screening of all who enter the facility for signs and symptoms of COVID-19, hand hygiene, wearing a surgical mask and conducting visits outdoors whenever possible. This continues to be the safest way to prevent the spread of COVID-19, particularly if either party has not been fully vaccinated."

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Buyer

Joseph and Paula Dyrkacz

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Seller

Town **Address** Alton 70 Reed Rd. Rines Road Alton Barnstead 55 Andover Dr. Barnstead N/A (Lot 3) New Durham 288 Birch Hill Rd. New Durham Kings Highway, Lot 10 New Durham 246 Ridge Rd.

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and

the surrounding areas. These sales summaries are in-

formational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve

New Durham 213 Valley Rd.

Type Price
Residential Developed Land \$378,400 Residential Developed Land \$65,000 Single-Family Residence \$242,000 \$325,000 Single-Family Residence \$331,000 N/A \$330,000 Single-Family Residence \$155,000

Single-Family Residence \$299,000

Ryan L. Heath LLC Joshua K. and Tracy A. Button Christopher T. Smith David W. and Wendy Fontaine Justin Galvin and Ellen Atkinson Bissell Fiscal Trust and Bradley E. Bissell Lauryl A. Vachon

John E. and Linda S. Duncan David R. Hartshorn and Katelyn M. KusMarissa A. Wong and Matthew R. Brown Paul and Marynelle Morelli Benjamin R. and Angela M. Russell Kim Peters and Julia Nye Bethany Dall Patrick J. Young or 669-3822. Copyright 2011. Real Data Corp. In the col-

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

umn "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Web-

LRAA Gallery on the move...and then some

TILTON Tom Hitchcock. President of the Lakes Region Art Association, reports, thanks to the generosity and support of the Tanger Outlet Mall management, the LRAA/Gallery will move from its present address to a larger and more centralized location in the same mall, to suite number 300.

"We'll be moved and back in business by April 1, and we couldn't be more excited about

change of venue," said Hitchcock. "This move will now allow us to create a new look, become a more interesting gallery featuring not just fine art and photography, but also add oneof-a-kind

handcrafts too. Crafts will include all types of original items from sculpture to carvings, pottery etc., not jewelry or apparel, we are not in the business of making people look good, but instead, what we offer

is décor. Also, Instead of just displaying fine art on the walls, like in a museum where nobody talks a above whisper, we'll be creating unique and 'lively' settings using different props and materials to enhance what you see. It'll all be refreshingly different, distinctive and set us apart from other galleries with that certain je ne sais quoi. After all, we are in the business of providing fine art, photography and crafts to

liven-up one's home, office or place of business, so do it with imagination and 'spunk', enough so everyone will keep

coming back to see 'what's new."

Another "move" by the LRAA/Gallery is actually an increase in the number of art and photography classes held there. Very inexpensive courses teaching how to draw, paint watercolors, oils, acrylics and photography, etc.

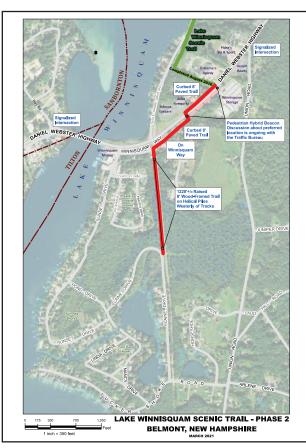
In addition, anoth-

er "move" is for our grand opening of the gallery, Sunday, May 2. 2-5:30 p.m. It'll include our 'Fabulous Flowers and Fine Arts Festival.' A number of lakes region florists and garden centers will participate by providing creative and beautiful floral arrangements for the month of April in the gallery.

The grand opening will include refreshments, a raffle and live music. Admission is free. The Lakes Region Art Association and Gallery is a non-profit, 501 c-3 organization dedicated the promotion and support of art and artists in the lakes region. The new address is: Tanger Outlet Mall. 120 Laconia Rd., Suite 300, Tilton. Open Thursday-Sunday, for gallery sales 10 a.m.-6 p.m. Open weekdays and evenings for art and photography classes. Call to inquire,

998-0029, and/or visit the LRAA/Gallery Web site: www.LRAANH.org.

Working to connect the Winnipesaukee Regional Rail Trail



— The Win-REGION nipesaukee Regional Rail Trail from Lakeport to West Franklin has been a Lakes Region priority for over twenty years. There's a proposal being considered by the Lakes Region Planning Commission to extend the popular Lake Winnisquam Scenic Trail another half mile to the south.

This proposed intermediate project connects to four and a half miles of continuous completed paved trail between the Lake Winnisquam Scenic Trail in Belmont and the WOW Trail in Laconia, extending this trail section to five miles. It also helps close the five-mile gap to reach the completed 5.1 mile Winnipesaukee River section in Tilton and Franklin. The proposed Phase 2 trail segment in Belmont begins at Osborne's Agway where the existing trail section ends and crosses Route 3 using a new hybrid traffic light for pedestrians and bicycles. From there the proposed route parallels Route 3 and then turns south crossing a wetland area with a 1200 foot raised boardwalk adjacent to the railroad

track and ends at Elaine Drive. Federal Highway Transportation Alternative Program funds with matching local funds are proposed for this \$1.25 million dollar project. Helical piles will be used to construct the boardwalk section of this scenic route. In addition to extending the existing trail, this project provides safe access to the trail to 1200 residences within one mile of the trail head on Elaine Drive.

Regional rail trails like many outdoor recreation opportunities have seen significant increase in use during the last year. The Winnipesaukee River Trail section reports a 100% increase in trail use in 2020. The full 20-mile Winnipesaukee Regional Rail Trail envisioned by Laconia, Belmont, Tilton and Franklin connects to the 58-mile Northern Rail Trail in West Franklin. The Winnipesaukee Regional Rail Trail offers an outstanding recreation opportunity for local residents as well as drawing visitors to the Lakes Region. A 2019 Study by Alta Planning found that this 20 mile regional trail would gen-

erate additional visitor federal funding is only spending of \$6 million annually and 40 to 60 permanent new jobs, \$500,00 yearly in room and meals tax as well as mobility, health and safety benefits. Planning projected a 20 year net total benefit of the completed trail to reach between \$67 million and \$89 million. Regional trail networks across America draw large numbers of visitors as a destination and increase property values along the corridor.

While not fully completed, the Towns, trail groups, and dedicated volunteers engaged in building the Winnipesaukee Regional Rail Trail sections for decades are working hard to close the gap and join the trail together. "Some of us started working on this 30 years ago. We'd like to see the trail fully connected",said Ron Mitchell, Chair of Belmont's Trail Team. This available every other year, so this is an important opportunity for

more information on this proposed addition to Lake Winnisquam

the Lakes Region. For Scenic Trail, contact the Town of Belmont Land Use Department.



Prep work

New owner Celeste Chasse (second from left) and her staff move toys around a play area in preparation for the reopening this week of Being Kool After School. The new phone number of the New Durham child care facility is 859-0200.



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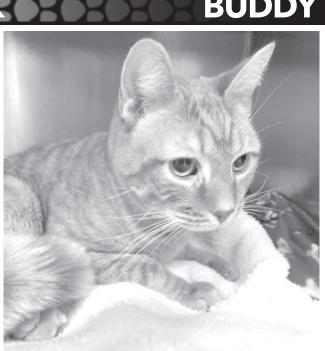
For questions call Jim Bean 603-455-5700

BUDDY

Buddy is a giant mush, a sweetie peetie if you will. However, he does need some time to warm up before he lets his walls down. But, when he does, holy moly does he melt your heart. Buddy may do well in a home with a cat friend or two, however it may be best for him to not have boisterous pups running around to spook him.



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Knight sports teams start competition Monday

BY JOSHUA SPAULDING

Sports Editor WOLFEBORO — Unlike the fall and spring seasons, the Kingswood spring sports teams will be starting the season at the same time as the oth-

er schools in the area.

Like the previous seasons, the Knights will be facing a schedule that is mostly comprised of local teams.

The baseball and softball Knights will be kicking off the season with games against Plymouth, playing at home on Monday, April 12, and on the road on Wednesday, April 14. Next up on the schedule is Winnisquam, with the Knights on the road on Monday, April 19, and at home on Wednesday, April 21.

The Knights will take on Laconia on Monday, April 26, and Wednesday, April 28, at home for the first game and on the road in the second

game. Carroll County rival Kennett is up next. with games on the road in North Conway on Monday, May 3, and in Wolfeboro on Wednesday, May 5.

Kingswood will play neighboring Prospect Mountain at home on Monday, May 10, and will be in Alton on Wednesday, May and the following week brings games against Gilford, on the road on Monday, May 17, and at home on Wednesday, May 19.

The final week of the season brings games with Belmont, on the road on Monday, May 24, and at home on Wednesday, May 26.

The Knight lacrosse teams will also begin the season taking on Plymouth, with the boys at home on Tuesday, April 13, and on the road on Thursday, April 15, while the girls will be on the road in the first game and at home in the second.

Next up are games with Inter-Lakes, with the boys hosting on Tuesday, April 20, and the girls on the road while on Thursday, April 22, the teams switch locations. Laconia is up next, with the girls hosting on Tuesday, April 27, and the boys on the road, while on Thursday, April 29, the boys will host and the girls will be on the road.

Carroll County rival Kennett is on the schedule next with the girls hosting on Tuesday, May 4, and the boys on the road while the boys will host on Thursday. May 6, and the girls will be on the road. The boys play two more games with Kennett the following week, at home on Tuesday, May 11, and on the road on Thursday, May 13. The girls will be playing Belmont on the road on May 11, and at home on May 13.

Gilford is up next, with the boys on the road on Tuesday, May 18, and the girls at home while the boys will host on Thursday, May 20, with the girls on the road. The final week of the season has games with Inter-Lakes, with the boys hosting on Tuesday, May 25, and the girls on the road while the girls will host on Thursday, May 27, and the boys are on the road.

The tennis Knights will also be opening the season with two games against Plymouth. The boys will be on the road on Tuesday, April 13, and at home on Thursday, May 15, while the girls will be at home to start the week and finish the week. The second week of the schedule features games with Moultonborough, with the boys on the road on Tuesday, April 27, and the girls playing at home while on Thursday, April 29, the teams switch loca-

The Knights will take on Carroll County rival Kennett the following week, with the boys hosting on Tuesday, May 4, and hitting the road on Thursday, May 6, while the girls will be on the road to start the week and finish at home. Kingswood plays neighboring Prospect Mountain the following week, with the girls hosting on Tuesday, May 11, and the boys on the road, while the boys host on Thursday, May 13, and the girls are on the road.

The tennis boys will host Gilford on Tuesday, May 18, while the girls will be in Gilford and on Thursday, May 20, the boys will be on the road and the girls will play hosts. The final week of the season brings Plymouth, with the boys on the road on Tuesday, May 25, and at home on Thursday, May 27, and the girls host to start the week and are on the road to finish the season.

The Knight track team will be opening the season on Tuesday, April 20, at Inter-Lakes, then will be hosting a meet on Tuesday, April 27, at The Nick. Kingswood will be at Kennett on Tuesday, May 4.

Kingswood will be at Prospect Mountain on Tuesday, May 11, and will finish the season at home on Tuesday, May

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

Laconia Rotary's 29th Annual charity motorcycle raffle underway

LACONIA – Wouldn't it be nice to cruise the roads of New England this summer on a brand new Harley? And what if your sweet new ride was all because you supported local charities like the Lakes Region Scholarship Foundation?

It's not just nice... it's

possible!

Laconia Rotary Club is excited to announce the kick off its 29th Annual Charity Raffle and the chance to win a 2021 Harley-Davidson Street Glide. The billiard red FLHX bike is valued at \$23,752. Supporting this annual fundraiser

priceless! And, it is easier than ever. The \$20 ticket can be purchased early and often online starting today. Only 3,000 tickets will be sold.

Visit laconiarotary. org to purchase tickets and view the Harley. Tickets can also be purchased through contacting a Club Member. Not a rider? You can purchase tickets on behalf of friends and family members who would love a new bike!

Laconia Rotary is deeply grateful to the local community, and recognizes the generosity received by this fundraiser over the years. Many Motorcycle enthusiasts riding into town for Laconia Motorcycle Week, purchase the "lucky ticket", have also supported the plethora of charities the Club is able to honor.

Traditionally, Harley-Davidson to be raffled is available in the Fall prior to the next year's Motorcycle Week, allowing Club Members nine months to sell tickets. Due to the pandemic, the 2021 models were not made available until this February, shortening the window of opportunity for sales. The Club remains optimistic that Online ticket sales will be successful. Past experience suggests that many people look forward to purchasing tickets, while supporting local organizations at the same time.

Laconia Rotary President John Moriarty shares, "By necessity we are refining and streamlining how we promote and sell the tickets in 2021. In the end, it's not about the bike. It's about the thousands of people whose lives will be improved by the great work of the organizations we can support. Through fundraising efforts like the motorcycle raffle, Laconia Rotary has donated more than one million dollars to this end."

This year's raffle ticket will be drawn on the final Sunday of Laconia Motorcycle Week at 4 p.m. Winners need not be present to win. For full details about the bike as well as terms and conditions of ticket purchase, please visit laconiarotary.org.

Special gratitude is extended to this year's raffle sponsors: Bank of New Hampshire, Laconia Harley- Davidson and Watermark Marine.

Laconia Rotary is a committed, friendly and diverse group of professionals who value service to the community and education. It is a part of an international network, that values service above self, provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world.

Laconia Rotary typically meets every Thursday at noon. All are welcome. Please write to LaconiaRotary@gmail. com if you are interested in attending a meeting. Visit www.LaconiaRotary.org for more information about the club.

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KINMOND

(continued from Page A1)

volunteer firefighter in Ossipee for 12 years.

Public administration always held a fascination for him, though, and, if he wasn't already busy enough, he trained as a certified public manager.

Timing, once again, was in his favor.

"Right after that, we lost our town administrator in Moultonboro, so I helped out on an interim basis as an administrative liaison between department heads and the Board of Selectmen to facilitate communications."

He kept things going on a day-to-day basis until the new town administrator had been selected.

But something happened.

"I had the bug," he said. "This was something I wanted to do."

So he started looking at town administrator jobs.

wanted a small town, so I could make an impact and be part of the community," he said.

Kinmond landed in New Durham in January of 2016, during a time that could be charitably called chaotic.

"I knew I was coming to a community in discord," he recalled. "The police chief had been terminated, and I was aware of some undercurrents in the political scene and in different departments. I knew it would be a challenge."

But Kinmond believed he could bring

"insight and guidance to mitigate the issues, including the damaging ones," due to his knowledge of various departments.

"My mentors told me that when you go to a community as the TA with constantly changing boards, you'll hopefully move beyond problems in the past, rebuild, stabilize, and leave it in a better place," he said.

Young agreed that his "vast background and experiences" benefitted the town, commenting that "His open door policy transformed Town Hall and allowed residents to ask questions or voice concerns."

said Kinmond the trickiest aspect of being a town administrator is the juggling act between support for the employees and the budget allowed for by the town.

"I know what being a municipal employee is, because I worked my way up," he said, "so that helped me. It can become hard when the elected board gives orders that go against your grain as an employee, or that you know won't sit well with staff. You're only as good as your staff, so you have to be creative when making sacrifices for budgets, and think outside of the box. That can be challenging."

Kinmond said he enjoys problem solving, but year after year of trying to create low budgets, when "over 60 percent of your budget is for wages and staff, it gets to be a struggle."

How does a TA make it work?

"You have to figure out where any potential revenue can come from or come up with a creative way of structuring the staff to bridge the gap," he said.

He said that is the hardest part.

"We'd love to have a flourishing money tree in the backyard, but it's not there, so we sometimes have to buckle down. The town is about service; you want to be able to serve the public efficiently and the best you can."

Even without a money tree up his sleeve, Kinmond said he has a sense of accomplishment when looking at the big picture of his New Durham years.

"When I first came here, people didn't trust their local government, and had concerns about what was happening with the staff," he said. "I settled that in my time here, and was transparent and upfront with answers, so there didn't seem to be anything hidden. I've always tried to make this office open to inquiries and we quelled the contentiousness and moved beyond that."

He is also proud of reducing watershed contaminants by moving to a more environmentally friendly road treatment.

High employee turnover had been a major problem.

"Little by little, we tried to get wage stability," Kinmond said, "which mitigated the

defenseman Zoltan Stefan and Laconia-Winnisquam-Inter-Lakes goaltender Evan Rollins. They were joined by Andrew Duany of Lebanon-Stevens-Mount Royal and Rylan Morgan and Sal Vella of Hollis-Brookline-Derryfield.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonturnover, but it's difficult for New Durham to be competitive. It's a challenge to stabilize the departments in a small town sandwiched between these bigger communities."

Of course, every day presents a different challenge.

"Weird things crop up most days," he said. "I make my to-do list and hope that I get a majority of it crossed off, but when you get a problem, you have to shelve everything else. I've learned more than I would have thought in this job, so I have more resources to help people."

greatest Kinmond's rewards came from collaborating with volunteers.

"It was wonderful to work with such great people," he said.

Specifically, he cited Fred Quimby's results with the watershed management plan and stormmanagement water grant, Mike Gelinas and snowmobile trails, and the parent group that put in the playground, but indicated he has come in contact with "a lot of great people in this town. There are many great volunteers, and our staff volunteers, too. That's a great feeling."

self-proclaimed "people person," the best times he had in town were when he got right out in the community and got his hands dirty as when he helped put in the playground equipment – and his hands clean – as when he washed dishes at the Senior Lunches.

"I really enjoyed the Senior Lunches," Kinmond said. "I cooked and washed dishes. The people were so appreciative and that's a great reward."

He got more than his hands wet each New Durham Day, since he always volunteered to be a "victim" at the dunking booth.

"You have to have that partnership. I'm here as TA and I lead by example; it's important to do so," he said.

He also helped out at events for the New Durham Public Library, using his theatrical skills. Kinmond served as the voice of the Wizard of Oz one of the evenings at the latest Halloween event at the 1772 Meetinghouse, entertained a group of Storytime participants when the class was evacuated to Town Hall, and, for the past few years, portrayed the merry old elf in December at the Friends of the Library's Holiday Open Houses.

"I love doing that kind of stuff," he said. "I get great satisfaction seeing smiles on the faces of young people."

While a police officer, Kinmond read to students at the local school. He said his grown children now work with youngsters.

"They saw that from their dad and that gives me a feeling of accomplishment," he said.

There have been long nights, many meetings, and a forty-minute ride to work each day,

but Kinmond noted getting "great rewards from the job."

example An would be plowing New Durham roads during a recent snowstorm.

"You can't just grab someone off the street to do that job," he said. "I have the necessary credentials and licenses, so I did it because I had a department that was down in manpower and needed help. I get satisfaction out of that."

It's time for him to move on, though.

"Whenever I leave a position, there is a sense of loss. Everyone has worked so well here and it's been a great team. We built a great professional relationship, but it will be nice to be just next door," he said, referring to working in Alton. "I'll be there if anyone needs someone to talk to."

Looking back, Kinmond said he feels "pleased overall. Of course, we suffered a great blow with Covid that has put strains on everyone. It's been a difficult time, but in 2016 things were pretty rough and we were able to navigate through that, heal, and move forward. It's always a work in progress."

Kinmond said he is returning to his field of interest and passion to do public works.

"I will miss everyone, but look forward to new challenges and new relationships," he said. "New Durham will definitely be a great memory."

ALL-STATE

(continued from Page A1)

LaPierre of Dover and Claden Daubney of Oyster River.

Mike Young of Dover was named the Division II Coach of the Year.

In Division III, Ber lin-Gorham forward Tyler Rousseau was named the Player of the Year and was joined with First Team honors by teammate Ben Estrella, Kennett forward Wade Volo and goaltender Bryson Wrobleski, Laconia-Winnisquam-Inter-Lakes forward Kameron Young and defenseman Andrew Spicuzza.

Second Team honors went to Belmont-Gilford forward Owen Guerin and goaltender Colin McGreevy. They were joined by Ethan Molnar of John Stark-Hopkinton, Lucas Gay of Monadnock-Fall Mountain, Conor Sanborn of Hollis-Brookline-Derryfield and Matthew Dexter and Adam Omundso of Pembroke-Campbell.

Division III Honorable Mention went to Berlin-Gorham forward Griffin Melanson and defenseman Carter Poulin, Belmont-Gilford

Kevin Merrick of Sanborn-Epping was named the Division III Coach of the Year.

press.news.

SPORTS

(continued from Page A1)

Monday, May 10, and then hosting the Knights Wednesday, May 12. The Timber Wolves will be at Inter-Lakes on Monday, May 17, and will be hosting the Lakers on Wednesday, May

Prospect wraps up the season against Kennett, visiting the Eagles on Monday, May 24, and hosting the Eagles on Wednesday, May 26.

The Prospect tennis teams will kick off the season on Tuesday. April 13, against Gilford, with the boys at home and the girls on the road. The teams will change locations and meet again on Thursday, April 17. Prospect takes on Moultonborough the following week, with the boys at home on Tuesday, April 20, and the girls on the road, with the girls hosting on Thursday, April 22, and the boys on

the road.

The Timber Wolves will play Inter-Lakes after vacation, with the girls hosting on Tuesday, May 4, and the boys hitting the road while the boys will be at home on Thursday, May 6, and the girls go on the road. Neighboring Kingswood is up next, with the boys hosting on Tuesday, May 11, and the girls on the road in Wolfeboro. The two teams exchange venues on Thursday, May 13.

The Timber Wolves meet up with Inter-Lakes again the next week, with the girls hosting on Tuesday, May 18, while the boys are on the road and the boys will be at home and the girls on the road on Thursday, May 20.

The final week of the season has the Timber Wolves playing Kennett. The girls will host on Tuesday, May 25, while the boys are on the road

and the two teams will switch venues and play again on Thursday, May

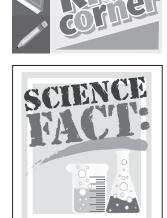
The Prospect track team will kick off the season with two home meets, hosting meets on Tuesday, April 13, and Tuesday, April 20.

The team will then go on the road for meets on Tuesday, April 27, at Winnisquam and Tuesday, May 4, at Laconia.

The Timber Wolves will host their final meet on Tuesday, May 11, and will wrap up the regular season with a trip to Laconia on Tuesday, May

All schedules are subject to change.

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

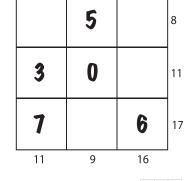


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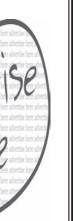
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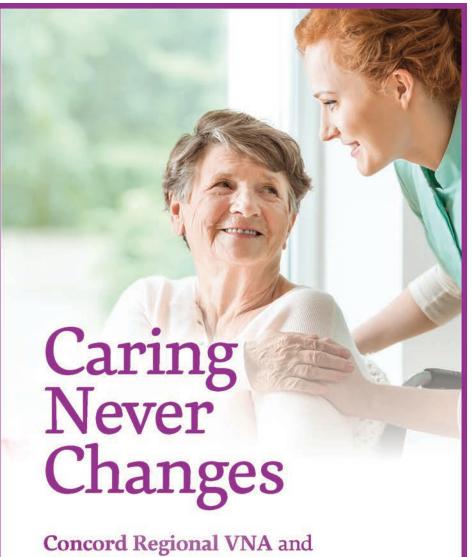


Alton Central School Reading and Math Tutors

Alton Central School is seeking a tutor for this year and next to assist students in grades K-4 with reading and math. Whether in-person or remotely, tutors will work with small groups of students under the direction of a certified teacher for 15-31.5 hours/week, depending upon your availability. Alton Central has established carefully planned Covid-19 protocols, and is currently in session every day. However, a working knowledge of technology is required in the event that the school pivots to a remote schedule. NH educator certification or previously held certification is preferred but not required. The hourly rate will be based on experience. The positions will remain open until filled. Please submit a completed application to APPLITRACK at:

https://www.applitrack.com/altonk12/onlineapp/ Application deadline: 5/3/2021

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