



Newfound Landing

THURSDAY, FEBRUARY 15, 2024

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COMPLIMENTARY

Cats bring the offense, cruise past Lakers

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — In an afternoon tilt at Plymouth State University's Hanaway Rink, the Kearsarge-Plymouth hockey team cruised to victory over visiting Laconia-Winnisquam-Inter-Lakes by a 7-0 score.

The Cats were all over the puck early on and forced LWI goalie Patrick Kenney to make save after save. Shea Curley and Jack Swanson had shots go wide, Aiden Chicoine had a bid denied by Kenney and Lincoln Manson got in close for a chance that Kenney stopped. Aiden Wirth made a run into the zone for the Lakers, with Gave Ouellette making a solid defensive stop.

Gunnar Benedict had a bid denied by Kenney and Curley and Manson had shots go wide of the net. Manson also got in close, only to have the door shut by Kenney.

Kearsarge-Plymouth went on the power play with 10:01 to go in the first and Wirth had a good early clear. However, the Cats came back with some great chances. Brennan Johnson fired a shot wide and another off the post while Charlie Cushing had a shot blocked and Nolan Johnson and Landon Custance had bids stopped by Kenney. Lukas Mondor had a good clear for the Lakers and Curley and Swanson had bids in the zone before the penalty was killed off.

Brennan Johnson and Swanson had chances stopped by Kenney and Manson had a bid denied as well. Custance and Chicoine continued the pressure for the Cats, only to see Kenney keep the puck out of the net.

The hosts were able to break through with 5:29 to go in the first, as Bailey Veasey picked up the goal on a rebound, with assists to Custance and Chicoine and the 1-0 lead

for the Cats. Ouellette and Manson had chances stopped and Curley had another bid stopped, with Manson getting close on the rebound.



JOSHUA SPAULDING

Kearsarge-Plymouth's Gabe Ouellette makes a defensive stop on Aiden Wirth of Laconia-Winnisquam-Inter-Lakes last week.

the zone but could not capitalize. Curley came back with a chance that was stopped by Kenney

son for the 2-0 lead with 4:02 to go in the first period. After Chicoine had a chance go wide, the Lakers had a run into

the zone but could not capitalize. Curley came back with a chance that was stopped by Kenney

SEE HOCKEY PAGE A17

New Hampton Community School students raise funds to support local fire victims

NEW HAMPTON — New Hampton Community School's motto is "NHCS CARES." We try to instill in our students that we are a community that strives for Character, Achievement, Responsibility, Excellence, and Spirit.

Those characteristics were put into practice over the past week, when news broke that a

former NHCS family's barn and livelihood were lost in a fire. Even though our students move on after graduation, they are always a

part of our NHCS family.

Principal Ann Holloran decided to hold a "Hat Day" on Monday, Feb. 5. Students and staff

could wear their hats in school for the day, with donations going to the Murray family as the

children, Meghan, Andrew and Billy are all NHCS alumni. Word spread quickly throughout the

community, and former NHCS teacher Christine Hunewell challenged

SEE SUPPORT PAGE A16



COURTESY

Plymouth State University honored Carol and Richard Gerken with the Richard E. Collins Medal for Distinguished Philanthropy in recognition of their more than 40 years of dedication to PSU. President Donald L. Birs, Ph.D. (right), presented the Gerkens with the award at a recent ceremony.

PSU honors Carol and Richard Gerken with Richard E. Collins Medal for Distinguished Philanthropy

PLYMOUTH — Plymouth State University (PSU) recently honored Carol and Richard Gerken of Meredith, New Hampshire, with the Richard E. Collins

Medal for Distinguished Philanthropy. Named for former PSU President's Council member, the late Richard E. Collins, who demonstrated uncommon generosity

to PSU, the award recognizes those who have exhibited Collins' same spirit of distinguished philanthropy and dedication to PSU students.

SEE PSU PAGE A17

Safety concerns prompt cancellation of local ice fishing derbies

BY DONNA RHODES
CONTRIBUTING WRITER

REGION — Safety concerns about ice conditions on some of the lakes in central New Hampshire have spawned the cancellation of a few ice fishing derbies set to take place this month, including the Webster Ice Fishing Derby in Franklin and the Alexandria Volunteer Fire Department's derby, sponsored by their Firefighters Association on Newfound Lake.

The last two years have sadly forced officials from both events to cancel their derbies due to the lack of safe ice on both Newfound and Webster lakes.

While many people have been heading out

to set up bob houses or simply drill a hole in the ice and pull out their folding chairs, the locations of safe ice are limited once again this year with weather forecasts not promising more ice to form before the derby dates.

Jim Shokal, a top organizer for the AVFD Ice Fishing derby said that at a meeting last Thursday night the committee determined it would not be wise to invite hundreds of people out on the lake when there was still open water and thin ice.

"It's too late in the winter to get sufficient ice in for the derby," he said. "In fact, I wouldn't be surprised if there was no ice across the whole lake this winter."

While smaller bays and coves on Newfound have recently formed anywhere from six to nine inches of ice (according to reports from those who have ventured out on the lake), there are still rocky areas, inlets and outlets, as well as the broad stretch of lake from the ledges in Alexandria across to Bridgewater that are lacking in safe ice. Occasional bouts of rain this winter, winds, and temperatures over the last weekend that teased towards and even above 60 degrees in some areas didn't help matters either.

After discussions with Fish and Game, research on upcoming weather and a keen eye

SEE DERBIES PAGE A16

Pemi-Baker Hospice & Home Health shares tips for keeping your heart healthy

BY ANNA SWANSON
Pemi-Baker Hospice & Home Health

PLYMOUTH — February is Healthy Heart Month, and Pemi-Baker Hospice & Home Health wants to help you take care of your ticker! We're all about making sure your heart stays strong and healthy, and we've got some easy tips to help you do just that.

First off, it's super important to keep an eye on your blood pressure and pulse. These are like your heart's report card, telling you how it's doing. Normal blood pressure is usually between 90/60 mmHg and 120/80 mmHg, and your pulse should be somewhere between 60 to 100 beats per minute. If those numbers are higher, it could

mean trouble for your heart.

Now, let's talk about things that can make your blood pressure go up. Eating too much salty or fatty food, not getting enough exercise, and not getting enough sleep can all give your heart a hard time. Try to eat foods with less salt and fat, get moving for at least 30 minutes a day, and aim for 7 hours of sleep each night. Your heart will thank you!

Stress can also affect your heart. So, take some time to relax. Whether it's taking a bath, meditating, reading a book, or listening to music, find something that helps you unwind.

And here's a tip: if you feel nervous when you go to the doctor and



your blood pressure goes up, that's totally normal! It's called White Coat Syndrome. Just let your doctor know, and they'll understand.

Pemi-Baker Hospice & Home Health encourages individuals to write down your blood pressure and pulse readings

and bring them with you to your doctor's appointments. It'll help them keep an eye on how your heart is doing.

Stay healthy, stay happy, and keep that heart pumping strong! Pemi-Baker is here to support you in keeping your heart happy and

healthy all year round!

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 32 towns in central and northern New Hampshire since 1967. Expert services include at-home health-care and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local

senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and also your neighbors. In your time of need, we're right where you need us.

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

Speed, operator inexperience cited as causes of snowmobile crash near Three Ponds

BY DONNA RHODES
Contributing Writer

WARREN — On Thursday, Feb. 8, at approximately 6 p.m., a call was placed to 9-1-1 operators advising them of a snowmobile crash in the vicinity of the Three Ponds Area, with covers the towns of Warren, Rumney and Ellsworth. The caller, who did not have a good cell phone connection at the time, managed to inform the dispatcher that they were transporting a victim of the crash to Speare Memorial Hospital in Plymouth before the call was dropped.

Unsure of any other details or circumstances, a Conservation Officer from N.H. Fish and Game responded to the hospital where the victim was undergoing evaluation and treatment for his injuries. There they discovered that the caller was the father of the victim, an 18-year-old from Laconia. He had taken his son down the trail to the Three Ponds Trailhead in Ellsworth where he then loaded him in his vehicle and drove to the Plymouth hospital.

Medical staff at Speare Memorial evaluated the young man, determined that he had suffered serious injuries, then called for him to be transferred to Dartmouth Hitchcock Medical Center in Lebanon for further treatment.

In their report, Fish and Game said that neither the victim nor his father were able to describe exactly where they were on the trail system when the accident occurred. After a search of the vast wooded area, the officers were later able to locate the wrecked snowmobile on N.H. Snowmobile Trail 157 in the Town of Warren, the apparent scene of the crash. The location was determined to be approximately 5.2 miles from the Three Ponds Trailhead where the father was able to transport his son from Ellsworth to Plymouth.

An investigation of the scene and surrounding area indicated that the snowmobile the teen was operating at that time had failed to negotiate a curve on the trail and subsequently struck a tree. Upon impact the driver was thrown from the snowmobile and into yet another tree, causing serious injuries.

"Excessive speed and operator inexperience are considered to be the major contributing factors for the crash," Fish and Game stated in their press release last Friday.

The victim's name and an update on his medical status were not released at that time.

Speed and inexperience are often the cause of

both snowmobile and OHRV (off-highway recreational vehicle) accidents. To educate those new to either sport, the department holds safety instruction classes at a number of locations throughout the state as well as online. Operators, ages 12 and older, who do not have a valid driver's are required to take the course before driving off private property but all who have little to no experience on these machines are also encouraged to take the course before heading out on the trails. The classes are offered at no charge.

Turn to the N.H. Fish and Game Web site at www.wildlife.state.nh.us/ohrv/education.html for safety information along with scheduling for their snowmobile and off-road vehicle classes.

Calling all childcare professionals! Little Antlers hosting Job Fair Saturday

PLYMOUTH — Little Antlers Learning Center will be holding a career fair Saturday, Feb. 17 from 10 a.m. to noon!

The Little Antlers Learning Center Team will be welcoming prospective candidates at their new location at 742 Tenney Mountain Highway in Plymouth, offering tours, collecting applications, and talking about the benefits of working at the center; including above market pay, benefits that include health insurance coverage, and much more. Multiple teaching positions are available for the center, that services children 6 weeks to 6 years of age.

Potential candidates, come as you are! Children are welcome to visit with you. Please bring your resume and transcripts with you. No RSVP is required.

If you are not able to attend, or wish to meet with the team one on one, please contact Amy Dennis, Director of Human Resources at careers@midstatehealth.org.

To learn more about Little Antlers, please visit www.littleantlers.org.

About Little Antlers Learning Center

Little Antlers Learning Center, a Program of Mid-State Health Center, is a licensed, non-profit childcare center and is committed to providing early childhood education that fosters natural curiosity, nurtures independence, self-confidence and inspires a lifelong love of learning. We provide a rich environment that guides the development of the whole child while also supporting the families of our community.

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Explore the complex world of honey bees in Ashland this spring

ASHLAND — The complex and intricate world of the honey bee will be examined this spring at the 2024 Pemi-Baker Beginner Bee School at the American Legion Post 15 at 37

Main St. in Ashland.

Classes will be held on Saturdays, March 16, 23, 30 and April 6 from 9 a.m. to 3 p.m.

Participants will

learn how to keep a colony of bees, promote their health and extract their honey. Also explored will be the bee's essential role in pollinating plants from flowers to vegetable gardens to commercial



COURTESY (Left) Members of the Pemi-Baker Beekeepers Association works with a colony of honey bees in a hive box. after open, a club with monthly meetings. The association begins its yearly beginning bee keepers school on March 16.

Ashland selectmen discuss sale of tax deeded properties

BY DAVID RUELL
CONTRIBUTING WRITER

ASHLAND — At their Feb. 12 meeting, the Ashland selectmen dealt with a number of issues, including the sale of tax deeded properties, the Fourth of July, and contracts for cable TV and property tax assessment.

Town Manager Fred Welch started the discussion of tax deeded properties with a North Ashland Road property near the Country Club that was taken for non-payment of taxes many years ago, but later stated his desire to sell all the tax deeded properties the town now owns by the end of 2024. Some of these properties were taken over by

the Town ten to fifteen years ago and some have rundown buildings on them. The Town is not receiving any tax income from these abandoned properties, so the other taxpayers have to pay more. The two sale methods allowed by law are sealed bids or auctions. He preferred sealed bids, with a minimum bid predetermined by the Town, so that the town can recover that lost revenue. The process does not require the town to hire attorneys. He proposed to sell the properties one at a time, with ads in newspapers and on the town Web site. The consensus of the selectmen was for the Town Manager to move forward with the tax sale process.

Tricia Farris reported for the Fourth of July Committee for this year's celebration. The theme of celebration will be "Red, White and Boom!" The basic schedule will be the food truck festival, field events and the fireworks on July 3, the pancake breakfast and the parade on July 4, the movie in the park on July 5, and the road race and kickball game on July 6. This year's honorees will be Stacey Laauwe for the Mary Ruell Award, and Craig Moore as Grand Marshall of the Parade.

The contract for the cable television franchise expired years ago. After some prompting, the cable TV company has provided a full contract, which the Town Manager plans to review and compare with other such contracts. He also said that public hearings should be held on the contract renewal. As the contract with the present tax assessors serving the town is ending, Welch is working on a new contract for property tax assessment, which he believes should be put out to bid.

Audience members were concerned about what is happening on a West Street property whose new owners have been removing trees and blasting, without any town approval for the future use of the property. The owners have discussed their plans with the Planning Board, but have not submitted an application and do not have the board's approval to proceed with the development of the property. The consensus was that the Planning Board had the authority to tell them to stop. The Town Manager noted that there were serious fines for non-compliance with the rules.

The selectmen approved the sale of the old air compressor at the Fire Station, which was originally jointly purchased by the Town and the Firefighters Association, and agreed that the proceeds of the sale should be split between the Firefighters Association and the Fire Department's Capital Reserve Fund.

A new security system using plastic cards and fobs, in addition to keys, is planned for all town buildings, so that the Town can have better control of who can enter its buildings. The Booster Clubhouse, which is rented out, will have a separate system. The Town will also be buying a new ballot counting machine, which must be a state approved machine. The Town Manager reminded the selectmen that the perambulation of the Town boundaries has to be done soon.

The selectmen approved the town's investment policy, as they are required to do every year. They also approved the holiday policy for the Building Inspector. They ended their meeting with a non-public session.

crops.

To be discussed at the school are bee biology, equipment and supplies, hive components, how to buy and install honeybees, hive management, products from the hive, pests and diseases and protecting hives from bears and other potential intruders.

The course is designed to allow a beginner to be able to successfully keep a hive. Mentors are available to provide ongoing assistance as needed.

Gerard Godville, with more than 20 years of experience in keeping bees, will teach the class with the help of club members and guest speakers. He and his wife, Mary-Ellen, have been coordinating the school since it began in 2010.

He finds it relaxing to work with bees, and enjoys talking about them.

"I believe this school opens the eyes of the beekeeper to how the honeybee affects the local environment," he said. "The beekeepers themselves will learn about beneficial products from the hive."

He enjoys watching

honeybees construct cells, gather nectar and pollen and produce honey. Sometimes the bees even preside over the development of a new queen.

"The things I love are being in the apiary and working in the hives with others, watching the changes the colony goes through from spring to spring each year; and sharing what knowledge I have with new beekeepers," Godville said.

One of the biggest misconceptions about beekeeping, he said, is the notion that a beekeeper can just get a hive of bees and then leave it and forget it.

"In reality you have to pay a lot of attention to the development of a healthy colony because the bees need our help overcoming many issues that Mother Nature throws at them," he said. "For the most part – the colony will and can take care of itself, but unfortunately the bees face some hurdles in the environment, and the beekeeper can take measures to

help them survive."

Those who take the course become members of the Pemi-Baker Beekeepers Association, a club with monthly meetings.

The non-profit organization has 100 plus members from the Lakes Region, the North Country and throughout the Northeast.

Registration forms and other details at www.pemibakerba.org/bee-school-2024-registration

For more information, e-mail megr74@yahoo.com.

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SPORTS

Bobcat jumpers third in final regular season meet

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth ski jumpers had a solid outing on the Gene Ross Memoria Ski Jump on Wednesday, Feb. 7, finishing third overall just two points behind second-place Kennett. Hanover took the overall win in the final regular season meet.

Ryan Killion led the way for the Bobcats, jumping to third place overall with 105 points and long jumps of 22.5 and 23 meters.

Leo Ebner was seventh overall with 96.5 points and long jumps of 20 and 21 meters, Kerry Tole jumped to 12th place with 88.5 points and long jumps of 18 and 20 meters and Hailey Garnsey rounded out the field of Bobcats with a 16th place finish with 74 points and long jumps of 13 and 15.5 meters.

The Bobcats are scheduled to compete in the state championship tonight, Feb. 15, at the Kennett ski jump in Albany. However, if Tuesday alpine meets



Ryan Killion led the way for the Plymouth ski jumpers at home last week, finishing third overall.



Kerry Tole leaps off the Gene Ross Memorial Ski Jump last Wednesday night.

have to be rescheduled to Thursday, there is a possibility the jumping meet will move to Friday

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

Bobcat rally comes up short against Sanborn

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — After trailing for much of the game, the Plymouth girls' basketball team made a great run in the fourth quarter to pull even with visiting Sanborn on Thursday, Feb. 8.

However, the visitors scored nine of the final 11 points of the game to pull away and pick up the 49-42 win over the Bobcats.

The Bobcats got the first two points of the game on free throws from Kayley Merrifield and Kiara Brown before the visitors hit one from the line. Ella Duchette and Brown both connected from the free throw line for the 4-1 lead before the visitors got the first field goal of the game, draining a three-pointer with 2:35 to go to tie the game at four.

Duchette hit two free throws for the 6-4 lead before the Indians drained another three-pointer and took the 7-6 lead to the second quarter.

A free throw from Addy Elfstrom tied the game at seven to open the second quarter and a Merrifield hoop gave Plymouth the 9-7 lead. A Sanborn three-pointer propelled the visitors to the lead but Brown answered with a hoop to give Plymouth the lead back.

After another Sanborn basket, Brown drained one from the free throw line to tie the game at 12. A three-pointer and a field goal from the Indians pushed them to a 17-12 lead before Duchette connected on a three-pointer to cut the lead to 17-15. Sanborn got the final two baskets of the first half and they took the 21-15 lead to the halftime break.

The visitors got the first hoop of the second half before Merrifield finished off her own steal for the Bobcats. After two more Sanborn



Lily Palombo drives toward the basket in action against Sanborn last Thursday.



Kayley Merrifield rises toward the basket during action Thursday against Sanborn.

Hoops, Lily Palombo hit a hoop for the Bobcats. Sanborn hit another hoop, but Brown answered to cut the lead to 29-21.

After a Sanborn free throw, Palombo hit a hoop, Merrifield hit a free throw, a three-pointer and

a field goal to cut the lead to 30-29 before Sanborn got three from the free throw line and a pair of buckets to open the lead up the 35-29. Palombo hit two from the line for the Bobcats, but the Indians got the final basket of the quarter and took the 37-31 lead to the final eight minutes.

A hoop and two free throws from Brown got Plymouth within two points to start the fourth quarter, only to see the visitors drill a three-pointer to push the lead to five. Two Merrifield free throws and a Brown bucket cut the lead to one and then Merrifield drilled a free throw with 5:40 to go to tie the game at 40.

Sanborn responded, hitting five free throws and two baskets to stretch the lead out to 49-40 before Duchette finished off the game's scoring with two from the free throw line and the 49-42 final score.

Merrifield led the Bobcats with 14 points while Brown poured in 13.

Plymouth is scheduled to be in action tonight, Feb. 15, at home against Bow at 6:30 p.m. and will be hosting Kennett on Tuesday, Feb. 20, at 5:30 p.m.

PRHS 6-9-16-11-42
SRHS 7-14-16-12-49

Plymouth 42
Brown 4-5-13, Elfstrom 0-1-1, Merrifield 4-5-14, Palombo 2-2-6, Duchette 1-5-8, Totals 11-18-42

Sanborn 49
Hanson 3-1-7, Gallant 3-0-8, Drienzio 1-2-4, Fortin 1-0-3, Korn 3-0-7, Gillis 6-7-20, Totals 17-10-49

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

Bobcat boys and girls third in final tune-up

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Plymouth boys and girls both finished in third and combined for a second place finish overall at the final meet before the state championships on Friday, Feb. 9, at Gunstock Mountain Resort.

In the morning giant slalom for the girls, Kate Ricotta led the Bobcats with a sixth place finish in 1:22.67, with Kerry Tole in ninth in a time of 1:24.71 and Macky Welch in 14th in 1:27.37. Nenah Billin rounded out the scoring in 31st place in 1:37.4, with Madeleine Levin in 32nd in 1:38.11 and Delaney Comtois in 35th in 1:39.17.

The Bobcat girls moved from third to second in the afternoon slalom run, with Ricotta taking fourth overall in 43.44 seconds. Tole was ninth in 45.22 seconds and Welch placed 15th in 49.85 seconds. Comtois finished out the scoring in 23rd place in 54.68 seconds, with Maggie Pitman in 27th in 56.09 seconds and Levin in 31st in 58.23 seconds.

The Bobcat boys were third in the morning giant slalom, with Tyler Dekutoski leading the way in 11th in 1:22.71. Sebastian Eisenbarth placed 13th in 1:23.1 and Gavin Haynes skied to 14th pace in 1:25.4. Harper Preston was the final scorer in a time of 1:26 for 16th place. Mike Aprilliano finished in 24th in 1:29.25 and Finn Bellamy was 46th in a time of 1:50.2.

The Bobcats were fourth in the slalom, with Dekutoski again leading the way in eighth place in 43.76 seconds. Preston was 15th in 46.14 seconds, Bellamy was 19th in 47.32 seconds and Aprilliano finished the scoring in 49.47 seconds for 22nd place. Haynes was 28th in 50.93 seconds and Eisenbarth was 39th in 1:01.55.

The Bobcats took part in the Division III State Meets at Gunstock after deadline Tuesday and Wednesday.

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

Newfound boys come up short against Lakers

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Inter-Lakes hoops boys made the trip across Route 104 to take on Newfound on Tuesday, Feb. 6, and came home with the 47-38 win, thanks in large part to strong first and third quarters.

The Lakers jumped out to a 12-4 lead after one quarter before the Bears outscored the Lakers 12-9 in the second quarter to cut the halftime lead to 21-16. Inter-Lakes then easily outdistanced the Bears in the third quarter by an 18-6 advantage for the 39-22 lead. Newfound controlled the final quarter, outscoring the Lakers 16-8 for the 47-38 final score.

Ben Beaudoin led the way for the Laker boys with 14 points on the night while Rafe Bean and Addie Kernan each chipped in with 10 points. Jayden Belyea and Josh Blouin each chipped in with 10 points for the Bears in the loss.

With the regular season wrapped up, the Division III boys' basketball tournament kicked off after deadline on Tuesday, Feb. 13, and continues on Friday, Feb. 16, both at the home of the higher seed. The semifinals are Tuesday, Feb. 20, at a location to be determined.

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



Calvin Colby drives toward the basket in action against Inter-Lakes last week.

(Right) Ty Belyea goes hard to the hoop during action last week against Inter-Lakes.



SPORTS

Bobcats wrap up indoor track season at Division II State Meet

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Division II indoor track championships took to the George Davis Track at Plymouth State University on Sunday, Feb. 11, and there were some strong local performances.

Kennett senior Aida Wheat repeated as champion in the 55-meter dash. She won the preliminaries in 7.35 seconds and broke her own school record in the finals with a time of 7.33 seconds. Kylie Rapoza of Kingswood was third in 7.61 seconds, Ava Lacasse of Belmont was fourth in 7.69 seconds, Gilford's Macy Sawyer was sixth in 7.71 seconds and Kennett's Piper Lopashanski was seventh in 7.75 seconds. Kennett's Gabriella Cubero was ninth in 7.79



Anelie Flynn clears the high jump bar in action on Sunday at Plymouth State.

seconds and Belmont's Hannah Young was 10th in the same time of 7.79 seconds.

Sawyer took home the championship in the 300 meters with a time of 42.01 seconds, with Rapoza, the defending champion, in third place in 42.32 seconds and Lacasse in fourth in 43.35 seconds.

In the final event of the day, the Kennett team

of Shannon Fay, Cubero, Lopashanski and Wheat set a new school record in the 4X200-meter relay with a time of 1:49.69 to claim the Division II title. The Kingswood team of Anna Johnson, Saige Griffin, Norah Pelletier and Rapoza was third in 1:56.19 seconds, the Belmont team of Talia Watson, Adaline Takantjas, Lacasse and Young finished in seventh in



Tate Hayman runs in the Division II State Meet Sunday in Plymouth.

1:58.19, the Gilford team of Kylie Kelly, Emily Aguiar, Brook Kimball and Sawyer was 13th in 2:02.21 and the Winnisquam team of Denessa Williams, Emily Triple, Zariah Moore and Kaiden Robb was 15th in 2:03.67.

Plymouth's Anelie Flynn was fifth in the high jump, clearing four feet, 10 inches and Gilford's Abby Kenyon finished in fourth in the shot put with a toss of 29 feet, 11.5 inches.

Pelletier leaped to sixth in the long jump with a distance of 14 feet, 11.25 inches and Young was 12th at 13 feet, 2.75 inches. Takantjas was seventh in the 55-meter hurdles preliminaries in 10.07 seconds to advance to the finals, finishing in sixth in 10.12 seconds. Pelletier was ninth in 10.27 seconds, Aguiar was 12th in 10.38 seconds and Flynn was 14th in 10.57 seconds.

Kelly ran to a sixth place finish in the 1,000 meters in a time of 3:23.03, while in the 600

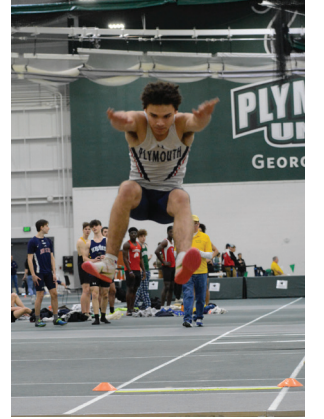
meters, Lopashanski finished second with a school record of 1:43.38 and Nialetz was 12th in 1:52.

In the 4X400-meter relay, the Belmont team of Nialetz, Helena Papadopoulos, Takantjas and Lacasse was sixth in 4:33.82 and Kennett's team of Stephanie Kendzierski, Eliah Fiel, Bailey Light and Molly DellaValla was 15th in 5:11.54.

The top performance on the boys' side of things was Kennett's Owen Arias in the shot put, finishing in fourth place at 42 feet, 3.75 inches while Parker Wood of Prospect Mountain was seventh at 40 feet, 11.75 inches.

Woodville's Garrett Emery was fifth in the long jump at 19 feet, 7.75 inches, with Plymouth's Gabe Kean in seventh at 19 feet, six inches.

Kennett's Tyler Walcott finished fifth in the preliminaries in the 55 meters in 6.8 seconds and was sixth in the finals in 6.81 seconds.



Gabe Kean leaps in the long jump during the Division II State Meet on Sunday.

Kean was eighth in 6.83 seconds and Belmont's Damien Sanborn was ninth in 6.84 seconds.

The Kennett 4X200-meter relay team of Logan Troon, Ross Stephens, Mikey Lyons and Walcott finished in fifth place in a time of 1:37.46.

Isaac Nudd-Homeyer finished in ninth place in the 1,000 meters in 2:43.73 and Winnisquam's Brendan Goodwin was ninth in the 600 meters in 1:29.44 after playing a full hockey game in Berlin the night before. Stephens finished ninth in the 300 meters and set a new Kennett school record in 37.55 seconds.

In the 1,500 meters, Tate Hayman of Plymouth was seventh in 4:24.68 and Kingswood's Simon Butka was eighth in 4:24.82, a new school record.

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

Newfound Lake Region Association to address Trout Unlimited

PLYMOUTH — Please join the Pemi Chapter of Trout Unlimited on Tuesday, Feb. 20, at 7 p.m. when they host Mirka Zapletal and Paul Pellissier of Newfound Lake Region Association for a presentation entitled "Protecting Newfound's Water and Wildlife: Connecting a community to its lake." By placing the Newfound Lake community at the center of its conservation efforts, the Newfound Lake Region Association (NLRA) has successfully worked to protect the lake and its watershed since 1971. From stormwater management at home to engaging the next generation of conservationists



in the classroom, join NLRA's program staff, as they explore the ways the association engages watershed residents in the ongoing conservation of this treasured resource.

COURTESY PHOTO

Representatives of the Newfound Lake Region Association will be addressing the Pemi Chapter of Trout Unlimited on Tuesday. Pemi-TU Chapter meetings are free and open to the public, all are welcome. Email PemiTU@gmail.com with any questions or suggestions.

Bobcat Nordic girls shine on home snow

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — With the rest of the Nordic skiers from around the state in attendance, the Plymouth Nordic ski team put on an impressive show on home snow in the second New Hampshire Coaches Series race on Saturday.

Elli Englund skied to second overall to lead four Bobcat girls in the top 10, finishing in a time of 13:17. Ella Ronci skied to fourth place

in 13:31 and Addison Englund finished in seventh place with a time of 13:48. Leah Ines crossed the line in 15 minutes for 10th place overall.

Heron Hannon was 16th in a time of 15:24, Johanna Wakefield was 39th in a time of 17:07 and Kelsey Maine finished in 41st place in 17:14.

Nicholas Ring led the way for the Bobcat boys with a ninth place finish in a time of 13:27. Leo Ebner was 11th overall

in 13:31 and Tate Hayman was 33rd in a time of 14:58. Gordon Love skied to 53rd place in a time of 16:09 and Abraham Hankens was 65th in a time of 16:57.

The Bobcats are slated to race on Saturday, Feb. 17, in Plainfield and Tuesday, Feb. 20, at Jackson Ski Touring.

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

Bergeron, Diemar lead Bulls in Coaches Series race

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Holderness Nordic ski team took part in the second New Hampshire Coaches Series race, making the short trip to Plymouth Regional High School on Saturday.

In the girls' race, Annie Bergeron was 13th in a time of 15:19, Anika Laroche was 15th in 15:22 and Mabel Casey was

19th in a time of 15:34. Lillian Holland crossed the line in 15:38 for 20th place and Elena Laroche was 27th in a time of 16:11.

Eli Cook was 31st in 16:21, Sarah Angevine was 34th in a time of 16:38 and Marlena Male-ska was 69th in 18:35.

For the boys, Jack Diemar finished in 16th place in 13:49 and Calvin Sweeney finished

in 15:35 in 40th place. Luke Duffield was 48th in 16:00, Henry Yust was 61st in 16:38 and Thomas Kehler was 64th in 16:51. Will Liu finished in 114th place with a time of 19:56.

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

High School Slate

Thursday, Feb. 15
PLYMOUTH
Boys' Hoops at Bow; 7
Girls' Hoops vs. Bow; 6:30
Saturday, Feb. 17
PLYMOUTH
Hockey at Pembroke-Campbell; 7:30
Nordic Skiing at Plainfield; 10
Tuesday, Feb. 20
PLYMOUTH
Boys' Hoops at Kennett; 6
Girls' Hoops vs. Kennett; 5:30
Nordic Skiing at Jackson; 3
Wednesday, Feb. 21
PLYMOUTH
Hockey vs. Bel-

mont-Gilford (PSU); 5:30 All schedules are subject to change.

DAR hosting program on African American soldiers in the American Revolution

PLYMOUTH — Pemigewasset Valley Chapter, Daughters of the American Revolution, is sponsoring a program on Saturday, March 2, 10 a.m. at the Pease Library in Plymouth. Author and lecturer Glenn A. Knoblock will speak via Zoom on the "History of African-American Soldiers' Service During the American Revolution."

Knoblock will examine the history of African-American soldiers' service during the war, how and why they enlisted, their interaction with white soldiers, service on the battlefields, how they were perceived by the enemy and the officers under whom they served, and their treatment after the war. This program is open to the public. Attendance is in person at the library or via a Zoom link, which can be obtained by contacting: pemivalleyndar@gmail.com.



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Opinion

A6 *'The unity of freedom has never relied on uniformity of opinion.'* John Fitzgerald Kennedy

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CADY Corner

How does Nicotine addiction affect youth mental health?

BY DEB NARO
Contributor

Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products. Though many vape product labels do not disclose they contain nicotine, and some even claim to contain 0% nicotine, a CDC study found that 99% of the e-cigarettes sold in assessed venues in the United States contained nicotine.

What may start as social experimentation can quickly become an addiction. The most common reason U.S. middle and high school students give for trying an e-cigarette for the first time is a “friend used them.” The most common reason the same students give for continuing to use is, “I am feeling anxious, stressed, or depressed.” It is no surprise that youth e-cigarette and cigarette use have been linked with mental health symptoms such as depression.

Nicotine addiction itself can be a source of major stress. When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain must get used to not having nicotine. Like any other addictive substance, this can result in temporary symptoms of nicotine withdrawal. Nicotine withdrawal symptoms can include irritability, restlessness, feeling anxious or depressed, having trouble sleeping, problems concentrating, and craving nicotine. A young person may continue or return to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence.

Scientists are still learning about the effects of vaping on mental health. Emerging evidence suggests that quitting vaping can be linked to improvements in mental health. Quitting nicotine products is associated with lower levels of anxiety, depression, and stress, as well as improved positive mood and quality of life.

It's never too late to quit. Talk to a healthcare professional about quitting all forms of tobacco product use. For free help, visit www.smokefree.gov or call 1-800-QUIT-NOW.

For substance misuse prevention information, go to cadyinc.org



COURTESY

Plymouth Regional High School students and Special Olympics New Hampshire staff met with Sen. Maggie Hassan on Wednesday, Feb. 7 in her D.C. office, where they discussed the impact that the Special Olympics has had on them as well as how Hassan can help support Special Olympics NH.

Letters to the Editor

It's happened! Day Away is open!

To the Editor:

Day Away is a program for adults with early stages of Alzheimer's Disease or a related type of Dementia. The program gives a period of respite to the caregiver. We are motivated by the words of Scripture from Isaiah 49:15, “I will never forget you.” It is a non-denominational/non-profit program.

We invite all families and caregivers to visit Day Away. We offer each Participant compassionate friendship and supervision by a trained volunteer staff and a Registered Nurse. Day Away is open to all members of the community.

Day Away has a Steering Committee that reviews and updates the plan of care for each Participant with advice from the Director of the program. The Director has the responsibility of overseeing the program. Her responsibilities include, but not limited to, are educational needs of the volunteers, caregiver referrals, presenting the program to Newfound Area Churches and to the community. The Director also has the responsibility of providing a safe environment to all Participants, staff, families and caregivers. The Day Away Program provides the Participants a day of socialization and great fun. A typical day is of the following:

- Participants are kept busy through a schedule of conversation, physical activity, games, crafts, visiting musicians, and lecturers.
- A nutritional lunch is provided with consideration to their needs. It is time of

socialization.

- It is an ‘upbeat’ environment that the Participant looks forward to every week.

A volunteer once wrote “Our hearts are a little warmer, a little kinder, and a little stronger after a day at Day Away.” The program is in need of Participants and volunteers. Participants that were in our program have continued in their journey of Alzheimer's and no longer meet criteria to stay in the program.

We did re-open March 2023, and today, we have four participants. We are in need of more participants and volunteers. We have seen many participants come through our program over the past several years. Participants continue their journey having Alzheimer's/Dementia and unfortunately advance to a stage they no longer meet the criteria to stay in the program. As a volunteer, no experience is needed. Volunteers will receive training from and other volunteers and the Director of the program.

Participants and volunteers become one in friendship, and we share stories of our children, hobbies, jobs, interests, and joys.

We would love to have you visit and be part of our team

Please feel free to call me or email me. Thank you. We would love to see you.

Sandra Coleman RN, BSN
Director
Day Away Program

Vote Semiao for Ashland Board of Selectmen

To the Editor:

After moving away for school and to start our careers, my husband and I returned to our home state of New Hampshire in 2021. I grew up in Holderness and was ecstatic to be back in the community I know and love.

My education includes attending Holderness Central School and Plymouth Regional High school, from which I went on to earn two Bachelors degrees in political science and business economics from the University of Maine at Farmington. After College, I earned my JD and MBA from Suffolk University in

Boston.

Since moving back we have opened a custom furniture business in Holderness, become active members of the Holy Trinity Parish, and added a new addition to our family; our now 11-month-old daughter. I currently am serving on the Ashland Zoning Board, and I am asking for your vote to elect me to the Ashland Board of Selectmen on March 12. If you would like to connect, please reach out to me at: Semiao4selectboard@gmail.com.

Meghan Semiao
Ashland

Is it possible to forgive and forget?

My mom always said to me, “Toby, just forgive and forget.” I always thought, “Of course, just forgive and forget.” When I got older and serious offenses came my way, I found it wasn't that simple.

I'm all about forgiveness. It's not easy to do, and although having an attitude of forgiveness benefits you more than anyone else, letting go of all the feelings is challenging. How do you forget? Is that even possible? I think it is but it's not a one-sided issue.

Sometimes, I've forgiven someone who has treated me badly, but then, a month or two later, I've found myself angry with them all

over again. That leads me to wonder, 'Wait, I thought I forgave them. Why am I feeling this way?' Does that mean I didn't forgive them, or maybe that I did forgive but didn't forget?

I don't have an easy answer.

If you forgive someone, does that mean you give them another chance to hurt you? Is that what it means to forgive and forget? We just pretend it never happened and give them another chance?

That old saying, 'Fool me once, shame on you; fool me twice, shame on me!' resonates here. There's also, 'Forgive but never forget.'

Is it possible to forgive and forget? Won't we always remember? On a human level, this is com-

plex. In some religious traditions, it's said that God forgives and forgets our wrongs. But can humans do the same?

Bishop Desmond Tutu, who endured the profound injustices of South Africa's apartheid system, came to believe that 'Forgiving is not forgetting; it's remembering—remembering and not using your right to hit back. It's a second chance for a new beginning.' This quote underscores the nuanced nature of forgiveness, suggesting it's about choosing not to retaliate rather than erasing the memory.

I try to take a path of forgiving before someone has even asked for forgiveness but the reasons for that are probably selfish because I understand a little about how bitterness can destroy the body and soul but then I ask myself, “Is that real forgiveness, or is that me letting it

SEE POSITIVE PAGE A14



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Talk of the Towns

News from our Local Correspondents

Alexandria

Merry Ruggirello 744-5383
merrysunshine51@yahoo.com

Save the date! March 2, there will be a benefit Spaghetti Dinner at the Town Hall in Alexandria from 5 until 7:30 p.m.

Cost of the meal is \$20.00 per person, with proceeds going towards medical costs for Kevin Flanders.

Town Monday, Feb. 19: Town Offices and Transfer Station closed for President's Day.

Tuesday, Feb. 20: Board of Selectmen meeting at 6 p.m. in the Municipal Building.

Wednesday, Feb. 21: Planning Board meeting at 6 p.m. in the Municipal Building.

Alexandria UMC

Sunday, Feb. 18, services will begin at 9 a.m. under the leadership of Lay Speaker Mark Zaccaria. Sunday School will begin at 10:15 a.m.

I don't know about you, but I have been enjoying these warm sunny days! Fear not though, for colder weather is coming back for a spell. Take care, keep smiling and have an awesome week ahead!

Ashland

David Ruell 968-7716
davidruell@gmail.com

Valentine's Day Pasta Supper (from Sue Harville)

The Ashland American Legion will celebrate Valentine's Day on Saturday, Feb. 17, with a Pasta Supper from 5 to 7 p.m. in the Legion Hall at 37 Main St. We will have Chicken Parm, Alfredo, Pasta Fazool, Salad, Garlic Bread, and lots of chocolate! Please bring your Valentine to the Legion on Saturday the 17th for a nice meal and a good time. (The price is \$12 for adults and \$6 for children.)

Fourth of July meeting

The Fourth of July Committee will meet at 6:30 p.m. on Tuesday, Feb. 20, in the Booster Clubhouse to prepare for the town's biggest holiday celebration.

Recycled tote bag classes at library

Classes on making tote bags from recycled bird seed and chicken feed bags will be held at 4 p.m. on Tuesdays at the Ashland Town Library. All supplies will be provided. As space is very limited for this class, registration is required. But, there will be several sessions to accommodate all those who are interested.

Historical Fiction Book Club

The next selection of

the Ashland Town Library's Historical Fiction Book Club is Fiona Davis's novel "The Magnolia Palace," a mystery story set decades apart in the Frick Mansion, now the Frick Collection, one of New York City's finest art museums. Copies can be picked up at the Library. The group will meet to discuss the book at 3 p.m. on Monday, March 6.

Selectmen's meeting The selectmen held a short meeting on Monday, Feb. 5. They agreed that the Town Manager and the Electric Department should pursue Federal funds to bring back into service the Town's hydroelectric plant at the state owned dam that controls the level of Squam Lake, located near the boat launch on River Street. They discussed the

future purchase of a ballot counting machine, as the present machine is growing old. The company that made it can no longer provide parts or service the machine. A new machine will cost \$6,000 to \$7,000. It is believed that the machine can still do the March election, but will have to be replaced in the next year. A public hearing on a new

building inspection fee schedule was to be held on February 19, but since that is a holiday, the hearing was rescheduled to March 4. Chairman Bob Letourneau and Town Manager Fred Welch also disputed a claim made at the deliberative session that the selectmen may have improperly voted on an issue in a non-public session. They explained that the non-public session in question was held to protect confidential information. The selectmen ended their meeting with a non-public session.

Bristol

Al Blakeley
adblakeley0@gmail.com

We just spent a week from 'the ordinary' by visiting my sister at the Cape where we were treated to no snow, a wicked stormy surf, the sad erosion evident on both the ocean and the bay sides, swans swimming in iceless ponds,

wild turkeys in the backyard and glorious sunsets. We do like the 'ordinary' here in Bristol, but a getaway now and then can be delightful!

Town Meeting will be held on Saturday, March 16 at the Newfound Regional High School beginning at 9:00am. For up-to-date information regarding both Town Elections and Town Meeting, check the Town Web site: www.bristolnh.gov

The Minot-Sleeper Library will be closed on Monday, Feb. 19 for Presidents Day. Friends of the MSL has been selected to benefit from Hannaford's Community Bag Program. For the month of February, whenever a \$2.50 Hannaford Community Bag is purchased at the Bristol store, \$1 will be donated to the Friends of the Library. The Trustees monthly meeting will be held on Thursday, Feb. 22 at 5 p.m.

Family Craft Time at the MSL on Wednesday, Feb. 21 will feature Hot Cocoa Hodgepodge Jars from 3:30 - 4:30 p.m. in the meeting room. Refreshments will be provided by Friends of the Library.

A follow up meeting covering the Community Power Program Overview will be held at the Minot-Sleeper Library on Feb. 20. Learn how Bristol residents can develop local control over their energy supply, lower energy costs with clean, renewable energy, and improve the resilience and innovation of our electrical energy supply. For more information, contact Community power: www.cpnh.org/.

The Newfound Lake Association will hold a State of the Lake presentation at the MSL on Tuesday, Feb. 27 at 6 p.m. Executive Director Rebecca Hanson and Conservation Program Manager Paul Pellissier will discuss our latest water quality data, the results of expanded invasive aquatics monitoring, the watershed planning process, and more. Bring your questions and concerns about watershed health. This program is free and open to all.

Adult Programs are available for your participation through the TTCC. These include, but not limited to: Badminton on Mondays from 7 - 9 p.m., Volleyball at the BVHS on Tuesdays and Fridays from 7-9 p.m., and Pickleball that has a variable schedule. Call 744-2713 for information.

Having a birthday but short on funds? The TTCC now has Birthday Bags! If you have a birthday coming up, but not on the budget to order a cake, through the generosity of a community member, the TTCC now has bags available that include cake mix, oil, frosting, candles and decorations. Stop by to pick one up or give them a call to find out more (744-2713).

On Feb. 17, the TTCC will be hosting a special 'Pokemon' Parents Night Out! You can drop the kids off from 5-9 p.m. and get all those things done that you haven't had a chance to get to, or you could collapse on the couch and take a much-deserved breather. The Teen Council always delivers an amazing night and includes a special dinner, a Pokemon hunt, Pokemon bingo, crafts and more! The cost is \$25 per child. For more information, contact the TTCC office at 744-2713. Space is limited. Call in soon!

Shape-Up Newfound cardio/strength training workouts for men and women of all fitness levels will be held under the direction of Donna Evans at the Bristol Elementary School on Mondays and Thursdays at 6 p.m. and on Saturdays at 8am. The first class is free and the cost is \$6 per class after that with an option of a 10 class punch card @ \$55, or 12 weeks for \$110. For further information, contact Donna Evans at donna.evans78@yahoo.com.

TTCC Indoor Soccer will be held at the BHVS gymnasium starting on March 9 through April 13 on Saturdays. 4 - 5 year olds - 8:30-9:15 a.m.,

and 6 - 7 year olds - 9:30-10:30 a.m. The cost will be \$20 per player. Coaches are needed. Please call 744-2713 for information.

Registration is now open for Baseball, Softball and T-Ball programs. Training programs will start soon and regular season runs from April through mid-June. Volunteers needed.

Teen dances at the TTCC have been cancelled due to the repairs and renovations.

During Winter Break, starting Feb. 25 through March 3, join the Slim Baker Foundation for Outdoor Education at the Slim Baker Area for this week-long event Snow Creations Field Exhibit! This event is for snow sculptures at the Area field. Come any time and create a snowman, dog, dragon, igloo or whatever sculpture you like. Take a picture and send it to events@slimbaker.org. Fan favorites will be chosen on Facebook the following week! If you aren't into sculpting, come on up and view the creative works.

The Newfound Lake Region Association (NLRA) will hold a Newfound Nature Station event, Exploring Winter, to be held at Grey Rocks Conservation Area at 178 N. Shore Rd. in Hebron on Feb. 17 from 10 a.m. to noon. Visitors will walk the trails, looking for clues about the life happening all around and make nature journals total home. This program is free and open to all.

Campton-Thornton

Joël Freeman 398-4368
bearfootfarm@aol.com

Campton Public Library news

The Campton Public Library normal winter hours are Monday 3-6 p.m., Tuesday 3-6 p.m.,

Wednesday 3-6 p.m., Friday 3-7p.m. and Saturday 9 a.m.-4 p.m. The library will have extended hours during the school February vacation, Monday,

Tuesday and Wednesday and Friday 10 a.m. to 4 p.m., Saturday 9 a.m. to 4 p.m. New titles are added monthly to their collection. Some of the new non-fiction that are on the February New York Times Best Sellers List include: Oath and Honor by Liz Cheney, Friends, Lovers and the Big Terrible Things by Matthew Perry, The Woman in Me by Britney Spears, and Elon Musk by Walter Isaacson. Some of the new best selling fiction titles include The Fury by Alex Michaelides, The Exchange by John Grisham, The Little Liar by Mitch Albom and Lesson in Chemistry by Bonnie Garmus.

Antique Track Drive Machine Show

The annual Antique Track Driven Machine Show will take place on Saturday, Feb. 24 from 10 a.m. to 3 p.m. at 73 Laundromat Rd. in Thornton. Dozens of antique track snow machines to view. Bring the family! Take a ride on some of the tractors brought by enthusiast of many early model track machine. This event can be accessed by snowmobile or car, there will be parking available.

Silent Auction/Spaghetti Dinner

The Campton 8th Grade is excited to announce that this year's Silent Auction/Spaghetti Dinner will be held at the Owl's Nest Resort on Friday, March 22 from 5-8 p.m. This year's theme is "Community Ties." More details to come!

Holderness

Fran Taylor 968-3846

Congratulations to our local students who participated in the Holderness Obstacle Course race on the Holderness School campus on Feb. 8. Results are posted at webscorer.com.

Residents and visitors took advantage of the beautiful weather last weekend to participate in the Meredith

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CHURCHES

Campton Congregational

Sunday, Feb. 18
9:30 a.m. Sunday worship led by Pastor Jeff Robie

10 a.m. Children's Sermon/Sunday School.
Following Worship we gather for fellowship.

Tuesday, Feb. 20
8:30 a.m. Deacon's Meeting
10 a.m. Church Committee Meeting
Noon BYO Lunch
1 p.m. Ladies Guild meets

Wednesday, Feb. 14 is not only Valentine's Day; it is a very important day to us Christians. It is Ash Wednesday and important because it marks the start of the Lenten period leading up to Easter, when Jesus was resurrected. The ashes symbolize both death and repentance. During this time, Christians show repentance and mourning for their sins, because they believe Christ died for them. Ash Wednesday is officially recognized as the "Day of Ashes," signifying the practice of rubbing ashes on one's forehead in the sign of the cross. Join us Sunday, Feb. 18 when the service will include the imposition of ashes as part of the Ash Wednesday observance.

All are welcome Sunday mornings, as we come together to Worship God. Our Church is a member of the Nation-

al Association of Congregational Christian Churches, a national body of churches dedicated to preserving traditional Congregational principles and practices in the world. Our Services are available on Facebook. If you are unable to be with us in person, tithes and offerings may be sent to PO Box 328, Campton, NH 03223. Please direct any questions or needs to ourccc1774@gmail.com or call 603-536-2536.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship holds Sunday services each Sunday at 9:30 a.m., both in person at 101 Fairgrounds Rd., Plymouth, and live streamed via Zoom. Nursery and childcare services are available. Religious education classes are offered every week.

Feb. 18 In Defense of Hope Rev. Linda Barnes

When we are hopeless, we narrow our vision to see only the worst. To be hopeless means we are free to give up. Sounds easy, right? Maybe not so much. For this service, we'll defend the power and purpose of hope to bring about a world where justice and equity are made real.

Unitarian Universalism is a caring, open-minded religion that encourages you to seek your own spiritual path. Our Faith draws on many religious traditions, welcoming people with different beliefs. We are a Welcoming Congregation recognizing no distinction of class, nationality, race, gender, or sexual orientation.

For more information and Zoom link, visit our Web site: www.starrkingfellowship.org.

Wentworth Congregational

Here is our list of upcoming speakers:

Our services are now at 10 a.m., except for the first Sunday Communion

Service in West Rumney, which is at 9 a.m.

Feb. 18—Joy Moody
Feb. 25—Rev. Lynn Morrison
March 3—Communion Service, W. Rumney 9 a.m.

March 10—Rev. Cindy Petrie (Bible Study after the service)

March 17—Joy Moody
March 24 (Palm Sunday) Rev. Lynn Morrison
March 31 (Easter Sunday) Rev. Cindy Petrie

We have moved downstairs for worship during the winter, so we don't have to heat the upstairs.

We move upstairs on Easter Sunday.

Towns

FROM PAGE A7

fishing Derby. Because so much of Winnepesaukee was unsafe, many took to Squam to gather with their friends and families to participate in the competition. Too bad there isn't more access for this kind of activity.

SLA will celebrate Winterfest on Saturday, Feb. 17 from noon to 3 p.m. No chili contest this year due to the ongoing renovations. Campfire, s'mores, hot chocolate, sledding, winter mini-golf, ice skating rink, grilled burgers/hot dogs, water quality monitoring, cookie decorating and more.

There will be a special Story Walk presentation in honor of this year's choice "Owl Moon" by Jane Yolen at the Library on Tuesday, Feb. 27 at 10 a.m. Audrey Eisenhower from the Science Center will present "Owls in New Hampshire."

Music and Movement will be the theme of a program at the Library on Feb. 28 at 10 a.m. with Courtney Abbott. All ages welcome.

Also on Feb. 28, the Rec Department will have "Fire and Ice Science Spectacular Show" with Mad Science from 1-2 p.m. at the Town Hall. Cost \$5. Register with the rec Web site as space is limited to 60.

Very happy to see

the addition of spotlights to light the crosswalk at Walter's. Makes the crossing much safer.

Learn to Curl open house at PSU ice arena on Sunday, March 3 and March 10 from 3-5 p.m. Basic introduction to the sport of curling. This is an easygoing activity that is meant for newcomers to the sport. Register at plymouth.edu/arena. There is also public skate time daily.

How many readers recall that the idea for the NH Moose license plate originated right here in Holderness in 1993? Jane Kellogg's class was inspired to propose that the state have a plate dedicated to supporting and protecting critical resources in NH, including scenic lands, historic sites and artifacts, and plants and wildlife. The bill passed in 1998. You can also purchase a Moose Plate gift card for friends and relatives. Learn more at mooseplate.com

Congratulations to the Holderness School student Henniyah Rivers '25 who competed in slalom and giant slalom for Jamaica at the winter Youth Olympic Games in Gangwon, South Korea.

Check out upcoming events at the Silver Center for the Arts at PSU for upcoming

musical and theatrical events.

Town Hall will be closed on Monday, Feb. 19 for President's Day.

Warren/Wentworth

Gary Jesseman 707-7129
garyj@together.net

Greetings everyone. Hope you all are enjoying this spring-like winter weather.

WARREN NEWS—I have no Warren news at this time.

WENTWORTH NEWS—Bone Builders is a low impact exercise program which aims to do just that, strengthen your bones. It also works to improve one's balance. Both of these are things we, human beings who lead more sedentary lives and/or are advancing in age, need.

Join the fun at the Congregational Church on Tuesdays and Thursdays at 10AM!

The Wentworth Market is currently seeking vendors for the upcoming 2024 season. Anyone interested can email Renee at wentworthmarket@gmail.com for more information.

Have a good week, and remember to count your blessings!



ALEXANDRIA
Alexandria United Methodist
12 Washburn Rd.
Alexandria Village, Alexandria
9 a.m. Sunday Worship Service
Pastor Mark Lamprey • 603-744-8104
Methodist Church
April 16th Easter Worship @ 9a.m.

ASHLAND
Ashland United Methodist
18 Washington St., Ashland
9:30 Sunday morning Worship Service
Visit our Website:
<https://ashlandumc.faithlifefor.com/>
for more information and recordings of the Services.
Pastor Roger Kleinpeter
1-603-254-7796

Ashland Community Church
55 Main Street - Ashland
(across from Shurline Market)
10:00 a.m. Worship
August 18 – September 15 Teaching Series: "I Love My Church!"
Toddler Zone (infants – five years old) led by Kara Hamill and Kid Zone (for K-6th grade) led by Debbie Madden.
Small groups: We offer adult small groups that meet on Sunday, Tuesday, Wednesday, and Thursday evenings.
New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.
Pastor Ernie Madden
(603) 968-9464
accernie@hotmail.com

Emmanuel Episcopal Church
18 Highland Street, Ashland
(603) 968-7640
9:30 am Sunday School and Worship
Rev. Stephen Rugg

BRISTOL
Bristol Baptist Church
30 Summer Street, Bristol, NH 03222
(603) 744-3885
SUNDAY
• Worship service with music as well as the Scriptural message and time of fellowship. 10:00 a.m.
• We also do "live streaming" of this service. Sermons/message of each week can be found on our website (bristolbaptistchurch.org)

Bristol United Church of Christ
15 Church St., Bristol
9 a.m. Bible Study • 10 a.m. Sunday School
10 a.m. Worship Service • Child Care Available • 744-8132
Our Lady of Grace
(part of Holy Trinity Parish)
2 West Shore Rd Bristol, NH 03222
Mass Schedule: 9:30 AM on Sundays (this is

the only Mass on Sundays year round now).
Daily Masses: Tuesdays and Thursdays at 8 AM.
Eucharistic Adoration every Thursday after Mass until 10:00 AM.
Parish office for both locations:
11 School St, Plymouth, NH 03264,
Phone: (603) 536-4700.

CAMPTON
Campton Baptist Church
1345 Main Street, Campton (603) 726-4662
Sunday 10 a.m. Worship Service followed by Time of Fellowship
Monday 4 p.m. Bible Study
Wednesday 7 p.m. Prayer
Friday 5:30 p.m. Dinner & Movie (free)
Women's Gathering 2nd Tuesdays 10 a.m.
Men's Breakfast 2nd Saturdays 7 a.m.
"Digging Deeper" Service 3rd Sundays 7 p.m.
Food Pantry by Appointment
All are Welcome • Handicapped Accessible
Pastor Chuck Green

Campton Congregational
#495 Rt. 175, Campton
9:30 a.m. Sunday Worship Service
Nursery and Child Care Available
10:30 a.m. Tue. Bible Study for Youth & Adults
Rev. Jeffery Robie • 536-2536
Member NACCC

New Light Chapel
Southmayd Plaza (off I-93 Exit 28)
24 Southmayd Road, Campton
(Across Route 49 from Campton Mobil)
10:00 a.m. Sunday Worship Service
Childcare and Children's Ministry available
Pastor Steven Veinotte
www.newlightchapel.com

DANBURY
Danbury Christian Church
High St., Danbury
9:30 a.m. Sunday School
11 a.m. Morning Worship
Tuesdays 6:30 p.m. AWANA
Thursday, 7:00 p.m. Prayer Group/Bible Study

United Church of Danbury
"All Are Welcome"
Rt. 104 – Near Center of Town
9:30 a.m. Sunday Worship Service
9:30 a.m. Sunday School
Contact: Sylvia Hill, Deacon at 768-3936
danburypastor@myfairpoint.net

HANOVER
Our Savior Lutheran Church
5 Summer Street, Hanover • 643-3703
10:30 a.m. Sunday Service of Holy Communion and Children's Church
9:15 a.m. Adult Education Hour

HEBRON
Union Congregational Church
Union Congregational Church
15 Church Lane, Hebron
603-744-5883
We welcome all persons

The Rev. Ralph S. English
Worship Service - Sunday 10am
Communion is celebrated on the first Sunday of each month
A Coffee Hour following worship
Recorded Services on website
www.hebronchurchnh.org

HILL
Hill Village Bible Church
9 a.m. - Sunday School
10 a.m. - Morning Worship
11 a.m. - Coffee Fellowship
11:30 a.m. - Bible Hour
6:30 p.m. - Wed. Prayer & Bible Hour
Teen/Children's Ministries
Nursery provided at all services
Pastor: Rev. Daniel Boyce
Youth Pastor: Nathan Pelletier
www.hillvillagebiblechurch.com
Look for us on Facebook

HOLDERNESS
Holderness Community Church
919 US Route 3 – P.O. Box 613
Holderness, NH 03245
Worship Service – Sunday 10 a.m.
Rev. Chris Drew – 968-3219
www.holdernesscommunitychurch.org

NEW HAMPTON
New Hampton Community Church
(603) 744-8252
A Christian Church with a Family friendly atmosphere • Main St. New Hampton
10 a.m. Sunday Worship
Nursery care, Children & Youth ed.
Life Groups meet throughout the week at the church, in area homes and via ZOOM.
Pastor Scott Mitchell
pastorcott@newhamptonccc.org
<https://newhamptonccc.org/>
Join us also online:
<https://www.youtube.com/@NewHamptonCommunityChurch>

PLYMOUTH
Calvary Independent Baptist • 536-3024
115 Yeaton Rd., West Plymouth
8:45 a.m. Sunday Morning Service
10:30 a.m. Sunday School
6:30 p.m. Sun. Evening Service—Tilton
7:00 p.m. Tuesday Evening Service
Dr. Chester W. Kulus, Pastor

Christian Science Society
7 Emerson St., Plymouth
10-11 a.m.—Sun. Service/Sun. School
Wed. 6:00-7:00—Testimonial Meeting
www.cs.plymouth-nh.org

Church of Jesus Christ of Latter-Day Saints
354 Fairgrounds Rd., Plymouth
10:00a.m. Worship Service
11:10a.m. Sunday School
Kevin Simpson • 536-3664

Gateway Alliance Church
9 Fairgrounds Road, Plymouth • 536-3043
Sunday School and Adult Education
9:45 a.m.

Worship Service 11:00 a.m.
(Nursery Care is available)
Dennis Simmons, Pastor
gatewayalliancechurch.org

Grace Baptist Church
Meeting temporarily at the Baker River Bible Church
at 259 Route 25, Wentworth, NH
1:30 p.m. - Sunday School for all ages
2:30 p.m. - Sunday Worship Service
Thursday, 6:30 p.m. - Teen and Adult Bible Study
Thursday, 6:30 p.m. - Kids "Patch the Pirate" Club
(from September - May)
Fall Meetings with Morris Gleiser, October 18-22.
Sunday, 1:30 and 2:30 PM; Monday - Thursday at 7:00 PM.
Visit www.gbcnh.org for sermons and more information.

Holy Trinity Parish (Roman Catholic)
Our Lady of Grace Chapel
2 West Shore Rd, Bristol
St. Matthew Church
11 School St in Plymouth NH.
Parish Office: 11 School St in Plymouth (603) 536-4700.
Office email: holytrinitynh@gmail.com
Communications coordinator: Christine Chiasson email: chrisciasson@holytrinityparishnh.org.
Pastor: Fr. Mark Dallard.
Instagram: [holyTrinityNH](https://www.instagram.com/holyTrinityNH).
FB page is Holy Trinity News and Info.

Plymouth Congregational United Church of Christ
Sunday Worship 9:30 AM on Facebook Live
Virtual Sunday School 9:30 AM
Open and Affirming. Just Peace
Global and Local Missions. Fully Accessible
Pastor Rev. Sara M. Holland
Ashley Paine, Organist/Accompanist
David Williams, Director of Music
536-2626 • www.uccplymouth.org

Plymouth United Methodist Church
334 Fairgrounds Road
(603) 536-1941
Sunday Morning Worship 9:30 am weekly

Restoration Church
319 Highland Street, Plymouth NH
10:30 am morning service
We Care Food Pantry
Open every Monday from 10-2

Starr King Unitarian Universalist Fellowship
101 Fairgrounds Rd., Plymouth
536-8908
9:30 a.m. Sunday Service and Church School & Nursery Care
Rev. Linda Barnes
www.starrkingfellowship.org

RUMNEY
Rumney Baptist Church
Rumney Baptist Church
Rev. Seth Powers, Pastor
375 Main Street • 786-9918
rumneybaptist.org

office@rumneybaptist.org
Like us on Facebook
Sundays: 10:00 a.m. Sunday Worship Service
Liveness on YouTube
Blended, worshipful music
Relevant Bible teaching
Children's ministry
6:30 p.m. Mondays: Teen Worship Service
Small group Bible studies throughout the week

West Rumney Community Church
United Church of Christ
1218 Old Route 25, West Rumney
Sun. Worship 9 a.m., All are welcome.

THORNTON
Thornton United Methodist
22 Church St., Thornton
Off Cross Road between Rts 3 & 175
Call 603-726-3774 for more information or to leave a message.

WARREN
Warren United Methodist Church
On the Common, Warren, NH
Sunday Worship 1:30 p.m.
Sunday School 10 a.m.
Rev. Dr. David Palmer • 787-6887

WENTWORTH
Baker River Bible Church
259 Moosilake Hwy., Wentworth
10:00 School - 9:45 a.m.
* Morning Worship Service 11:00 a.m.
* Potluck Lunch - 12:00 noon
* Afternoon Service 1:30 p.m.
* Wednesday Prayer Meeting, Patch the Pirate Club for grades 1-6, and Teen Youth Group 7:00 p.m.
Rev. Bruce Michaud, Pastor
764-9406 or 786-9550

Wentworth Baptist Church
Independent, Fundamental, K.J.V.
260 Cape Moonshine Rd.,
Wentworth
9:30 a.m. Sunday School
10:30 a.m. Sunday Service
1 p.m. Sunday Afternoon Service
7 p.m. Wednesday Evening Service
764-9800 www.wbcnh.org

Wentworth Congregational Church
Wentworth Village Road (Common)
wentworthcongregationalchurch.org
Sunday services: 10:15 a.m., Sept. thru May, 9:00 a.m., May thru August
764-9081

WOODSTOCK
Pemi Valley Church
1091 Rte 3 South Woodstock, • 745-6241
ALL ARE WELCOME
Wednesday - 6:30 p.m. Bible Study and Prayer Group.
Sunday 9-10 a.m. Worship Service and Children's Sunday School. 10-10:30 a.m. Refreshments.
Reverend John Muehlke Jr.

THE REAL REPORT

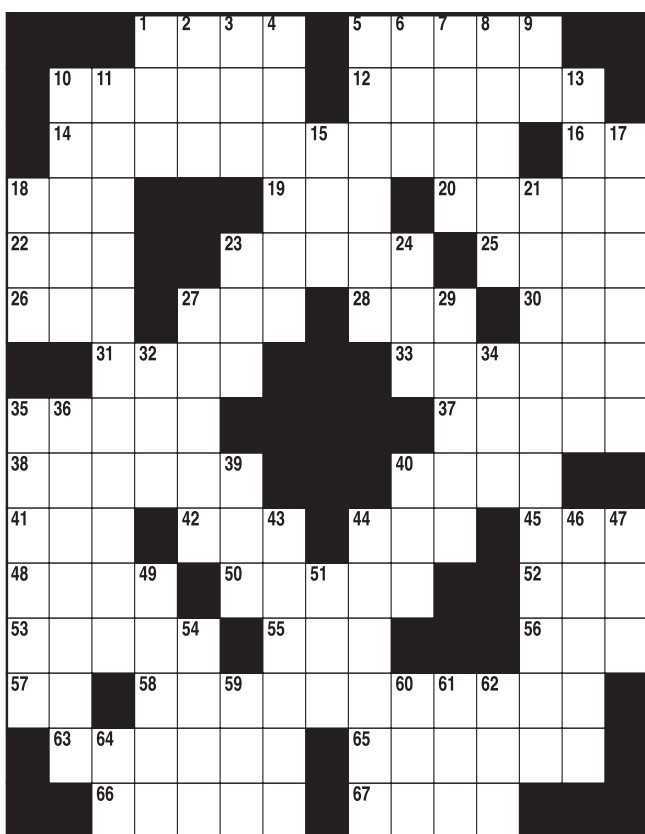
| Town | Address | Type | Price | Seller | Buyer |
|-------------|------------------------|-------------------------|-----------|---|---|
| Bristol | Peaked Hill Road | N/A | \$110,000 | Corey M. Johnson | Miriam L. Torano-Cathcart |
| Campton | 30 Condo Rd., Unit 6 | Condominium | \$260,000 | Thomas J. Murphy IV and Melina M. Baker | Jennifer Kaing |
| Holderness | 40 Butternut Lane | Single-Family Residence | \$425,000 | Elan Financial LLC | Thomas J. Murphy IV and Melina M. Baker |
| New Hampton | Pinnacle Hill Road | N/A | \$160,000 | John Claridge | James J. and Brittany M. Johnson |
| New Hampton | N/A (Lot 4) | N/A | \$669,933 | Fay Enterprises LLC | Joseph I., Jr. and Heidi Cullen |
| Thornton | Centennial Way, Lot 17 | Residential Open Land | \$80,000 | Michael Miller | Lindsey and David Gilday, Jr. |
| Thornton | Sugar Run | N/A | \$25,000 | John M. and Cassie M. Maher | Sze-Kar Wan and Maria Mak |
| Warren | 121 Swain Hill Rd. | Single-Family Residence | \$222,000 | Victoria Berger | Christopher F. and Laurence Gander |

ABOUT THE REAL REPORT Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com



Break out of the same monotonous routine and find an exciting new job. See the classifieds today!

TAKE A BREAK



ACROSS

- 1. Gene type
- 5. Persian male given name
- 10. Type of protection
- 12. Cloud
- 14. One who returns to life
- 16. Gym class
- 18. General's assistant (abbr.)
- 19. Baby's dining accessory
- 20. Enchantress
- 22. Prefix denoting "in a"
- 23. Spiritual leader
- 25. Cavities
- 26. Relative biological effectiveness (abbr.)
- 27. Foot (Latin)
- 28. Sweet potato

- 30. Pharaoh of Lower Egypt
- 31. Land
- 33. More inquisitive
- 35. Dog breed: ___ Apso
- 37. Stood up
- 38. Direct and uninhibited
- 40. Authorless
- 41. Blocking type of drug (abbr.)
- 42. Retrospective analysis (abbr.)
- 44. Root mean square (abbr.)
- 45. Macaws
- 48. Actress Remini
- 50. Polynesian wrapped skirt
- 52. City of Angels hoops team (abbr.)
- 53. Fitzgerald and Baker are two
- 55. Bowling alley must-have

- 56. A way to cool down
- 57. Ethnic group in Asia
- 58. A way to alter
- 63. Set of five
- 65. Removes from the record
- 66. Dummies
- 67. Set period in office

DOWN

- 1. DC Comics superhero
- 2. Brew
- 3. Play
- 4. Single-celled animals
- 5. Rough to the touch
- 6. Small island (British)
- 7. Often noted alongside cons
- 8. Preparation of rootstock
- 9. Atomic #44
- 10. Egyptian unit of capacity
- 11. About secretary
- 13. Particular groups
- 15. Poke fun at
- 17. Make certain that something occurs
- 18. Financial term
- 21. Justify
- 23. Arbitrator
- 24. 007's creato
- 27. Czech name for Prague
- 29. Groans
- 32. American time
- 34. No seats available
- 35. ___ Stahl, journalist
- 36. Cleft lip
- 39. Talk incessantly
- 40. Expresses atomic and molecular weights (abbr.)
- 43. A part of a river where the current is very fast
- 44. Curdled milk
- 46. Running competitions
- 47. A team's best pitcher
- 49. Carthaginian explorer
- 51. World-renowned city
- 54. Most common Japanese surname
- 59. The bill in a restaurant
- 60. They ___
- 61. City of Angels football team (abbr.)
- 62. Distinctive practice
- 64. One quintillion bytes

SWEETHEARTS WORD SEARCH

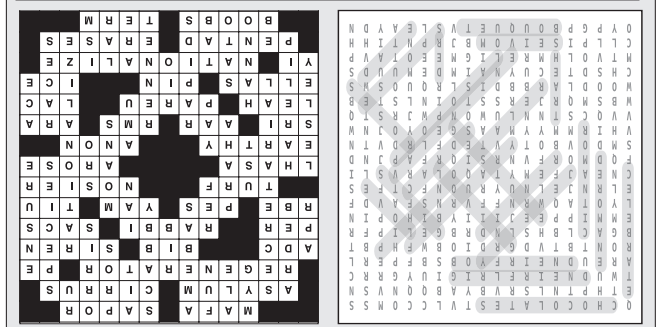
Q C H O C O L A T E S T V L C C O M S S
 E T H P T N L S R V B Y A B Q Q N V S N
 T W U D N E I R F L R I G I U Y G R R C
 A R E U D N E I R F Y O B S B F P E R L
 R O N T B T V D G R D I O B W F H P B T
 B G A C L B H S L N D R B G E L I P P F R
 E M M I P P E E J I I R Y B I H O P I N
 L Y O T A Q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

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

SWEETHEARTS WORD SEARCH


BOUQUET, BOYFRIEND, CARDS, CELEBRATE, CHOCOLATES, DATE, DINNER, ENAMORED, FEBRUARY, GESTURE, GIFTS, GIRLFRIEND, HEART, JEWELRY, LOVE, LOVING, MOVIES, PROPOSAL, RED, RELATIONSHIP, ROMANTIC, ROSES, SPOUSE, VALENTINE

This Week's Answers



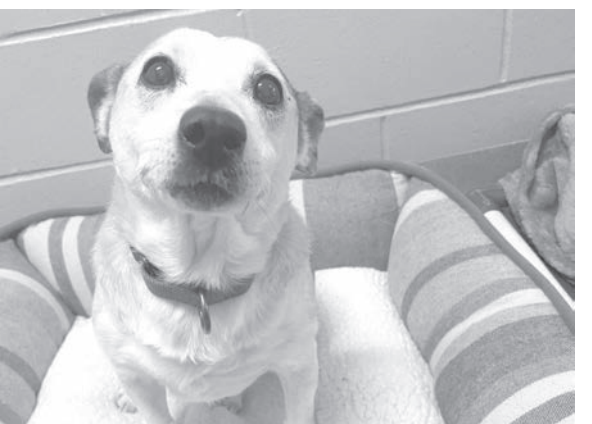
Think
OUTSIDE THE BOX
 Contact your Sales Representative to discuss advertising options
Tracy Lewis
 603.616.7103
tracy@salmonpress.news

PETS OF THE WEEK



George

Meet George! This handsome pup is ready to find his forever home! George enjoys the company of human friends and may do well with similar tempo dog friends. Although we are still working to find his favorite flavor treats, George will gladly take the snacks you offer. He is really looking for his next family to sit down on his level and get to know him.



Rosie

Meet Rosie! Eager to meet you with a beautiful grin, Rosie is excited to find her forever home. Rosie is affectionate and easy going, overall just happy to be around people (loves to be in your lap). With age comes some more additional needs and she will be happy to explain them to you!

NH Humane Society
 Over a century of love for those without a voice. 1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

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Tracy Lewis: 603.616.7103

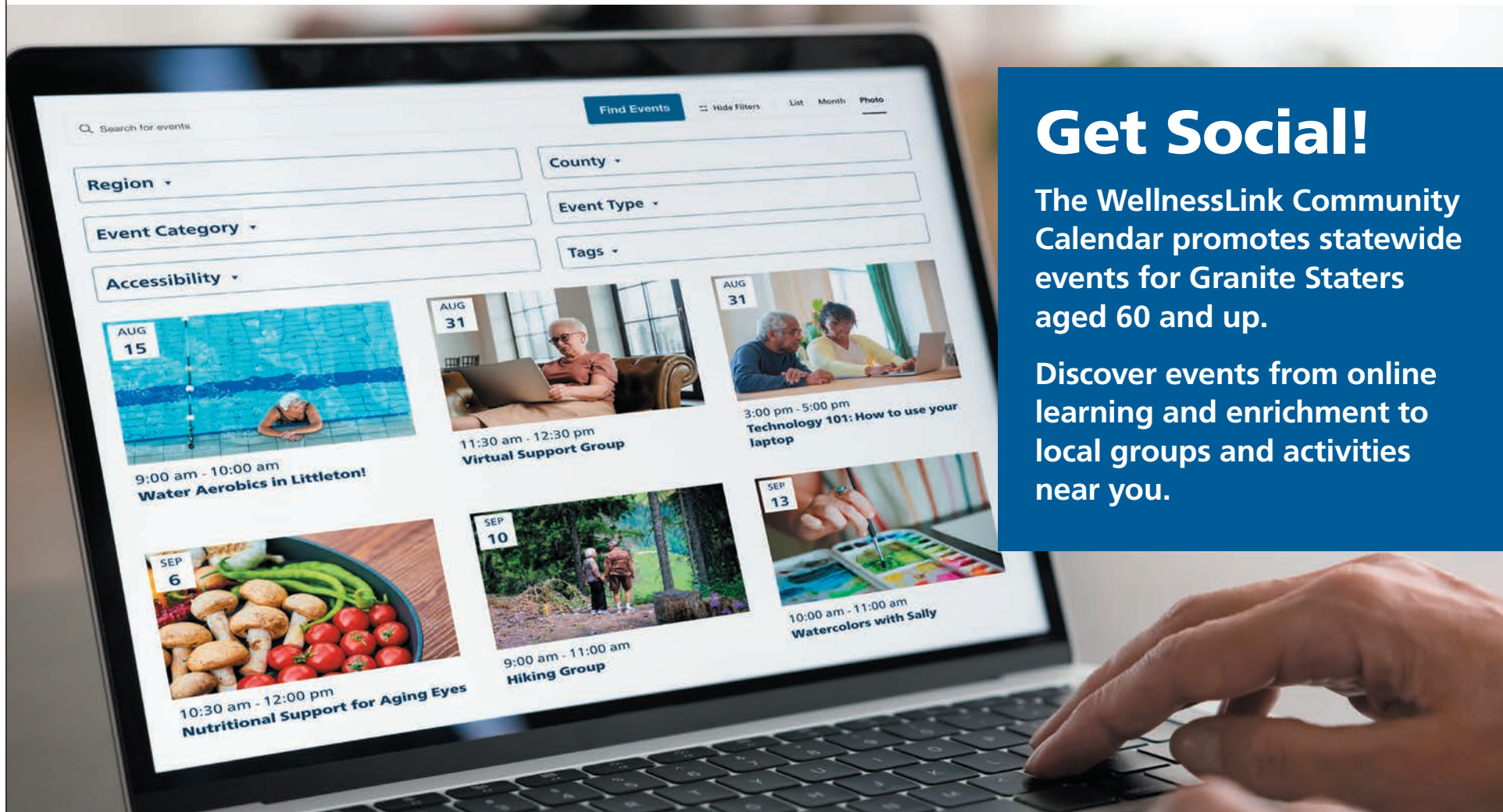
866-452-1693



Are you alone? Me too.

Loneliness and social isolation are national epidemic. Without social connections, you are at higher risk of disease, depression, and dementia.

WellnessLink can help you make meaningful connections, call 866-452-1693, visit our website at www.WellnessLinkNH.org or use your phone to scan this code.



Get Social!
 The WellnessLink Community Calendar promotes statewide events for Granite Staters aged 60 and up.
 Discover events from online learning and enrichment to local groups and activities near you.

WellnessLink is a program sponsored by the Partnership for Public Health with support from New Hampshire's Department of Health and Human Services (DHHS) and Bureau of Elderly and Adult Services (BEAS) to support older adults' access to public health. Funded in part by the Administration for Community Living under Grants #2101NHFFC6-00 and #2101NHSSC6-0.

DIRECTORY OF PROGRAMS & PROVIDERS LITTLETON REGIONAL HEALTHCARE

| | | |
|---|---|---|
| <p>ADDICTION MEDICINE 603-259-1659 <i>The Doorway at LRH</i> Andrea Berry, DO Oleg Gerasimov, APRN Debra Towle, LADC</p> <p>ALLERGY MEDICINE 603-444-2450 Patrick Fitzpatrick, DO Danny Ballentine, PA-C</p> <p>ANESTHESIA Sharon Bolton, CRNA Beth Guckin, CRNA Michele Hannon, CRNA Hilary Seymour, CRNA Christopher Toves, CRNA Barry Townsend, CRNA</p> <p>AUDIOLOGY 603-259-7692 Michael Lazarczyk, Au. D.</p> <p>CARDIOLOGY <i>in partnership with</i> 603-444-9605 Anil Mukerjee, MD</p> <p><i>in partnership with</i> Dartmouth-Health Cardiology 603-444-9390 Mary Katherine Dowd, MD Rajbir Sangha, MD (Electrophysiology) Daniel Storms, MD Susan D'Anna, APRN</p> <p>DERMATOLOGY 603-259-7706 <i>in partnership with Dartmouth-Health Dermatology</i> Charles Hammer, MD</p> <p>DIABETES EDUCATION 603-444-9323 Emily DuPont, RN</p> <p>EMERGENCY MEDICINE André Beaubouf, MD Ashley Fox, MD David Hirsch, MD Jonathan Klingler, DO Philip Lawson, MD Richard Levitan, MD Andrew Borghese, PA-C Cori Elliott, APRN Mallory Walsh, APRN - New!</p> <p>FACIAL PLASTIC SURGERY 603-444-2450 Patrick Fitzpatrick, DO</p> <p>GASTROENTEROLOGY 603-259-7798 Jonathan Lamphier, MD Peggy Piette, APRN</p> <p>GENERAL SURGERY 603-444-0997 Daniel Underbakke, MD</p> | <p>HOSPITAL MEDICINE Stephen Goldberg, MD Michael Rhodes, MD Linda Barton, APRN Frederick Colon, APRN Lori Kast, APRN</p> <p>NEUROLOGY 603-444-9609 Sergio Ramirez-Salazar, MD - New! Gopalan Umashankar, MD Jamie Wagner, APRN - Coming Soon!</p> <p>NEUROSURGERY 603-575-6300 Anthony Salerni, MD Ji-Suk Kristen Yoo, DO - New! Jodi Tracy, APRN</p> <p>NUTRITION COUNSELING 603-575-6010 Alicia Couture, RD</p> <p>OBSTETRICS & GYNECOLOGY 603-444-9371 Scott Brody, MD Nicholas Marks, MD Eric Siegel, MD Emily Kelly, APRN</p> <p>OCCUPATIONAL HEALTH 603-444-9294 Cori Elliott, APRN Elaina Pelton, PA-C - New! Ben Tipton, PA-C</p> <p>ONCOLOGY, HEMATOLOGY, & INFUSION 603-444-9376 <i>in partnership with Dartmouth-Health Norris Cotton Cancer Center</i> Sergey Devitskiy, MD Nancy Thomas, APRN</p> <p>ORTHOPAEDICS 603-823-8600 Andrew Chen, MD James Glazer, MD Jeffrey Kauffman, MD Jean Langevin, MD Dougald MacArthur, DO D. Scott Marr, MD - Coming Soon! Eric Mullins, MD Daniel O'Neill, MD Haley Ireland, APRN Holly MacArthur, APRN Virginia Mike, PA-C Kristen O'Hara, APRN</p> <p>OTOLARYNGOLOGY 603-444-2450 Patrick Fitzpatrick, DO Danny Ballentine, PA-C</p> <p>PAIN MANAGEMENT 603-575-6300 Lauren Del Prato, DO</p> <p>PALLIATIVE CARE 603-444-9055 Philip Lawson, MD</p> | <p>PHARMACY 603-444-9024 North Country Pharmacy Damian-Anthony Canuto, PharmD Neil Clarke, RPh</p> <p>PRIMARY CARE 603-444-7070 North Country Primary Care: RHC Family Medicine Richard McKenzie, DO Ericka Dekle, APRN - New! Sarah Maroon, APRN Jamie Wagner, APRN - Coming Soon!</p> <p>Pediatrics Sunit Patel, MD Sarah Reynolds, MD</p> <p>Behavioral Health Elizabeth Pearson, LICSW - New! Elizabeth Steward, APRN - New!</p> <p>RADIOLOGY 603-444-9536 Eric Emig, MD</p> <p>REHABILITATION SERVICES Littleton 603-444-9530 Franconia 603-823-8600 Allison Carey, DPT Catherine Colby, PT Michelle Decker, PT Kyle Gadapee, DPT Anne McKenzie, DPT Myles Morneau, DPT Melissa Ollerman, PT Iris Rhodes, DPT Derek Roberts, DPT Eric Santos, DPT John Scott, PT Pamela Stewart, PT Johanna Falkenham, PTA Zachary Knowlton, PTA Betsy Suggs, PTA Hilary Bradshaw, OT Sallie MacLeod, OT Lauren Morse, OT</p> <p>SLEEP MEDICINE 603-259-7692 <i>in partnership with Dartmouth-Health Sleep Disorders Center</i></p> <p>URGENT CARE 603-444-9294 Littleton Urgent Care Cori Elliott, APRN Elaina Pelton, PA-C - New! Ben Tipton, PA-C</p> <p>UROLOGY 603-444-0385 Jennifer Lucas, MD Sonya Morse, APRN</p> |
|---|---|---|

**This directory is subject to change without notice.*

Healthcare & Wellness



“Good Morning!” Telephone Reassurance

Each morning, AmeriCorps Seniors volunteers serve from home calling members of the community to check on their well-being and safety. Good Morning calls are a free telephone reassurance service for older adults and adults with disabilities who may be homebound, living alone, at risk for falls, accidents, sudden illness or social isolation.

Elaine Koczur, and AmeriCorps Seniors volunteer who has been making calls since 2021, said, “It is such a pleasure to make Good Morning calls. It is a mutually rewarding experience to have a brief moment of contact. You can tell that each person feels that connection and I am so glad to know that they are doing ok and ready to start their day.”

If you live in Grafton or Sullivan Counties, NH (or know someone who does,) and would enjoy a daily phone call, or are interested in volunteering from home to make calls, please contact The RSVP Volunteer Center toll free at 1-877-771-7787 or email rsvp@gcsc.org for more information. We are locally sponsored by Grafton County Citizens Council, Inc. RSVP is funded by donations, grants, Grafton County and AmeriCorps Seniors. www.gcsc.org/rsvp

Screened and trained AmeriCorps Seniors volunteers aged 55+ donate their time so there is no fee though donations are welcome. Volunteers rotate the schedule, serving Monday – Friday once a month, or split weekends. The volunteers call the individuals at the agreed on time between 7:30 a.m. and 9:00 a.m. to say “Good Morning” and make sure they are okay, and chat if the person would like. There is a safety follow-up procedure in place if the volunteer is unable to reach the “callee”. RSVP staff can come to you to do an intake for calls or enroll you as a volunteer. We hope to hear from YOU!

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WHAT DR. SARVER HAS TO OFFER

Dr. Russell G. Sarver, M.D. is a board-certified urologist with over 25 years of experience working with patients of all ages. Dr. Sarver graduated from Rutgers Medical School. He completed a two-year general surgery residency and a four-year urology residency at the University of Arizona Health Sciences Center in Tucson, Arizona.

He then completed a fellowship at Virginia Mason Medical Center, where his focus was Renal and Pancreatic Transplantation and Advanced General Urology.

Dr. Sarver has practiced in New Hampshire and Vermont for over 20 years, where he enjoys providing care to his community. His professional interests include nephrolithiasis, benign prostatic hyperplasia, voiding dysfunction, erectile dysfunction, urinary tract infection, urinary

incontinence, and no-scalpel vasectomy.

When not looking after his patients, Dr. Sarver can be found hiking with his dog Gizmo, planning the next restoration project on his historic house in Littleton, or envisioning his next escape to Ireland.

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Pemi-Baker Hospice & Home Health Shares Tips for Keeping Your Heart Healthy

ANNA SWANSON

(PLYMOUTH, NH)- February is Healthy Heart Month, and Pemi-Baker Hospice & Home Health wants to help you take care of your ticker! We're all about making sure your heart stays strong and healthy, and we've got some easy tips to help you do just that.

First off, it's super important to keep an eye on your blood pressure and pulse. These are like your heart's report card, telling you how it's doing. Normal blood pressure is usually between 90/60 mmHg and 120/80 mmHg, and your pulse should be somewhere between 60 to 100 beats per minute. If those numbers are higher, it could mean trouble for your heart.

Now, let's talk about things that can make your blood pressure go up. Eating too much salty or fatty food, not getting enough exercise, and not getting enough sleep can all give your heart a hard time. Try to eat foods with less salt and fat, get moving for at least 30 minutes a day, and aim for 7 hours of sleep each night. Your heart will thank you!

Stress can also affect your heart. So, take some time to relax. Whether it's taking a bath, meditating, reading a book, or listening to music, find something that helps you unwind.

And here's a tip: if you feel nervous when you go to the doctor and your blood pressure goes up, that's totally normal! It's called White Coat Syndrome. Just let your doctor know, and they'll understand.

Pemi-Baker Hospice & Home Health encourages individuals to write down your blood pressure and pulse readings and bring them with you to your doctor's appointments. It'll help them keep an eye on how your heart is doing.

Stay healthy, stay happy, and keep that heart pumping strong! Pemi-Baker is here to support you in keeping your heart happy and healthy all year round!

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 32 towns in central and northern NH since 1967. Expert services include at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups

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Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth, NH. To contact us please call: 603-536-2232 or email:

info@pbhha.org Like our Facebook Page: @pemi-bakerhospicehomehealth ###

It's a New Year - Time to Update Your Advance Care Directives

NORTH CONWAY, NH - January is a time for making resolutions and creating good habits for the new year. Consider this good habit - making an annual review of your advance care directives. If you haven't looked at yours for a while, or if you haven't created one, now is a great time to refresh these important documents.

All adults should discuss and document their healthcare wishes in the event of a crisis. Accidents and acute illness can happen to anyone at any time, but far too few adults have done anything to plan ahead. Various studies suggest that only about a quarter of all adults have engaged in advance care planning.

Sue Ruka, RN, PhD, is a board member of Visiting Nurse Home Care and Hospice, and community health manager for Memorial Hospital in North Conway. Most patients are asked when checking in for a doctor's appointment or hospital visit if they have advance care directives completed.



BILL LEE PHOTOGRAPHY
NHCH's Jennifer Robinson helps community members complete advance care directives at no charge.

Ruka encourages everyone to give that question a thoughtful answer. "It's important to think about how long ago you filled out your directives. Is it still relevant? What has changed in your life that might impact that document? Make it a thoughtful response the next time you check-in."

Ruka emphasized the importance of having these plans in place, especially for those who might



BILL LEE PHOTOGRAPHY
VNHCH board member Joan Lanoie volunteers to help people with advance care directives at Gibson Center and Saco River Medical Group.

not have close family or friends nearby. She added, "There are more single people out there. You can set it up to split responsibilities between financial decisions and healthcare decisions. When you're single, planning ahead of time is even more important. If you have planning in place, asking someone to be your power of attorney is different. You know what you want and you want someone to carry them out. That's different than leaving it to someone to figure it out for you. Someone is more likely to be a decision-maker if you have it all spelled out."

Copies of your documents should be with your doctor, your hospital, or long-term care facility, the person you select as your agent, and members of your family. Ideally, the original

documents should be stored where you keep your other important legal papers such as wills, birth certificates and social security cards. But they should not be stored in a safe, because this is a document you will want easily accessed.

It's easy to get your advance care directives created or updated. Local resources include:

Visiting Nurse Home Care and Hospice - Those who are home-bound can schedule a session with an advance care directive specialist Jennifer Robison who can visit the home. Fill out a request form at <https://tinyurl.com/VNHCH> AdvanceDirectives or call 603-356-7006. VNHCH's Jennifer Robison emphasizes that the service is free and you don't have to be an active client of VNHCH. She recommends that every five years, or anytime you have a major medical event or change or diagnosis, you should review your advance care directives if you already have one.

Saco River Medical Group - Services are offered by Joan Lanoie, a certified Advanced Care Planning Facilitator. Joan has assisted folks in the preparation of Advance Directives and Living Wills for over 8 years. Joan is also a board member for Visiting Nurse Home Care and Hospice. For more information or to schedule a time, call SEE ADVANCED CARE PAGE A14



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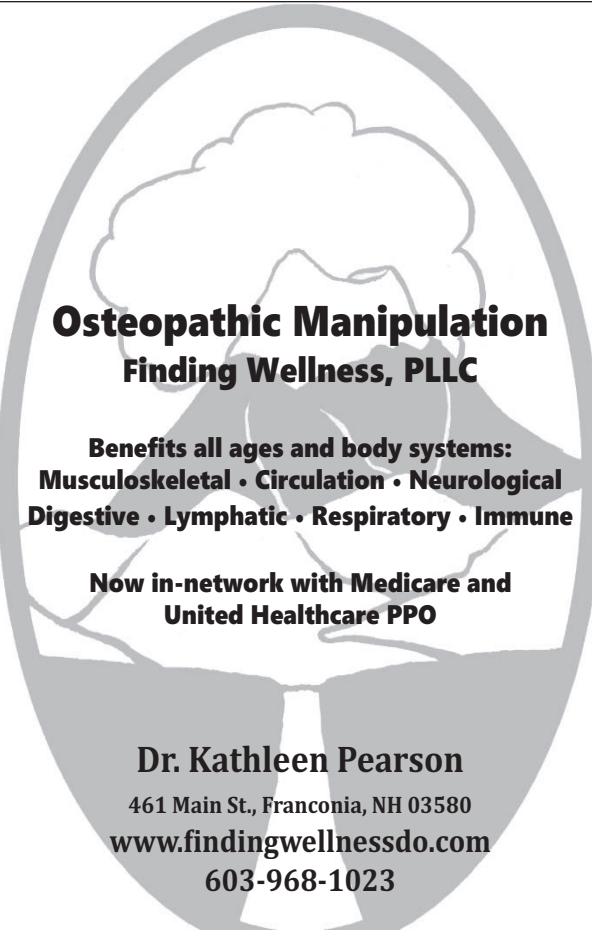
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Healthcare & Wellness



Health 101

In this issue of To Your Health, I would like to offer some ideas to contemplate.

The human body is a miraculous entity. An unknown number, too big to imagine, of biological processes happen within our body every second. The body handles this exceptionally well. It was designed to do so. All the systems in the body are interrelated. Imbalances in one system create changes in other systems to maintain homeostasis. It is truly a beautiful process.

The body communicates to us when we have overtaxed it. If we have pain or dysfunction, this is a signal that we need to pay attention. We need to adjust our food intake, our water intake, take a break, breathe, go for a walk-in nature, or talk to a good friend.

To maintain or regain health, all our systems functioning in harmony, here are some simple powerful tools.

1. Eat real organically grown food, free of chemical fertilizers, herbicides, or pesticides. Avoid packaged food and restaurant food, preservatives, all household chemical cleaners, air

fresheners, scented detergents and dryer sheets with fragrance (essential oils are good).

2. Drink plenty of water.

3. Exercise daily. An hour of walking or any activity you enjoy is enough.

4. Avoid all medications, prescription or over the counter. Do not stop medicines prescribed by your doctor without talking to them first. All medications have side effects some of which are worse than the original ailment. Work overtime to get off all prescriptions and use natural medicines, supplements, herbs, and natural therapies as much as possible.

5. Learn to manage your stress levels, through meditation, yoga, and breathing.

6.

Maintain your body with regular bodywork: acupuncture, massage, chiropractic care, and of course my favorite, Roling Structural Integration.

Somehow over the last three years, the innate healing capabilities of the body have been forgotten. Suddenly, the only way to have immunity to a disease is through a shot. Forgotten is the fact that when our bodies get sick, they build natural immunity, which lasts forever.

Let's get back to honoring the body for its miraculous capabilities and to using what nature gives us to heal as much as is possible.

Sarah P. McClennen
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OBITUARIES

James D. Ford, 48

Danbury, NH—James D. Ford, 48, of Aspen Lane died Sunday, February 4, 2024 at the Concord Hospital following a brief illness.

He was born in New London, NH on October 23, 1975 the son of the late John and Linda L. (Cushing) Ford.

He graduated from Newfound Regional High School and then worked for many years on grounds and maintenance for the New Hampton School. James was employed by Walmart in Plymouth for the past 10 years in the sporting goods depart-

ment and developed connections with the staff and customers with his knowledge.

He was a lifelong resident of Danbury and enjoyed hunting, fishing and online gaming especially with his cousin Josh. He also enjoyed photographing at family events and wildlife.

He is survived by a sister, Elizabeth “Liz” Breton and her husband Michael of Campton, NH, a half sister, Barbara Ford of TN; three half brothers, Ronald Ford and Edwin Ford both of Franklin, NH and

Michael Ford of Laconia, NH; aunts, uncles, nieces, nephews, grandnieces, grandnephews and cousins.

A celebration of life will be held in the spring.

Memorial contributions may be made to the Danbury Community Center, 15 High Street, Danbury, NH 03230 or the Danbury Fire Department, 10 North Road, Danbury, NH 03230.

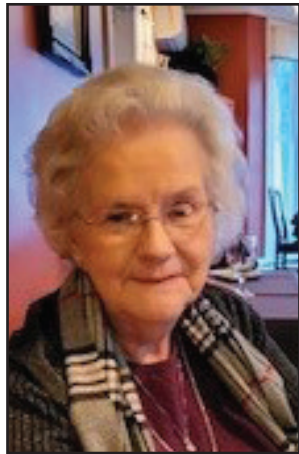
To sign an online guestbook please visit www.chadwickfuneralservice.com.

Rosemary Gennaro

Rosemary (Benson) Gennaro died at Catholic Medical Center, Manchester, NH on February 6, 2024. She was preceded in death by her husband of 47 years, Larry Gennaro. Rosemary was a loving mother to four children: Pat Gennaro (Paul Keller), Victor Gennaro (Mandy), Rose Lawyer (Greg), Larry Gennaro and four grandchildren: Victor Gennaro (Jo MacMillan), Ali Gennaro (Ian Hanley), Matthew Gennaro and Hayden Lawyer.

Rosemary was born November 27, 1932, in Kensington Pennsylvania to Patrick and Bridget Benson. She was the only girl of six siblings, and her brothers (John, George, James, Gerry and Joe) who all preceded her in death, doted on her. She was a loving aunt to many nieces and nephews. Rosemary attended Little Flower School for Girls and Immaculata College.

After years as a dedicated elementary school music teacher, Rosemary became



an elementary school Principal, then obtained her master’s degree and retired from the Pennsauken School District in June of 1997 as the Assistant Superintendent. She had a long and meaningful career in the NJ school system where she was affectionately known as Mrs. G. After over 20 years in retirement, Rosemary annually received well wishes on her birthday from the Pennsauken school community. This meant a great deal to her.

An accomplished musician, Rosemary played the organ for many different churches over the years and regularly entertained the resi-

dents of Golden View Health Center. Although a devote Catholic, Rosemary found great joy as the music director for the Campton Baptist Church and the congregants affectionately called her a “batholic” – a name that she thoroughly embraced. She enjoyed solving crossword puzzles, playing cards, watching BBC period dramas and playing the slots at the Atlantic City Casinos. She even had her own Casino concierge!

A funeral service celebrating Rosemary’s life will be held in New Jersey where the majority of her family is located.

In lieu of flowers, please consider making a donation in Rosemary’s name to Campton Baptist Church.

The Mayhew Funeral Homes and Crematorium in Meredith and Plymouth are honored to assist the Gennaro family with their arrangements. To sign the book of memories, go to mayhewfuneralhomes.com.

Positive

FROM PAGE A6
go? And is that the same thing?”

Some of the people I find myself wanting to forgive the most are those who hurt me deeply, including family members and close friends. I forgave them as soon as it happened, but then I noticed a pattern of repeated offenses.

I’ve had family members who were combative towards me on a regular basis, often pushing me to the brink of madness every time I saw them. No matter what I did or how I approached the situation, it seemed they were out to get me. What made it especially hard was the fact that they were family, and it appeared there was nothing I could do to fix it—mainly because they didn’t want to fix it. Time and again, I’d forgive them and then try to help them or spend time with them, thinking things would change. However, the same old pattern not only kept repeating itself but also got significantly worse with each visitation. I didn’t know what to do,

and when I got my first opportunity, I packed up and left town as quickly as I could. I saw no other solution but to run away.

It’s a strange thing but some people won’t stop until they just can’t do it anymore and often times that means removing yourself from the situation altogether so they don’t have the opportunity to do it again.

Dr. Robert Enright, a psychologist and pioneer in the study of forgiveness, suggests that forgiveness is a choice and a process, not a one-time act or an erasure of memory. He argues that forgiveness can lead to psychological and relational healing but doesn’t necessarily mean forgetting or condoning the offense.

One day, it dawned on me that, although I’m protecting myself against bitterness by trying to forgive and forget, they never apologized or acknowledged their wrongdoings so why am I allowing them the opportunity to do it again? How can I forget when they haven’t apol-

ogized?

Forgiveness involves more than just letting go of resentment. Even if you’ve forgiven someone and are keen on ‘remembering no more,’ there’s another component to the story.

Did they ask for forgiveness? Have they taken steps to ensure it will never happen again? If not, then experience tells me it’s going to happen again and forgetting the offense is futile.

I remain committed to practicing the art of forgiveness. However, granting someone access to my life again and considering a renewed friendship demands their active involvement. While I acknowledge that forgiveness can be a solitary journey, I’ve come to understand that truly moving beyond the hurt—to forgive and forget—necessitates regaining trust from the person who wronged me. Thus, though forgiveness may be the work of one, the process of fully forgiving and forgetting involves the efforts of two.

Healthcare & Wellness

Managing Styes: Effective Treatment and Prevention Strategies

By Avery Fitzgerald and Dr. Winnie Tseng, OD, MBA

Many people have had a stye at some point in their lives. A stye is an annoying bump on your eyelid. These bumps are the result of a buildup of infectious or inflammatory material within the glands lining the eyelids. Your optometrist may refer to your stye as a hordeolum, indicating an acute infection of one of these glands, or as a chalazion, which signifies a non-infectious accumulation of inflammatory material in the gland. While both types may present as red bumps on the eyelid, a hordeolum tends to

be tender to the touch, whereas a chalazion is typically painless, but still bothersome.

At home, the best way to treat a chalazion is by using a warm compress. This involves heating a

mask in the microwave for about 20 seconds and then applying it to your eyes for 10 minutes, threefour times a day. If a heat mask isn’t available (such as a Bruder mask), using a warm-hot (but not

scalding), damp face cloth can suffice. When using a face cloth, make sure it remains warm throughout

the 10-minute session, reheating as necessary. Consistency is key, so aim for 3-4 sessions per day.

If the above at-home warm compress management is not working, or if the stye develops into a

painful bump (hordeolum), then a visit to your optometrist is recommended. Your optometrist will

provide various treatments for styes based on their characteristics. If there are signs of infection, they may prescribe oral antibiotics, alongside warm compress therapy. In cases of hordeolum or chalazion,

Intense Pulsed Light (IPL) therapy could be recommended as well, to eliminate the bump. This in-office

procedure involves directing therapeutic pulses of light directly onto the stye, using a light guide. IPL

therapy, also utilized for dry eyes and rosacea, is a viable option for individuals with these conditions. If

you are afflicted with any of these conditions, consider reaching out to your optometrist to see if you

are a good candidate for IPL therapy.

Preventing the recurrence of styes involves practicing good lid hygiene. Daily cleaning of the

eyelids and eyelashes with eyelid cleansers such as Pure & Clean Lid Spray or Ocusoft can reduce

bacterial presence and lower the risk of gland infection. Additionally, incorporating regular warm

compresses into your routine can help maintain optimal gland function and prevent blockages. A daily

10-minute session is recommended, especially if you are prone to styes or experiencing dry eyes.

For further guidance on managing styes or related concerns, don’t hesitate to reach out to your

optometrist. They can offer personalized advice and treatment options tailored to your specific needs.

Dr. Winnie Tseng is an optometrist at Littleton, Woodsville and Lincoln Eye Care Centers. Her interests include

ocular disease management (dry eyes and ocular surface disease, glaucoma, macular degeneration and diabetic

ocular complications), contact lenses, pediatric and comprehensive eye care for the entire family. She is Board

Certified by the

American Board of Optometry, President of the New Hampshire Optometric Association and a

Clinical Preceptor for Salus University and New England College of Optometry.

Avery Fitzgerald is a 4th year Doctor of Optometry Extern from New England College of Optometry, currently in a clinical rotation at Littleton Eye Care Center.

WellnessLink Promotes Healthy Connections to Combat the Epidemic of Loneliness and Social Isolation

(Laconia, NH) - Loneliness can affect people of all backgrounds, and walks of life, and its consequences on mental and physical health are significant. WellnessLink aims to raise awareness of the impact of social isolation and loneliness in people aged 60 and up including higher risk of disease, depression, and dementia.

A recent statewide survey conducted by the Partnership for Public Health and JSI Community Health Institute sheds light on the prevalence and impact of social isolation. This survey provided valuable insights that can guide targeted interventions and programs to combat loneliness in New Hampshire. The survey can be accessed at WellnessLinkNH.org on the Healthy Connections page.

“We believe that everyone deserves to feel connected and valued within their communities,” said Carissa Elphick, Deputy Director, at the Partnership for Public Health. “Loneliness is not just about being alone; it’s about feeling disconnected. We strive to remind individuals that a simple act of reaching out can make a world of difference in someone’s life.”

WellnessLink can help individuals make meaningful connections. Our website highlights the benefits of social connections and the risks of social isolation and loneliness. We host a statewide community calendar with the support of our community partners. The calendar features events and activities from online learning and enrichment to local groups and activities throughout New Hampshire. We feature events on our social media channels raising awareness for unique and ongoing opportunities for Granite Staters to make healthy connections.

Connect with us by calling 866-452-1693 or online at www.WellnessLinkNH.org. WellnessLink invites community groups and organizations to add their events to our calendar by visiting our website and clicking the Partner Log-In button.

Local resources are available to individuals seeking support for social isolation. If you are experiencing mental health issues related to loneliness, please call 988.

About WellnessLink: WellnessLink is a program sponsored by the Partnership for Public Health with support from New Hampshire’s Department of Health and Human Services (DHHS) and Bureau of Elderly and Adult Services (BEAS) to support older adults’ access to public health. Our mission is to promote health and prevent disease for aging adults in New Hampshire. We provide education and connection to information and resources to live and age well.

###

ADVANCED CARE

FROM PAGE A12

603-447-3500. You don’t have to be their patient to do so.

Gibson Center for Senior Services - Joan Lanoie also provides advance care directive services here. Appointment can be made by calling 603-356-3231.

Memorial Hospital - Sue Ruka and Alana Illsley help patients with advance care directives. Call 603-356-5461 ext. 2333 for more information.

Sandy Ruka, Executive Director of VNHCH, added, “It may be difficult to talk about it, but it can make a bad situation easier for loved ones and family. While advance care planning includes decisions around end-of-life care, it also includes an individual’s wishes for any event in which they cannot speak for themselves. Now is a great time to think about this important topic so you’re prepared for whatever the new year brings.”

(sidebar article)

What is Advance Care Planning?

Advance care planning is making decisions about the care you would want to receive if you become unable to speak for yourself. These are your decisions to make, regardless of what you choose for your care, and the decisions are based on your personal values, preferences, and discussions with friends and family.

Advance care planning involves having a conversation with your loved ones about your preferences, and then documenting them with a document called an Advance Care Directive. In order to complete an Advance Care Directive you must identify the types of treatments you want and don’t want at the end of your life. It’s comprised of your Living Will and Health Care Proxy.

A Living Will details the types of medical treatments you would like or not like at the end of life, specifically in terms of life-support treatments.

A Health Care Proxy is someone who will make healthcare decisions on your behalf if you are no longer able to make your own decisions.

For more information about VNHCH services, visit the website at www.vnhch.org or call 603-356-7006 or 800-499-4171.

THE STORY PAGE... building community one story at a time

WISHES

What we might give for a wish come true! The notion of wishes - something desired but seemingly unattainable - is as old as the legend of three wishes granted to anyone lucky enough to free a genie from a dusty old lamp. What have you wished for lately, and have your wishes ever come true? We suppose wishes may be unique to the human race but I'm convinced my lab wishes day in and day out that at least once in her life she would be served a medium rare steak for dinner. Thank you to this month's contributors on this page who shared wishes as diverse as a better world to the whimsical final wish of a dying mouse. Ever wish you had the courage to put your writing or artwork out there in the public eye? Go for it! The more diverse we are the better. We even encourage introverts to use a pen name if that helps!

A STORY PAGE SUBMISSION

We even encourage introverts to use a pen name if that helps! Below are the upcoming themes and submission dates for the Story Page. Please send in your work to storypagenh@gmail.com by the 30th of the month (29th of February!). And thank you as always for visiting the Story Page, where we believe that in this brief, magical life...every story counts!

| | |
|-----------------------------|------------------------------|
| Theme:.....Due the 30th of: | Theme:..... Due the 30th of: |
| MEMORYFebruary 2024 | HEAVEN March 2024 |
| WILDApril 2024 | HISTORY May 2024 |
| STARS June 2024 | CAMP August 2024 |
| RIVERS July 2024 | |

Wishful

If I could have three wishes
I would wish the world would remember that all we see and know on this planet
Is irrelevant. That all we see and know is just seeing and knowing
But that feeling is everything. Kindness is everything.

I would wish for no soul ever to go hungry for food or friendship.
To feel surefooted always.
With never a shadow or a meanness
No cold or dark or shallow or emptiness
No one looking into another soul feeling afraid.

I would wish that we remember that we are not what we seem
That we are all angels landed here from heaven
With a confounding amnesia that has us forgetting
That we are here for joy, to feel it in the climbing of a mountain peak
In swimming a cool stream on a hot summer day
In babies and laughter and stories of light
While the Buddha tells us we are here to suffer, and there is the rub:
Forgetting we are angels, surrounded by suffering, wired for joy.

What I wish for is possible. I have seen it.
Where love is in and all around
Where angels within make their way out

- Margaret Lewis, Plymouth

Final Wishes of a Mouse

The house mouse that we wish to catch has an aversion to the latch
We try to lure him to the trap
but he prefers to take a nap
We give him peanut butter on a tray
He sends it back to our dismay
He would text us if he could
but doesn't really think he should
He prefers to send a letter
in which he orders, "better cheddar"
His message says he wants a mate
Could we please "arrange a date?"
He wants no ordinary spouse
prefers a special kind of mouse
one who has high taste in food
one who wants a large size brood
And if these be his final wishes,
could we serve on "finer dishes?"

Now in this war we've ceased to wage
he's become our pet in gilded cage!

Susan B. Miller, Plymouth



The Wishing Boat

I built a small boat
with twigs, leaves and birch,
sealed her seams with pitch.
I tucked my wish under some moss
and set her course for the sea.

The Old Ones know,
great journeys unwind, unseen
like rivulets to brooks,
streams to ponds, lakes to marshes,
as rivers flow home to the sea.

And wishes have power,
like prayer and plea. Believe,
say the Old. No hate.
No fear. Wish for war to cease.
Shepherd this wish to the sea.

So my boat sails, awash
with wishes for a sturdy Peace,
a world-wide Peace alive
in the hearts and hands of many,
its journey slowed but steady.

Gretchen Draper, New Hampton

Did you?

Did you...
wish upon a falling star?
blow out all the birthday candles at once?
scatter seedy dandelions puffs?

Wishes
those feathery wisps
of longings,
requests for things,
future changes.

Wishes
those solid plans
ambitions,
aspirations,
Determinations.

Did your...
wishes come true?
did you even remember them?

Do you still make wishes?

Ruth Harlow, Bristol

Snow Driving Wishes

I drive home from work in snow and sleet
Just getting home will be a feat
The wipers say, "I wish I had"
Conditions never seemed this bad

In this one hour's commute
There really is no faster route
I wish I had stayed home this day
The only thing to do is pray

Please get me home in just one piece
Snow and ice seem not to cease
White knuckle driving - not my style
I wish not to drive another mile

This is a jaunt I won't forget
Please, no wishes of regret
I wish myself to my sweet home
Where I can write a grateful poem

Susan B. Miller, Plymouth

Wishes Hollowed Out

As the snow melts so do my wishes
Often undermining my belief they may come true
While covered under layers of life's realities.

The reality of vengeful leaders where two wrongs make it right
The reality of the absence of compromise
The reality of the cold spray of obscure false truths
The reality of the blind eyes of disconnection to others' tragedies
The reality of painting your picture but using only my chosen colors
The reality of stinging voices using downtrodden words
The reality of blending, shaping history to one's own race's agenda
The reality of preaching theology that a true god is rigid, inflexible
The reality of handing off of pollution to the unprotected
The reality of a few squashing intimate, inherited freedoms
The reality of frequent half mast flags and nothing is done

Perennial wishes pushing up against winter's harsh climates
They wish to grow and blossom.
I will not let them be hollowed out.

tom keegan, Bristol

The Wishing Pool

I went once to a wishing pool
In an old italian restaurant
I was seven years old walking behind my father
Nervous to ask him for a penny for tossing
Into the garish tile basin with a gurgling font
That old world italian restaurants had back then

He let me have the booth seat across from the chair he took
His size nearly swallowing it whole
Then eyes went right to the menu never peering over at me
With a wink or an invitation to order

That's how it was with him-
All accessory and extension I was
Not a whole creature in a small body
Hoping to be recognized as such

I worked up my gumption all through the Sunday lunch
Never dinner when the prices would be higher
Only once or twice a year when pay day fell
Three times in a month instead of two
My mother staying home to have a break from us
Eating leftovers and listening to Joan Baez

Finally he orders his spumoni and offers me a spoon
He looks up to be sure I have seen this gesture
And I take my chance then and there
Dad, I say, do you have a penny you could spare?

A penny he says? (the spumoni lightening his mood)
I suppose I might have one.
Why? Do you have a wish to spend it on?
And he looks toward the fountain by the front double door

I smile relieved that he is finally in good humor
And nod eagerly up and down
He leans his large frame back
Straining the joints of the chair
Reaching into his pocket to pull out his change

Do you remember what Grandpa says about wooden nickels? He muses
I say yes, don't ever take them! I remember!
That's right...never take a wooden nickel
And he lifts a copper penny eye level
Peering at its front and back
Careful he wasn't wasting a wheat-back on me
And on the long-shot wishing well

I stand up with my hand open and he presses it in to my palm
What will you wish for?
I can't tell you Dad, then it won't come true for sure!
He pokes me in the side
And I skip over to the clear water full of gleaming Quarters, dimes and nickels
My eyes wide in wonder at them and the hundreds and hundreds of pennies

I close my eyes and make a wish
Toss in the penny when I open them
Watch it turn over and over as it sinks
Into a treasure chest of wishes

I stand a few moments with the sparkling coins
Illuminated by the restaurant's lights
The water magnifying their size and features
Lingering at what happens when the fountain is cleaned out

What happens to the wishes I wonder
As my father takes my hand and leads me slowly out.

Anonymous



Derbies

FROM PAGE A1

with Fish and Game, research on upcoming weather and a keen eye on the safety of the hundreds of people who take part in the annual derby, the Alexandria Volunteer Firefighters Association, which sponsors the event each year, made the hard decision to cancel it for the second year in a row.

While many avid fishing enthusiasts are disappointed, Shokal said he was none the less pleased to see someone post on their social media site, "Finally, somebody takes safety ahead of money."

That, he said, is why this year the group felt it necessary to cancel the event once again.

While the derby has been one of the major fundraisers held by the AVFD/AVFFA for more than three decades, safety matters first to the men and women of the volunteer fire department.

Funds raised from the derby's registration fees, raffles and food sales however, do help provide

the department with small equipment purchases and other needs for both fire and EMS personnel that may not be included in the town's annual budget. With the cancellation of the derby, people can still help support them in their dedication to community safety though. They may do so throughout the year by reaching out to anyone on the department, donating through the AVFD Facebook page or by simply mailing a check for any amount to AVFD, 158 Washburn Rd., Alexandria, NH 03222 with "Donation to AVFFA" noted on the bottom of the check.

They are not alone in cancelling a fun filled outdoor family event, though.

Just south of Newfound, the Webster Lake Ice Fishing Organization also made the tough decision to cancel their four-decade long derby once again this year.

"This decision was very difficult to make as we know many people will be on the lake regardless, and the members of the committee never want to cancel, especially for the second year in a row," WLIFO said in a written statement on Friday.



DONNA RHODES

As people gathered last weekend for a day of fishing at the "foot" of Newfound Lake, open water along the shore and inlets, along with the broader areas of the 4,451 acre lake, were determined to be too dangerous to hold the Alexandria Volunteer Fire Department's annual ice fishing derby on Feb. 24-25.

Like the Alexandria organizers, they also took into consideration the warm temperatures this past weekend, projected weather forecasts and the advice of NH Fish and Game, their local Conservation Officers and longtime participants in the derby before making their decision.

Through the derby, Webster Lake Ice Fishing Organization supports local youth ac-

tivities and welcomes a large number of children who take part in the fun each year. In 2020 more than 700 participants registered for their derby with almost 300 children amongst them. Like the AVFFA derby on Newfound Lake, boys and girls are awarded for their catch in several categories and look forward to vying for trophies and other prizes each year.

Under the circum-

stances, the WLIFO said that all online registrations will be refunded, while in-person pre-registrations they received, along with raffles ticket sales, will be honored at next year's derby.

Refunds available for the Webster Lake Ice Fishing Derby will be honored through Friday, March 1. Anyone with questions may contact them by email at webstericefishingderby@gmail.com.

In the meantime, Fish and Game, along with local First Responders would like to remind everyone to test the depth of the ice regularly as they head out on any body of water and be aware of the surroundings. For more information, please visit www.wildlife.nh.gov to learn more about important tips on ice safety through their "Stay Safe on the Ice" information page.

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Support

FROM PAGE A1

lenged NHCS students and families to raise at least \$500, which she would match.

She shared, "This was a great opportunity for students to be helpful in a small but meaningful way."

Jennifer Desmond, former NHCS paraprofessional and parent, also came forward to match the \$500 raised. Parents and community members be-

gan sharing the news about these two generous offers on social media on Friday night.

Saturday morning, Holloran received an email from a New Hampton resident who offered to

match the entire school donation up to \$2,500. Now, the challenge was on! We hoped that not

only our current NHCS families would give, but also our small town residents.

NHCS was not disappointed.

On Monday, students wore their hats and families made their

donations. New Hampton resident Jim Eckert stopped by the school to donate and to remind his

friend, "Don't hesitate to ask for help."

As a fourth grade boy added his donation, he stated, "The \$5 bill is from my mom, but the two dollars is from me. I earned it myself."

Community members who had direct connections with the

Murray family found ways to get their donations to our school. In the end, with all donations and matched contributions, NHCS will be presenting the Murray family with \$6,608.26.

One of the comments heard most this week was about "returning the favor." So many community members told us Bill is someone who is always there to help when needed. Now, it was our turn to show him that NHCS and our entire community CARES.

LEGAL

LEGAL PROBATE NOTICE THE STATE OF NEW HAMPSHIRE
2nd Circuit - Probate Division - Haverhill
1/19/2024 thru 2/1/2023

POINTMENT OF FIDUCIARIES

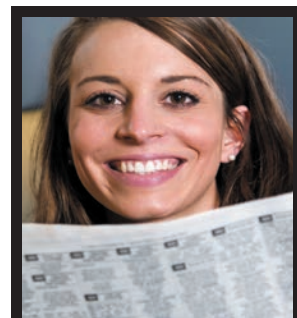
Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Grafton County. All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

Aranyosi, Mary Ann, late of North Woodstock, NH. Margaret Labarge, 26 Courtney Rd, North Woodstock, NH 03262.
#315-2023-ET-00783

Giehl, Robert Andrew, late of Plymouth, NH. Stacy Crawford, 2008 Glenisle Avenue, Durango, CO 81301. Richard Giehl, Resident Agent, PO Box 1079, Campton, NH 03223.
#315-2023-ET-00782

Rigoli, SR, Russell L, late of Bridgewater, NH. Roberta Shepherd, 3 Andrea Avenue, Hooksett, NH 03106.
#315-2023-ET-00773

Dated: 2/2/2024



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NOTICE OF SCHOOL DISTRICT MEETING
CAMPTON SCHOOL DISTRICT

The Campton School District will be holding its annual school district meeting on the proposed 2024-2025 school district budget
on Monday, March 4, 2024
at 6:30 p.m.
at the
Campton Elementary School
1110 NH Route 175
Campton, NH 03223

NOTICE OF SCHOOL DISTRICT MEETING
THORNTON SCHOOL DISTRICT

The Thornton School District will be holding its annual school district meeting on the proposed 2024-2025 school district budget
on Thursday, March 7, 2024
at 6:00 p.m.
at the
Thornton Central School
1886 NH Rte. 175
Thornton, NH 03285

ATTENTION CAMPTON RESIDENTS KINDERGARTEN 2024-2025
If you have a child that will be 5 years of age by September 30, 2024 please visit the homepage of our website to register online. You can also call the school at 603-726-3931.
Mandatory paperwork required for registration are: Immunization Record, Original Birth Certificate and copy of 5-year checkup. These forms can be brought in or mailed to:
Campton Elementary School
1110 NH Rt. 175
Campton, NH 03223
Attn: Melissa Anderson

Attention Thornton Residents
If you have or know of someone who has a child that will be 5 years of age before September 30, 2024, please have them call to register their child for Kindergarten.
Please call Mrs. Campbell at 726-8904 or email lcampbell@pemibaker.org to request registration materials

NOTICE OF SCHOOL DISTRICT MEETING
PLYMOUTH SCHOOL DISTRICT
The Plymouth School District will be holding its annual school district meeting on the proposed 2024-2025 school district budget
on Monday, March 4, 2024
at 7:00 p.m.
at the
Plymouth Elementary School
43 Old Ward Bridge Road
Plymouth, NH 03264

Hockey

FROM PAGE A1

and Manson found Curley with another chance that was stopped. Cushing also had a bid that was stopped and the first period ended with Kearsarge-Plymouth up 2-0.

Chris Rubbe had a bid go wide for the Cats and Matthew Hibbert had one go wide for the Lakers. Swanson got into the zone for a chance that the defense stopped, with Hibbert making a solid defensive stop. Will Thayer had a huge clear in front of an open net for the Lakers, keeping the Cats from popping the puck in the net.

Rubbe had a bid go wide and then Brendan Goodwin made a solid defensive play on another Rubbe chance. Brennan Johnson sent a shot wide and Rubbe had a chance

stopped by Kenney. Wirth sent the puck through the crease at the other end and Thayer had a bid go wide.

With 8:12 to go in the second, Kearsarge-Plymouth upped the lead to 3-0 as Manson sniped a shot to the top shelf on an assist from Swanson. The two teamed up for another chance that was stopped by Kenney.

The Cats upped the lead to 4-0 on a Curley tally with 7:28 to go, taking advantage of a turnover, with Benedict getting the helper. Goodwin had a couple of good defensive plays for the Lakers and Magnus Nordhausen had a bid for K-P denied by Kenney.

Kearsarge-Plymouth pushed the lead to 5-0 as Ryder Francis lit the lamp with 5:38 to go on an assist from Veasey.

LWI went on the power



JOSHUA SPAULDING
Brennan Johnson controls the puck in action last week at Plymouth State University.

play with 4:43 to go in the period, but the Cats had some good shorthanded chances. Swanson and Manson just missed connecting on a bid and Manson had another bid stopped. Swanson came up with a steal and shot that Kenney denied and Nolan Fullerton had a shot stopped and another go wide of the net. Rub-

be had a bid denied and Brennan Johnson also was stuffed by Kenney before the penalty was killed.

Nordhausen had a couple of bids denied and Brennan Johnson sent a shot wide. Cushing and Fullerton had bids denied by Kenney and the period came to a close with the Cats up 5-0.

LWI went on the power play to start the third period, but the Cats had the best chance, as Curley had a bid denied by Kenney. The Lakers took a penalty to result in a short four-on-four situation before the Cats got a power play chance.

The hosts converted on the power play with 11:08 to go, as Cushing put

the puck to the back of the net on an assist from Veasey.

The final goal came with 3:47 to go, with William Spanos picking up the goal on assists from Swanson and Nordhausen for the 7-0 final score.

Kenney finished with more than 50 saves in the Laconia-Winnisquam-Inter-Lakes net.

Kearsarge-Plymouth is scheduled to be at Pembroke-Campbell on Saturday, Feb. 17, at 7:30 p.m. and will be hosting Belmont-Gilford at Plymouth State on Wednesday, Feb. 21, at 5:30 p.m.

The Lakers are scheduled to be in action on Saturday, Feb. 17, at home against John Stark-Hopkinton at 3:45 p.m.

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

PSU

FROM PAGE A1

faculty, staff and greater community.

PSU President Donald L. Birx, Ph.D., presented the Gerkens with the medal at a ceremony held at PSU in November.

"I am pleased to be-

stow this prestigious award on two worthy recipients who have created a lasting legacy on our campus," said Birx. "Carol and Richard Gerken have demonstrated their belief in Plymouth State University in their unflinching support of scholarship, programming and capital projects over the tenure of three Plymouth

State presidents; an example of dedication for us to follow."

Throughout their decades of involvement with PSU, the Gerkens have supported the university's art, theatre and capital projects, including the Educational Theatre Collaborative, PSU's Museum of the White Mountains

- where Carol also sits on the advisory board - the ALLWell North turf athletic field project and the current renovation of Hyde Hall, home to PSU's business programs.

Carol is a 1967 alumna of PSU (then Plymouth State College), and an inaugural member of the President's Council,

where she served for 15 years. Richard, a retired attorney, served as an adjunct professor in the university's business program for 12 years. Together, they own Wingate Enterprises Consulting.

The Gerkens are only the fifth recipients of the Richard E. Collins Medal since its incep-

tion in 2004, joining a distinguished group of previous recipients, including Richard E. Collins, Michael J. Spinelli Jr., Dick Hanaway and Wally and Meredith Stevens.

To learn more about Plymouth State University, visit www.plymouth.edu.

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

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

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

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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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11 papers next week!**



Town of Thornton • 16 Merrill Access Road • Thornton NH, 03285 • 603.726.8168

FULL TIME ASSESSING CLERK

The Town of Thornton is seeking qualified candidates for an immediate opening for the position of Full-Time Assessing Clerk. This position is responsible for all aspects associated with Town assessing and works very closely with our Assessing firm, personnel, taxpayers and the Town Administrator.

Desired applicants will have a strong clerical background and possess interpersonal skills with an emphasis on assessing understanding, customer service, an ability to multitask in a very fast paced environment with multiple interruptions, and other basic computer knowledge in Microsoft Office, professional correspondence, and data entry.

This position is Labor Grade 10 with an hourly pay range of \$24.77 to \$34.98/hour, depending upon qualifications, experience, and a successful background check. The Town of Thornton offers a generous benefit package including health, dental, retirement and life insurance.

Job functions include but are not limited to performing municipal assessing transactions; assisting the public with zoning compliance permit applications; serves as support staff as requested by the Town Administrator.

Preferred minimum qualifications include Associate's Degree in Business or related field; 3 years of progressively responsible experience in municipal assessing and permitting; or any combination of education, training and experience which provides the knowledge, skills and abilities required for the job.

A full job description and application is available at the Thornton Town Office or on the town's website at: <http://www.townofthornton.org/> on the Employment tab.

Please submit applications with resume and cover letter by 3:00 pm on February 28, 2024, to:

Desiree Mahurin, Town Administrator
Re: Assessing Clerk
16 Merrill Access Road
Thornton, NH 03285

This job posting will stay open until filled.

The Town of Thornton is an equal opportunity employer.



POSITIONS AVAILABLE

ATS Precision specializes in the manufacture/CNC machining of aerospace products, valve components, biotech products, military hydraulics, microwave connectors, medical machining, and welding. We are currently hiring:

EXPERIENCED CNC MACHINIST – Candidates must be proficient in set-up and operation of machines, as well as able to read drawings and use measuring instruments. Knowledge on CNC controls for milling and turning equipment is required.

DEBURRING/POLISHING DEPT – This entry level position involves deburring and polishing a variety of machined components. Candidates must be able to work well with air and hand tools. Experience is preferred, but we are willing to train the right person.

Positions are full-time, 4-1/2 day work week with hours M-Th 7 a.m. to 4:30 p.m. and F 7 a.m. to 11 a.m. Wage depends on experience. High school diploma or equivalent is required for all positions. ATS Precision offers competitive wages, personal/sick time, vacation time, health insurance, education reimbursement and 401k. All applicants must complete ATS' Employment Application. Email resumes and/or application requests to luree@atsprecision.com or stop by to fill out an application. ATS Precision, 87 Route 132N, New Hampton, NH

Town of Plymouth Highway Department Immediate Opening Seasonal Sidewalk Tractor Operator

The Town of Plymouth is seeking a qualified applicant, to work 32 hours per week as a sidewalk tractor operator. This is a supervised position, where you will also be required to do hand shoveling on sidewalks, walkways, and building entrances. This position requires you to work varied and sometimes long hours during adverse weather conditions, especially during snowstorms.

This position is seasonal and runs from approximately October thru mid – April.

Applications are available on the Town of Plymouth's website, www.plymouthnh.org Email application to highway@plymouthnh.gov or mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage.

The Town of Plymouth is an equal opportunity employer.



Exciting Opportunities to become Shared Family Living Providers!

Lakes Region Community Services (LRCS) is one of 10 designated Area Agencies in New Hampshire that provides community-based and residential services to individuals with an intellectual delay or an acquired brain disorder and their families. LRCS serves Belknap County and Southern Grafton County

LRCS Shared Family Living (SFL) is currently recruiting caring persons to be Home Care Providers (HCP) for individuals with an Intellectual Delay or an Acquired Brain Injury. Individuals shall have their own room and receive support with daily living skills, assistance with medical appointments, support accessing their community, etc., depending upon the needs of the individual.

Home providers receive a tax-exempt, non-reportable stipend based on the difficulty of care for the individual. Providers also receive a stipend for Room and Board.

LRCS is always recruiting new home providers. Currently, we have an urgent need for providers for the following individuals:

- A woman in her mid-50's. She is currently living independently, but needs help managing her health needs. She will need encouragement to eat healthily and exercise. She needs assistance and encouragement with hygiene and caring for her belongings. A provider in the Plymouth, Ashland, Bristol, or Meredith area is best.

- An endearing young man approximately 23 years of age. He requires a gluten-free diet and assistance with diabetes management. It is important that he maintain connections in the community.

- A 28-year-old man. He enjoys farm life, walking/spending time in the woods. He is eager to find a job.

Home providers must pass a background check. They receive training prior to an individual being placed in their home. LRCS provides continued support and training during the placement, as well as a 24-hour on-call system.

If you are interested in applying to become a Shared Family Living home provider, please contact Ellen Bean at ellen.bean@lracs.org or 603.581.1556.



JOB OPPORTUNITIES

Spotlight Positions:

| | |
|------------------|-----------------------------------|
| Phlebotomist | Health Unit Coordinator |
| Registered Nurse | Environmental Services Technician |

| | |
|--------------------------------|--------------------------------|
| RN – OR | Certified Surgical Technician |
| RN – Med/Surg Charge Nights | Multi-Modality Radiologic Tech |
| RN Nurse Manager – ED/Med-Surg | Medical Assistant |
| Endoscopy Technician | Medical Technologist |
| Physical Therapist | |

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Phone: (603) 388-4236

Ucvh-hr@ucvh.org

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- Loading/off loading incoming and outgoing deliveries

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**Must be conscientious, self-motivated, good with people,
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**Able to lift a variety of building materials
Preferably long-term employee**

Benefit to include:

- Competitive Wages
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- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
or send resume to varneysmithlumber@gmail.com

Winter tree identification with the SLA

H O L D E R N E S S — You don't just need leaves to know your trees; come learn other tips and tricks to help you identify your trees. Join the Squam Lakes Association for a winter tree identification hike at the Five Finger Point Loop Trail on Sunday, Feb. 18 from 10 a.m. to 1:30 p.m. We will hike along the trail and identify trees we see along the way. This will be a great opportunity to learn the trees in your area and understand why they are important for not only the lake but also the animals that live here. By

the end of this program, you will be able to walk anywhere in the world and know what to look for when it comes to identifying trees, wow your friends, family and strangers with your tree knowledge.

This program is expected to run for two to three hours, and is 2.7 miles in length. Participants should bring their own food and water for the duration of the program. If any participant has their own identification book(s) and knows how to use it or wants to learn that

would be perfect, but not required.

Meet at the Five Finger Point trailhead at the end of Pinehurst Road in Holderness. About one third of the Rattlesnakes are located on the Armstrong Natural Area, owned by the University of New Hampshire. Five Finger Point is also owned by UNH and the lands surrounding these conservation areas are privately owned. Other partners include Squam Lakes Conservation Society (who owns East Rattlesnake Preserve),

Pinehurst Association (of which Lakes Region Conservation Trust holds a conservation easement on a portion of land), Webster Land Co, and Rockywold Deephaven Camps (where SLCS holds and easement on a portion of land).

Participants should bring their own food and water for the hike. Participants should also be sure to have appropriate attire and layering for winter hiking, extra layers, and comfortable water resistant hiking shoes as well as snowshoes and/or mi-

crospikes depending on conditions. The SLA can provide snowshoes and microspikes upon request.

For more information, or to sign up for this guided hike, visit the SLA Web site (squam-lakes.org) or contact the SLA directly (603-968-7336). The SLA also offers other guided hikes and Adventure Ecology programming throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by

the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

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

HELP WANTED

Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!

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Full-time Seasonal position March - October

Experienced Forklift or Heavy Equipment Operator and Boat Handling Experience
 Launching and hauling boats
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 info@riveredgemarina.com

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 603-764-9450

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- Product Manager
- Assistant Ticket Manager
- Human Resources Administrative Assistant

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For more information or to apply on-line please visit www.loonmtn.com/jobs

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- Custodial Assistant Manager
- Plumber
- Mechanic

Benefits include: Medical, Dental, Vision, HSA, FSA, 401k, PTO, Retail and Food & Beverage discounts, and Seasonal Pass.

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Precision Lumber Inc.
 576 BUFFALO ROAD, WENTWORTH NH 03282

Shaker Regional School District Lead Custodian - Belmont High School

Perform cleaning duties according to an established schedule. Also responsible for removing snow, sanding, and salting, as necessary, during the winter months. Must be reliable, have the ability to work independently, and to follow written and verbal instructions. Reliable transportation is required. This is a year-round position; \$17.87 per hour; 8 hours/day. Participation in the NH Retirement System is required.

Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and references to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 603-267-9223 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District is an equal opportunity employer.

SHAKER REGIONAL SCHOOL DISTRICT SUBSTITUTES - \$100 PER DAY!

Seeking qualified individual to cover teaching absences on an on-call/as needed basis. Shaker Regional School District pays \$100/day; \$50/half-day. Applications can be obtained on the District website, https://www.sau80.org/departments/human_resources, by visiting the Superintendent of Schools office at 58 School Street, Belmont, NH or by calling 603-267-9223 extension 5300. Successful completion of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an Equal Opportunity Employer

Energysavers Inc.
Full-Time Installers Apprentice

Energysavers Inc, a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!
 No prior experience required.
 Must have a valid driver's license and pass the pre-employment drug screening.
Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

MARINE TECHNICIAN Full Time Seasonal

Inspect, Maintain and Repair Boats
 Spring Make Ready's
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 Maintain accurate time and materials reporting for each job

Riveredge Marina
 Ashland, NH
 603-968-4411
 info@riveredgemarina.com

Learn about animal tracks & signs with the NLRA!

HEBRON — Animal tracks are a great way to explore what wildlife is doing when we're not around, but they can be tricky to decipher. Join Newfound Lake Region Association (NLRA) Education & Outreach Manager Mirka Zapletal for an introduction to animal track and sign

identification at the Hebron Town Forest on Thursday, March 7 at 9:30 a.m.

Many wildlife species spend a lot of time trying not to be seen, but they do leave behind clues about what they are doing and how they are doing it. Animal tracks and sign can tell us who

was there, how they were using the space, and even what they were eating. Participants will get an introduction to tracks and gaits of local wildlife, learning which characteristics to cue in on. The event will finish with a short hike to look for recent animal tracks and sign. Register online



proaches conservation about NLRA's initiatives at the watershed level. You can learn more at NewfoundLake.org/events or call 603-744-8689.

The Newfound Lake Region Association is committed to protecting Newfound Lake and its watershed through education, programs, and collaboration that promote conservation and preservation of the region's natural, social, and economic resources.

Through water quality and invasive species monitoring, educational events such as guided hikes and nature activities, and land conservation efforts that protect open spaces and help manage stormwater pollution, NLRA ap-



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SYMPHONY CONCERT
"THE SPIRIT OF FREEDOM"

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GRANT STILL
Afro-American Symphony

March 16, 2024 - 7:00pm
Inter-Lakes Auditorium
Meredith

Tickets
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LRSO.org





Join Our Job Fair!
Saturday, February 17 | 10 AM - 12PM

The Little Antlers Learning Center
742 Tenney Mountain Highway
Plymouth, NH 03264

Leave your mark on your community! Little Antlers Learning Center is now hiring for Lead and Assistant Teachers! Multiple positions are available!

Join our job fair for a tour of our center, meet the team, fill out an application, and learn about the benefits of working at Little Antlers.

Questions? Contact careers@midstatehealth.org or call 603-769-3768.
Visit www.littleantlers.org to learn more.




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