

Winnisquam Echo

THURSDAY, MARCH 30, 2023

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FREE

Belmont High School adopts new mascot

BY DONNA RHODES
Contributing writer

BELMONT – It’s been a community discussion for many years, but this year’s student body at Belmont High School finally came up with a solution to the school’s somewhat controversial mascot of a Native American, and are pleased to announce that they will remain known as the Red Raiders, something alumni did not want to see changed, while adopting the Red Fox as their school mascot instead.

Members of the BRASS committee (Belmont Representative Advocacy for Student Services) were made aware of students’ feelings that their current mascot was not the best way to represent them when members of the school store said they weren’t comfortable ordering items designed with a Native American warrior as their logo; they felt it was time for a change.

The BRASS committee is comprised of past or present class leaders who advocate for students when questions or concerns are brought be-



Students from the BRASS committee (Belmont Representative Advocacy for Student Services), Richard Johnson, Kimberly McWhinnie and Tanner McKim, are all proud to have brought the Fox to Belmont High School as its new Red Raider Mascot.

DONNA RHODES

fore them.

Senior Tanner McKim said that three years ago the issue of the Native American Warrior mascot was brought to their attention and the BRASS committee felt it was well worth getting feedback from the student body on the topic.

As a freshman member of BRASS at that time, now senior Kimberly McWhinnie, said the group began polling

students in her sophomore year as to why they felt the Indian mascot didn’t unify them. Through visits to home-

rooms throughout the year they began to get a feel for what the school, as a whole, would prefer to see representing the

spirit of Belmont High School.

“We represent them all so that was important to us,” McKim added.

Junior Cate McDonald said that over time BRASS found that most students at BHS wanted to keep the historic “Red Raiders” name, knowing it meant so much to alumni of BHS, but preferred a new mascot. The research continued.

The first of three all-school assemblies was then held to seek ideas for a new mascot. At that first assembly ideas of a Pirate, a Badger and a Bull were brought forward.

Richard Johnson said that BRASS found a Pirate mascot had a lot of favoritism in the school but when the committee presented the idea to Shaker Regional School Board, there was no support for the idea.

“They said it was almost the same thing as the Indian Warrior and we realized then that we didn’t want to use a human as our mascot

SEE MASCOT PAGE A10

Granite VNA PATHS Program expands to Belmont

PARTNERSHIP HELPS OLDER ADULTS AT HERITAGE TERRACE STAY ACTIVE AND LIVE INDEPENDENTLY

BELMONT — Granite VNA’s successful PATHS program is now available to residents of Belmont’s Heritage Terrace housing complex, in partnership with Community Action Program. PATHS stands for positive aging through home supports and the program is designed to help older adults stay active while managing chronic health conditions from home.

“For many older adults, a little bit of support is all they need to live full, independent lives,” says Jennifer Brechtel, CHES, Director of Community Health at Granite VNA. “PATHS provides the resources and encouragement needed to help people thrive.”

Since 2017, PATHS has provided resources and a team of caregivers to Friedman Court II in Concord, a CATCH Neighborhood Housing facility. Residents in the voluntary program receive an in-person assessment with a wellness nurse, a customized living plan and nutrition support from a community health educator, and regular check-ins to make sure they are meeting and maintaining their goals. When necessary, older adults are also connected with appropriate social services.

“I look forward to this partnership with Granite VNA,” says Judy Vallari, RSC, resident service coordinator at Heritage Terrace. “This is such a great opportunity for the people who live here. I am excited to collaborate with Brooke Noonan, community health educator, and Anne LaForce, RN, to offer residents

SEE VNA PATHS PAGE A10

Annual Pinewood Derby a crowd pleaser

NORTHFIELD — The Pinewood Derby race features the fastest cars from each den in Cub Scout Pack 842. Cub Scout Master Amanda Cincevich explained what the Pinewood Derby is and how kids aged 5-to-11 can benefit.

“So the Pinewood Derby, for anyone who is not familiar, is a fantastic activity for Cub Scouts. It’s where they’ve got to take a block of wood, they’ve got to shave it down, carve it however they want, design it and they’ve got to race it against their friends. And it’s a great activity for getting crafty and for having fun. This is a great way to test out

those STEAM skills and get those creative thoughts flowing,” Cincevich said.

Pinewood Derby is one of the most popular and crowd pleasing events for the Scouts to show off their skills, and develop life skills that the boys will use throughout their lives.

“So scouting is always about character and investing character in our youth. It’s about values, it’s about community. Without the community there is no scouting, so being able to have a visual within the community, being able to put together an event that allows everybody to come out, all inclusive, no matter

SEE DERBY PAGE A10



COURTESY

Grand champions: left to right: Nickoli Cincevich (1st), Emmerson Seavey (2nd) and Alex Matteau (3rd).

Boomer, Martinez, Reposa named to hoop All-State teams



Anthony Boomer of Winnisquam was named to Division III All-State First Team.



Belmont’s Keegan Martinez earned Second Team All-State for Division III.



Sam Reposa of Belmont was named Division III All-State Honorable Mention.

JOSHUA SPAULDING

BY JOSHUA SPAULDING
Sports Editor

REGION — The New Hampshire Basketball Coaches Organization has announced its boys’ All-State selections for the 2022-23 hoop season.

For Division III, Jalen Reese of Gilford was named First Team and Player of the Year. Anthony Boomer of Winnisquam and Isaiah Reese of Gilford were also named First Team.

Second Team honors went to Keegan Martinez

SEE ALL-STATE PAGE A9

Four Bulldogs earn All-State recognition

Owen Guerin named Player of the Year, also chosen for Make A Wish Game



Owen Guerin was named Division III Player of the Year for his senior season.



Evan Guerin earned First Team All-State honors for his sophomore season.



Aidan McKenzie was named All-State Honorable Mention for Division III.



Carson McGreevy earned Division III All-State Honorable Mention.

BY JOSHUA SPAULDING
Sports Editor

Division I list.

REGION — Hockey All-State teams were announced by the New Hampshire High School Coaches Association and there were a number of local boys on the Division III list, as well as one local girl on the

For the boys in Division III, Belmont-Gilford's Owen Guerin was named Player of the Year and earned First Team All-State honors along with teammate Evan Guerin, Will Dainais of Kingswood, Robbie Murphy of Kennett

and Zach Spicuzza of Laconia-Winnisquam-Inter-Lakes.

Owen Guerin was also chosen to play in the Division I/Division II senior game and was selected by the DI and DII coaches to play in the Make A Wish Game vs. Vermont over the

summer. Guerin is only the second DIII player in recent memory to be selected to play in the game.

"That's a really big deal to even get the invite to tryout for the team, let alone make it," said B-G coach Jason Parent. "He deserves all the recogni-

tion. Great kid who can't get enough hockey."

Second Team honors went to Berlin-Gorham's Brody Duquette and Kolin Melanson and Kingswood's Shaw Swinerton.

Honorable Mention went to Berlin-Gorham's Mike Cote Jr. and Belmont-Gilford's Aidan McKenzie and Carson McGreevy.

Also earning First Team honors was goalie Liam Cripps of Pembroke-Campbell, while Second Team honors also went to Cameron Plumb of Pembroke-Campbell and Jesse Gertz and Jack Lager of Hollis-Brookline-Derryfield.

Also earning Honorable Mention were Luke Sabatini of Sanborn-Epping, Kip Hedquist of John Stark-Hopkinton-Hillsboro-Deering and Andrew Dannehy of Lebanon-Stevens-Mount Royal.

Berlin-Gorham's Mike Poulin was named the Division III Coach of the Year.

For girls' hockey, Berlin-Gorham's Ava Bartoli earned First Team honors, where she was

joined by Jenna Lynch of Bishop Guertin, Maeve Lee of Hanover (Player of the Year), Riley Dunn of PInikerton, Maggie Farwell of Oyster River-Portsmouth and Diana Pivrotto of St. Thomas-Dover-Winnacunnet.

Second Team honors went to Evey Heppler of Bishop Brady-Trinity-Londonderry, Kelly Zhang of Oyster River-Portsmouth, Juliana Grella of St. Thomas-Dover-Winnacunnet, Madie Gibeault of Pinkerton and Kali McDonnell and Eleanor Edson of Hanover.

Honorable Mention went to Lauren Thomas of Bedford, Nora Bradley of Hanover, Lilyan Blood of Exeter, McKenzie Wessling of St. Thomas-Dover-Winnacunnet, Mauren Ladzinski of Keene and Amelie Cowieson of Oyster River-Portsmouth.

John Dodds of Hanover was named Coach of the Year.

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

Regional Economic Development Center's Business Loan Fund for New Americans receives support from MVSB

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to support the Regional Economic Development Center (REDC) with a \$5,500 tax credit purchase through the Community Development Fi-

nance Authority (CDFA). The tax credits support the REDC's New Americans Loan Fund, which offers business financing to new American business owners seeking to open or grow a business in New Hampshire.

"REDC is thankful for the generous support MVSB has provided in purchasing tax credits that will aid this vital program," said Laurel Adams, REDC President. "The NH New Americans Loan Fund ensures the newest members of our communities have the opportunity to start and grow their own businesses in the granite state, which is what the American dream is all about."

"We are proud to contribute to the efforts at the Regional Economic Development and all the crucial work they do to invest in New Hampshire's business community," said Marcus Weeks, MVSB President. "Purchasing tax credits through the CDFA allows our donations to be dispersed where it is needed most and reach a wide variety of busi-

nesses."

REDC was established in 1994 as a non-profit economic development organization with a mission to serve new and growing businesses in southern New Hampshire. REDC seeks to promote responsible, sustainable economic development activities within southern New Hampshire by creating jobs for low-to-moderate income people, accessing alternative financing for businesses, and industrial expansion or relocations. These initiatives provide tax relief

for communities within the region. REDC also provides free start-up and ongoing business advising, which supports businesses as they grow. Go to redc.com for more information.

CDFA tax credits allow businesses to fund qualifying economic or community development projects in exchange for a tax credit that can be applied against state business tax payments. The tax credits are administered by the New Hampshire CDFA. Any business with operations in New

Hampshire that contributes to a CDFA tax credit project receives a New Hampshire state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business' state tax liability (business profits, business enterprise, or insurance premium taxes). The tax credit program allows New Hampshire businesses to use their state tax dollars to support local projects that they care about. CDFA reviews many project applications each year, and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state. Visit nhcdfa.org for more information.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, nonprofits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of March 13-20.

Kayla M. Michaud, age 31, of Belmont was arrested on March 15 for Driving After Revocation or Suspension-Reckless Driving.

A 19-year-old male from Belmont was issued a summons in lieu of arrest on March 17 for Driving After Revocation or Suspension.

Michael J. Morron, age 31, of Belmont was arrested on March 18 in connection with a warrant.

Krystal Sanborn, age 40, of Belmont was arrested on March 18 in connection with a warrant.

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Next generation of auto technicians showcase their skills

LRCC hosts SkillUSA and four finalists advance to nationals

LACONIA — Lakes Region Community College (LRCC) partnered with White Mountains Community College (WMCC), the NH Auto Dealers Association (NHADA) and SkillsUSA NH to host the first combined 2023 Transportation SkillsUSA Competition for high school students interested in automotive careers. On Friday, March 17, 40 students from high schools across the state motored to LRCC to showcase their skills in automotive service technology, maintenance and light repair, power equipment technology and diesel equipment technology competitions. Four finalists were awarded automotive scholarships, high-end toolboxes and advanced to the next round of the SkillsUSA national competition setting them on a pathway for an in-demand career.

SkillsUSA is a single-day, multiple event contest that uses a wide variety of academic-based competitions and leadership activities for students to showcase their talents. SkillsUSA is a partnership of students, teachers and industry representatives working together to ensure America has a skilled workforce by helping each student prepare for careers in trade, technical and skilled service occupations.

“Combining three different events into one this year was a collective effort throughout the community, and we are grateful for the many people and organizations that were involved in making this happen,” said Jamie Decato, LRCC associate professor of automotive technology and department chair for transportation technologies. “This SkillsUSA transportation competition is a pretty cool hands-on experience for high school students interested in an



New Hampshire high school students get hands-on to showcase their automotive skills at the 2023 Transportation SkillsUSA Competition hosted by LRCC on March 17.

automotive career. We need skilled technicians in New Hampshire, and this paves the way for a rewarding career in a dynamic industry. The participants were really focused on what they're doing and giving at their all. This event was a great success, and we were blown away by the talent of these students.” Students traveled from 14 Career and Technical Education Centers (CTE) Automotive Service Excellence (ASE) certified high schools across the state for hands-on activities such as engine repair, circuit testing and brake inspection and measurement along with written tests and practice interviews. These skills challenges were judged by a panel composed of community college professors, industry professionals and employers.

“New Hampshire Auto Dealers is committed to supporting the automotive workforce and this SkillsUSA event helps us do just that by building a pipeline of students interested in the industry,” said Adam Memmolo, NHADA workforce development coordinator. “There is a huge shortage of technicians and events like this help us raise awareness of career opportunities while being an exciting hands-on event for the students. The competition provides them with

a chance and opportunity to do something challenging, get out of the classroom and be a part of something big. Students that compete in SkillsUSA are the best of the best.”

Following the one-day event, 12 students were recognized on Saturday, March 18 at Kingswood Regional High School in Wolfeboro:

- Automotive Service Technology Joseph Hagan, Portsmouth Career Technical Center (Portsmouth) - Gold
- Colby Fresel, Portsmouth Career Technical Center (Portsmouth) - Silver
- Evan Lenzi, Dover Career Technical Center (Dover) - Bronze
- Automotive Maintenance Light Repair Andrew Krause, Concord Regional Tech (Concord) - Gold
- Trevor Latorella, Concord Regional Tech (Concord) - Silver
- Riley Flynn, Concord Regional Tech (Concord) - Bronze
- Diesel Equipment Technology Ethan Lantz, Portsmouth Career Technical Center - Gold
- Riley McMinn, Concord Regional Tech (Concord) - Silver
- Austin Bouch, Concord Regional Tech (Concord) - Bronze
- Power Equipment Technology William Savage, Salem

Concord Regional Tech (Concord) - Silver

Joshua Chapman, Concord Regional Tech (Concord) - Bronze

The top four finalists from each category were awarded a \$1,000 scholarship from the NH Auto Dealers Education Foundation to be used to attend a transportation program at one of New Hampshire's community colleges, and \$1,000 US General Toolbox and toolset. The finalists will advance to represent NH on the national stage at the National SkillsUSA Leadership and Skills Conference (NLSC) taking place in Atlanta, Ga. June 19 - 23, 2023. The NLSC is a gathering of over 15,000 members and a showcase of more than 5,000 career and techni-

cal education students from across the country competing in over 100 categories of career, leadership and technical skills areas ranging from aviation to welding.

Sponsors for this event include LRCC, WMCC, NHADA, SkillsUSA NH, Nucar Auto-Mall Tilton, MB Tractor

& Equipment, TMS Diesel and Kubota.

Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves more than 1,200 students annually and offers housing options for students. LRCC offers more than 40 degree and certificate programs, including Automotive and Marine Technology, Fire Science, Nursing, Culinary Arts, Business, Accounting, and more. In addition, LRCC provides a strong background in Liberal Arts for students who choose to complete their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available. Lakes Region Community College is part of the Community College System of New Hampshire. For more information, visit lrcc.edu.



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Opinion

A4 Thursday, March 30, 2023

WINNISQUAM ECHO

Gratitude can be a potent ally

Life is a whirlwind. We must contend with a relentless tide of stress that threatens to engulf us all.

You may be motivated, determined, and competent, but our universe is filled with trials, and our dreams and goals will not be handed to us on a silver platter.

POSITIVELY
SPEAKING

How can we find the balance amidst the chaos?

TOBY
MOORE

Exercise, healthy eating, family time, talking with a close friend, and connecting with your higher power are some ways to maintain equilibrium.

Gratitude is also a potent ally.

Enter the realm of The HeartMath Institute, an institution that has boldly ventured into the uncharted waters of human consciousness since its inception in 1991.

Years ago, I stumbled upon the intriguing works of Joe Dispenza, who spoke of HeartMath in his lectures. Since then, I've learned that some hospitals, businesses, and schools, including all four military branches, have worked with HeartMath to help their personnel develop a sharper focus using HeartMath techniques.

With a repository of over a hundred research papers spanning over three decades, the HeartMath Institute has revolutionized our understanding of the heart-mind connection.

Remarkably, our hearts contain over 40,000 neurons that engage in a dynamic dialogue with our brains. This fascinating discovery has led scientists to call this complex system the "Heart Brain."

This breathes new life into the old adage, "Let your heart be your guide."

By studying EKGs and brain scans of thousands of people, they've discovered that the heart's rhythm changes when feeling different emotions.

Experiencing love, Gratitude, and joy results in what HeartMath calls "Heart Coherence," as shown by EKGs, while negative emotions disrupt this harmony, leading to incoherence between heart and brain.

There is a phenomenon that athletes talk about called "Being in the Zone." "Being in the Zone" embodies peak human performance. When you achieve heart coherence, it's like being in the zone.

When we experience love, compassion, Gratitude, and other positive emotions, it facilitates harmony between the heart and the brain and helps us think clearly, finding solutions to our problems easier.

In contrast, incoherence invites stress, worry, and indecision, reducing mental functioning and creating a foggy state of mind and decreased immunity.

How can we learn to practice heart coherence? There are several tools and methods that HeartMath teaches, but one simple and powerful method is the practice of Gratitude.

Mother Teresa once beautifully expressed the power of Gratitude, stating, "The best way to show my Gratitude is to accept everything, even my problems, with joy."

Gratitude lowers cortisol levels and increases serotonin and dopamine. When feeling Gratitude, your brain releases Immunoglobulin A, which strengthens your immune system by attacking invading pathogens and fighting infections.

Gratitude can instantly pull you out of a state of incoherence.

A 2015 study on heart failure patients found that having an "attitude of Gratitude" led to improved mood, better sleep, less fatigue, lower inflammation, and better cardiac-specific self-efficacy. This is a big deal because feeling down or not sleeping well can make things worse for people with heart issues. Helping these patients feel more grateful is a simple, low-cost way to make them feel better and even improve their health.

How can we practice Gratitude? It's simple! Look at everything with a grateful heart.

Visualize your cherished pet, a beloved person, the warmth of sunshine, or a tranquil natural setting—anything that brings joy to your heart and makes you say, "Thank You."

Say Thank You in the good times, and thank You in the bad. Feel Gratitude when you're experiencing difficulty and stress. Why? Cause you're going to come out stronger on the other side.

In the wise words of Zig Ziglar, "Gratitude is the healthiest of all human emotions. The more you express Gratitude for what you have, the more likely you will have even more to express Gratitude for."

By embracing Gratitude, we can transform our lives and cultivate resilience in adversity. In a world filled with trials and tribulations, let Gratitude be the beacon of light that guides us through the storms, empowering us to emerge stronger, wiser, and more connected with our heart's innate wisdom.

Letter submission policy

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

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



COURTESY

Murray spearheads fundraising efforts for Special Olympics

Pictured, left to right: Tilton Police Det. Liz Murray holding mascot Walter the Frenchie, Diana's Fresh Brew owner Joe Ricci, Tilton Attorney Prosecutor Jesse Renauld-Smith, Tilton Town Administrator Jeanie Forrester. Led by Murray, the Town of Tilton was the top fundraiser for the Special Olympics Winni Dip, bringing in more than \$26,000. Murray alone raised more than \$22,000, and received the top award from Special Olympics for their efforts.

Comfort Keepers

Healthy eye care and nutrition

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test once a year and should always follow a doctor's recommendations on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health - kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physician-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma - Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents can be avoided.

Smart computer use - Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as

we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

Consider other health issues - Older adults can have health issues that affect their vision health, and it's important to talk to a healthcare professional about how physical conditions and medications can have an impact on the eyes.

Sunglasses - Protective eyewear becomes more important as we age, and it's important for seniors to build the habit of always wearing sunglasses when they are outside.

Sleep - Sleep has beneficial properties for overall health, wellbeing and quality of life. It's no surprise that getting a good night's rest is important for eye health too!

Vision screenings - Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and health.

Comfort Keepers® can help

If someone is experiencing changes in their vision, or wants to build healthy habits, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation,

medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

About Comfort Keepers

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

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.
POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

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PUBLISHED BY
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GOING OUT OF TOWN

Armchair travel in cabin fever season



BY ERIN PLUMMER

ERIN PLUMMER

On the other side of this camera in Burlington, Vt., is a plethora of armchair travelers getting to know a part of the city on the Church Street Marketplace Webcam.

mnews@salmonpress.news

The title of this column is “Going Out of Town,” but what happens when you find yourself stuck in town, especially by the winter weather? When you’re in New England and a frequent road tripper, this time of the year isn’t especially fun. The winter season up here means any hope of being able to hit the road depends on the next weather forecast. In the season of ice and snow, it’s the time when people like me who are in their happy place on the road get benched for a few months and no it’s not a nice feeling. There are ways to manage this onset of cabin fever: one involves looking for every meteorological window of opportunity to get out safely, the other involves experiencing places vicariously through the magic of webcams. While I would rather be someplace than watching one view on a steady stream, live feeds from different destinations have made cabin fever a little easier and given me some ideas for my next destinations.

By mid-November, it’s time to start watching the forecast and getting ready for the white stuff. Usually there is a time where one week it’s in the 40s and the next there’s a foot of snow outside. This is the time of year when road trips become less frequent and any ones that do happen usually involve studying the hourly forecast.

Right when you think a forecast of cloudy

skies is fine, you learn the hard way you need to watch for the whole “chance of snow showers” part. I remember one day going to Concord with the “chance of snow showers” forecast and thinking nothing of it. I drove home on Route 106 with no issues, until hitting the Meredith line and a nasty snow squall. I passed by someone who had crashed into a piece of snow equipment and tried to get up the hill by Forestview Manor to the sound of spinning tires. Since then if I hear of so much as a flurry I’m staying close to home.

I personally hate driving in snow, and driving a compact sedan makes it even worse. I did get wise and finally invested in snow tires. The first few times I got caught in the snow and realized I was annoyed as opposed to terrified make me wonder what I was thinking never getting snow tires before. I do think my next vehicle will involve four-wheel drive for obvious reasons.

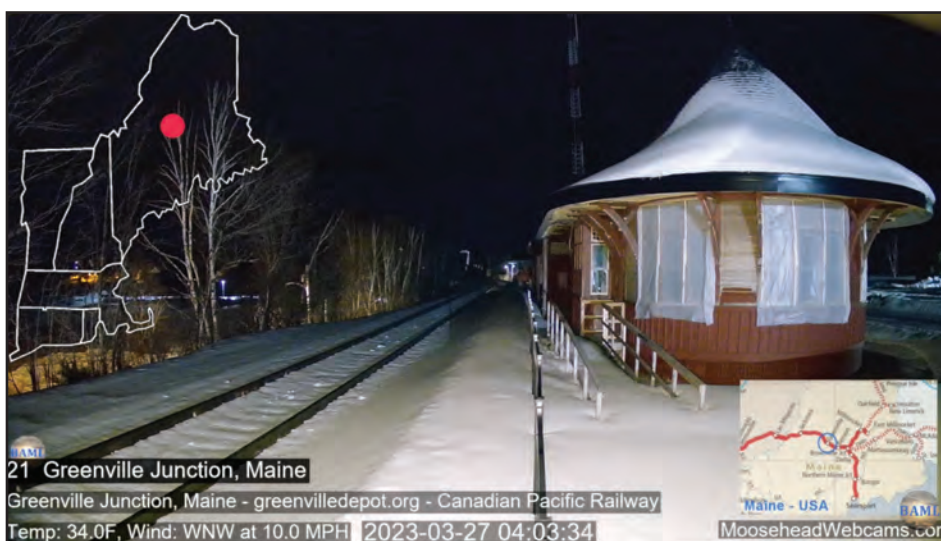
If one of your pastimes is going on drives, winter is kind of awful. You can only really go out if that window of nice weather happens on a day you have open for such things and that window gets narrower the further you get into winter. This is truly cabin fever season, where you try to keep yourselves entertained with everything else, but that wanderlust just keeps nagging and whining.

This year, I found some comfort on You-

Tube in the form of live webcams. I found this was kind of a way to see other places from the next town over to the next continent over all from the couch. Webcams are being placed in so many locations these days and a few keywords can take you to see what’s going on right that second in any destination in the world. Yes, there is a discussion to be had on the proliferation of cameras, ensuing privacy issues, and other concerns but let’s save those for another time. A lot of these live feeds give a give a distant view of a particular location and allow viewers to see what goes on. Usually, it’s a distant shot mostly focused on scenery or landmarks and any views of people is no more intimate than peoplewatching on a street.

What I love about webcams is they provide a slice of life in any location right at that moment.

If there is any hole I find myself in on YouTube, it’s the live webcams. This winter, I found the joys of being an armchair traveler. I can get a good look at Times Square and immediately get those warm memories of navigating



COURTESY

Greenville Junction in Maine is one of the many live webcams from around New England featured in Boston and Maine Live’s “New England Live” feed. From Boston and Maine Live’s YouTube channel.

those blocks last summer. Switch to a cam of Boston and I’m getting happy looking out at the Back Bay or the Waterfront.

Want to see what’s going on anywhere else? Just enter the search bar and you can probably find a destination. I found a cam from Venice Beach in Los Angeles right in time for the sun to set over the Pacific with some gorgeous views. I was slightly jealous of the people rollerblading and strolling on the pathway in shorts under palm trees. Want to see another Northeast dealing with snow? How about Northeast Japan and watching the people of Sapporo, Hokkaido, navigate snow covered streets during their daily business? There’s a kind of solidarity seeing someone across the globe dealing with the exact same weather stuff you’re dealing with now.

My personal favorite livestream is actually a series of feeds around New England on the Boston and Maine Live channel. If you put on the “New England Live” video from their “Arm-

chair Traveler” videos (https://www.youtube.com/watch?v=yrbTaZ-SUeAc&ab_channel=BostonandMaineLive) you get a series of live webcams from across New England that will switch locations after a few seconds. One second you could be looking out at the Boston skyline from the top of the Museum of Science, not long after you’re getting a look at the ice and forest around Lopstick Lake in Pittsburg, then you see the deer hanging out at the Brownville’s Food Pantry for Deer in northern Maine. All of this goes on to a soundtrack of relaxing instrumental music. I can watch this video for hours, it is so fun to see what’s going on all across New England at one time. There are some Lakes Region locations on the feed including the docks at Winnisquam Marine in Belmont and a view of downtown Wolfeboro from Wolfeboro Bay Real Estate’s Wolfeboro Cam.

I have actually gotten ideas to visit some of these places or at least see where the camera is. In Portsmouth I found

the camera in the window of Popovers overlooking Market Square. The camera at Strawberry Banke’s Labrie Family Skate Park actually has a sign on it telling you to wave for the camera. I was motivated to go to Burlington, Vermont, recently after seeing shots of Church Street Marketplace. Just a few weeks ago I was walking down that same area I saw online so many times and I think I spotted the camera. It’s a fun experience being in that location you watched from a distance, then when you go home and see that feed later you can remember the area and the trip.

I am still finding different webcams from around the world, and it just opens up more of my curiosity to travel further. Hopefully though the weather is in fact lightening up and becoming less dangerous so I can experience places other than on my couch. Even if Old Man Winter lingers a little longer, there is an option to make cabin fever a little less miserable.

COURTESY

Bread and Roses

The Unitarian Universalist Congregation of Franklin Team is one of several teams that volunteer to provide meals for Bread and Roses. Bread and Roses meals are served free of charge on Mondays and Thursdays at the Unitarian Universalist Congregation located at 206 Central St., Franklin. The doors open at 4 p.m., and the meal is served at 5 p.m. There are no income requirements. All are welcome! If you would like more information about Bread and Roses,



please call Claire Wallace at 603-934-4625. Pictured from left to right: Debbie Steadman, Pauline Chabot, Pat Sleeper, Pam LaCroix, Jack Shepard, Denise Steadman, and Jeff Perkins. Missing from the picture is Susan Haines and Steve Theberge.

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Edward Jones: Financial Focus

What goes into a retirement ‘paycheck’?

During your working years, you generally know how much money you’re bringing in, so you can budget accordingly. But once you’re retired, it’s a different story. However, with some diligence, you can put together a “paycheck” that can help you meet your income needs.

Where will this paycheck come from? Social Security benefits should replace about 40% of one’s pre-retirement earnings, according to the Social Security Administration, but this figure varies widely based on an individual’s circumstances. Typically, the higher your income before you retire, the lower the percentage will be replaced by Social Security. Private pensions have become much rarer in recent decades, though you might receive one if you worked for a government agency or a large company. But in any case, to fill out your retirement paycheck, you may

need to draw heavily on your investment portfolio.

Your portfolio can provide you with income in these ways:

- Dividends – When you were working, and you didn’t have to depend on your portfolio for income to the extent you will when you’re retired, you may have reinvested the dividends you received from stocks and stock-based mutual funds, increasing the number of shares you own in these investments. And that was a good move, because increased share ownership is a great way to help build wealth. But once you’re retired, you may need to start accepting the dividends to boost your cash flow.
- Interest payments – The interest payments from bonds and other fixed-income investments, such as certificates of deposit (CDs), can also add

to your retirement income. In the years immediately preceding their retirement, some investors increase the presence of these interest-paying investments in their portfolio. (But even during retirement, you’ll need some growth potential in your investments to help keep you ahead of inflation.)

- Proceeds from selling investments – While you will likely need to begin selling investments once you’re retired, you’ll need to be careful not to liquidate your portfolio too quickly. How much can you sell each year? The answer depends on several factors – your age, the size of your portfolio, the amount of income you receive from other sources, your spouse’s income, your retirement lifestyle, and so on. A financial professional can help you determine the amount and type of investment sales that are appropriate for your needs while con-

sidering the needs of your portfolio over your lifetime.

When tapping into your investments as part of your retirement paycheck, you’ll also want to pay special attention to the amount of cash in your portfolio. It’s a good idea to have enough cash available to cover a year’s worth of your living expenses, even after accounting for other sources of income, such as Social Security or pensions. In addition, you may want to set aside sufficient cash for emergencies. Not only will these cash cushions help you with the cost of living and unexpected costs, but they might also enable you to avoid digging deeper into your long-term investments than you might like.

You may be retired for a long time – so take the steps necessary to build a consistent retirement paycheck.



Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

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COURTESY



Spaulding Academy & Family Services holds Winter Carnival



Spaulding Academy & Family Services in Northfield recently held its annual Winter Carnival, an outdoor experiential learning event. Children built their own sleds and decorated them using the 2023 "Choose Love" theme. This event was a great way for the school community to enjoy outdoor educational play for all ages. For more information about Spaulding Academy & Family Services, visit SpauldingServices.org.

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

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

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Ducks Unlimited dinner banquet auction April 15

FRANKLIN — The Daniel Webster Chapter of Ducks Unlimited will hold its 34th annual dinner banquet auction on Saturday, April 15, at 5 p.m. at The Lodge of Elks in Franklin at 125 South Main St. James Cropsey is Area Chairman this year. Nearly 6,200 local Ducks Unlimited fundraising events throughout the country contribute towards Ducks Unlimited's national fundraising effort achieving 88 percent efficiency, resulting in 88 cents of each dollar raised being spent on wetland acquisition or improvement.

Each year the United States loses some 140,000 acres of wetland habitat. Since its inception, Ducks Unlimited has raised over one billion dollars and enhanced and restored nearly 15 million habitat acres, encompassing over 15,000 wetland projects, in an

effort to reverse this destructive trend. About 0.39 metric tons of carbon is sequestered each year on average on each acre of prime wetlands helping to alleviate the effects of global warming. DU's projects provide habitat for more than 600 wildlife species, including ducks, geese, and endangered or threatened species like the whooping crane and bald eagle.

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

Order your tickets today. Dinner tickets cost \$85 for an individual and \$110 for a couple while youths under 18 years of age are \$50. All attending

youths win prizes. Sponsor tickets are \$290 for an individual ticket. Sponsors will have a 1 in 5 chance of winning a gun of their choice from a

vast selection. Sponsors need not be present to win. New this year is the Table Captain, buy any eight dinner tickets and receive a Wrangler re-

volver. To purchase tickets or for information on how you can support Ducks Unlimited's program of wetlands con-

Saulten at 603-289-2109 or Jim Cropsey at 603-286-9633. You may also order online at www.ducks.org.

PETS OF THE WEEK



Jenni

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



Colt

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

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Scholarship opportunity for nursing, allied health students

REGION — Concord Hospital Trust, the philanthropic arm of the Concord Hospital health system, is once again accepting applications for funding through the Concord Hospital Trust Scholarship Fund for nursing and allied health students.

The Fund, part of the Trust's endowments, was made possible by the generosity of Concord Hospital's many benefactors, both past and present. Their vision is to inspire and enable students to pursue careers in the nursing and allied healthcare professions to enrich their lives, while ensuring the continued availability of quality health care to the communities served by the Concord Hospital health system.

The Concord Hospital Trust Scholarship Committee, a volunteer sub-committee of the Trust's Stewardship Committee, has developed scholarship eligibility guidelines and makes decisions on Fund awards. With approximately \$45,000 awarded annually, scholarships typically range from \$500 - \$3,000.

Scholarships are awarded based on financial need, academic merit, personal character, and other criteria. Students who have lived within Concord Hospital health system's primary service area for more than one year; who will have graduated from a high school within the service area within the past five years, or who are employed by Concord Hospital health system are eligible to apply.

The application for the 2023-2024 school year is available now on the Concord Hospital Trust web site at giveto.concordhospital.org/stewardship/scholarship-fund. All applications must be received or postmarked by April 23. Award decisions will be completed by June.

For more information about the Scholarship Fund, the eligibility requirements or to apply, visit www.ch-trust.org or contact the Concord Hospital Trust Office at (603) 227-7000, ext. 3082.

HELP WANTED

Town of Plymouth Recycling Center Part-Time Operator Position Available

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

This position consists of three, 8-hour days.

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

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

MINIMUM QUALIFICATIONS REQUIRED

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

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

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

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Acclaimed cellist Amit Peled returns to Wolfeboro



Amit Peled

WOLFEBORO — On Sunday April 16 at 4 p.m., WFOM brings to Wolfeboro Amit Peled, internationally renowned cellist. The concert will take place at the First Congregational Church of Wolfeboro. WFOM would like to thank Paul Zimmerman and YFI Custom Homes, our season sponsors, and J. Clifton Avery Insurance, and Meredith Village Savings Bank for sponsoring this performance.

One of the most sought-after cello professors in the world, Peled is a professor at the Peabody Institute at Johns Hopkins University where he has taught since 2003 and was one of the youngest professors ever hired by a major conservatory. He has instructed students who have gone on to garner top prizes at international competitions such as the Carlos Prieto International

Competition in Mexico, the Schoenfeld International Competition in China, and Young Concert Artists Guild in New York. Embracing the new era of the pandemic, Peled recently established the Amit Peled Online Cello Academy to reach cellists all over the world with private lessons and in-depth courses on his First Hour technique method.

Passing on the tradition in which he performed with his mentors Bernard Greenhouse and Boris Pergamenschikow, Peled regularly performs with the Amit Peled Cello Gang. Composed of students from Peled's studio at the Peabody Institute, members of the Cello Gang range in age from undergraduate freshmen to second year master's students. Peled and the Cello Gang tour regularly around the country with recent performances at the Cape Cod Chamber Music Festival, the Society of Four Arts in Palm Beach, the Fairfax Symphony Orchestra, as a resident ensemble in San Miguel de Allende, Mexico, and all across Maryland, the gang's home state

Peled will be accompanied by Daniel del Pino. Mr. del Pino is one of the leading Spanish concert pianists in the international scene. He has performed on all five continents. His performances have been heard in the most prestigious venues all over Europe, in Morocco, Tunisia, all over the Middle-East, Gabon, India, Kazakhstan, Japan, Brazil, Mexico, Guatemala, Colombia, Australia, and in the U.S.A. (Carnegie Hall in New York). Since 2010 he serves as the Artistic Director of the concert series "Cita con los Clásicos" in Guadarrama and from 2014 also from the Festival that is organized by Sierra Musical around Madrid. He is part of the faculty as a piano professor at Centro Superior Katarina Gurska, in Madrid.

Tickets are available for \$25 in Wolfeboro at the door or at Black's Paper Store and Avery Insurance, or by visiting www.wfriendsmusic.org, or by calling (603) 569-2151. The audience is encouraged, but not required, to be vaccinated and to wear masks. Middle School and Elementary students can attend free when accompanied by an adult, as are High School Students with their school ID.



COURTESY

Prescott Farm welcomes Reiki & Mindfulness guest instructor Clare Persson

Laconia's Clare Persson (OT, Reiki Master, and certified Reiki Teacher) believes that "Reiki and Mindfulness Meditation are two practices that can help us to access inner balance, calm, clarity, and unique wisdom." Persson will present a series of Reiki and Mindfulness programs at Prescott Farm Environmental Education Center (White Oaks Road, Laconia) beginning Saturday, April 1. For details and registration information, visit prescottfarm.org.

Help Wanted 2023 Summer Season

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

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

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Monday – Friday: 9:00am – 3:00pm

ALL-STATE

CONTINUED FROM PAGE A1
nez of Belmont and Honorable Mention went to Sam Reposa of Belmont, Jeremyah Dow of Berlin, Avery Woodburn of White Mountains and Sam Cheek of Gilford.

Also earning First Team honors were Zach Thompson of Mascoma, Colton Martel of Campbell and AJ Reinerston of St. Thomas.

Second Team honors also went to Kayden LaClair of Newport, Austin McHugh of Campbell, Manny Hodgson of Conant and Marek Joppa and Will Tanuvasa of Hopkinton.

Also earning Honorable Mention were Will Mollica and Brady Rogers of St. Thomas, Aiden Heffron of Somersworth, Evan Dumaine of Monadnock, Brady Rogers of St. Thomas, Hunter Larocque of Stevens, Jared Nagle of Conant, Abram Standefer of Hopkinton, Zack Coombs of Hillsboro-Deering, Drezell Duffaut of Raymond, Tanner Moulton of Mascoma and Aaron Fellows of Newport.

Isaiah Reese earned All-Defensive Team along with Brady Rogers of St. Thomas, Noah Aframe of Hopkinton, Aiden Smith of Mascoma and Jashawn Hawkins of Campbell.

Gabe Hill of Monadnock was presented the Jack Ford Award, David Morrisette of St. Thomas was named D3 Coach of the Year and Liam McNicholas of Hopkinton was named JV Coach of the Year.

In Division IV, Cam Davidson of Woodsville, Josh Robie of Profile, Cam Clermont of Lin-Wood and Kayden Hoskins of Littleton all earned First Team honors.

Second Team honors went to Carmichael Lopez of Littleton, Jake Avery of Lin-Wood and Alex Leslie of Profile.

Division IV Honorable Mention went to Ben Wheelock of Groveton, Isaac Langlois of Gorham and Landon Kingsbury and Jack Boudreault of Woodsville.

The Jack Ford Scholar-Athlete Award for Division IV, presented in honor of coach Jack Ford, who was a long time educator and athletic coach that impacted many generations of athletes in the areas of community service, citizenship, academics and of course basketball leadership, was presented to Ryan Finnegan of Moultonborough. All nominations must be supported with documentation as well as a nomination letter from a mentor, coach or educator.

Jamie Walker of Woodsville was named the Division IV Coach of the Year, while Cam Darrah of Pittsfield was named JV Coach of the Year.

Also earning First Team honors were Brode Frink of Concord Christian (Player of the Year) and Jack Krasnoff of Derryfield.

Second Team honors also went to Jordan Berko of Farmington, Baris Fortier of Newmarket and Yves Mugiraneza of Holy Family.

Also earning Honorable Mention were Gabriel Lacasse of Holy Family, Kolten Dowse of Colebrook Ethan Young of Concord Christian, Zeke McCoy of Franklin, Brayden Eastman of Hinsdale, Dylan Barthel of Mascenic, Alex Comire of Derryfield, Jacob Burrington of Epping, Brian Boisvert of Farmington, Brayden Pelletier of Pittsfield and Connor Hickey of Portsmouth Christian.

Dre Akines of Littleton and Connor Houston of Woodsville earned All-Defensive team honors along with Jordan Berko of Farmington, John McDevitt of Derryfield and Gavin Nagy of Portsmouth Christian.

In Division II, Kenneth's Ben Dougherty earned Honorable Mention for his senior season.

First Team honors went to Keaton Beck (Player of the Year) and Kayden Roberts of Laconia, Angel Castro of Manchester West, Matt Canavan of Souhegan, Joe Gutwein of Con-Val and Mike Strazzserik of Pembroke Academy.

Second Team honors went to Aiden Scott-Beaulac and Max Shosa of Manchester West, Dom Herrling and Zach James of Pelham, Connor Bagnell of Coe-Brown and Brandon Dukette of Merrimack Valley.

Also earning Honorable Mention were Joe Fitzgerald and Joshua Pilote of Pembroke, Nolan Colby, Joe Bernosconi and Nate Stiles of Souhegan, Jake Reardon of Bow, Thomas Flanagan and Hugh Hamilton of Coe-Brown, Chuck Urda of Milford, Jake Cawthron of Pelham, Dawson Bates of Lebanon, Ryan McLaughlin of Hanover, Carson Tucker of Laconia and Mason Tatarian of Oyster River.

The Division II All-Defensive Team was presented to Nolan Colby of Souhegan, Jake Cawthron of Souhegan, Mike Strazzserik of Pembroke, Connor Bagnell of Coe-Brown and Tevin Edmunds of Manchester West.

Stephen McDonough of Laconia was named D2 Coach of the Year and William Bo Dean of Souhegan was named JV Coach of the Year. Mason Tatarian of Oyster River received the Jack Ford Award.

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

Local business earns accreditation from National Home Watch Association

MOULTONBOROUGH — R2 Property Management and Concierge Services has earned accreditation from the National Home Watch Association for the third year. The NHWA was formed in 2009 in order to establish and maintain the highest industry standards for Home Watch and absentee homeowner services throughout the United States and Canada (www.nationalhomewatchassociation.org). Home Watch is a visual inspection of a home or property, looking for obvious issues, which means that it is a service that “keeps an eye on things” at your vacation or primary home while you are not in residence. All principals of NHWA Accredited

Member companies are background-checked, insured, and bonded.

Owner Jeff Reisner founded the company so clients can focus on what matters most. R2 handles all facets of property ownership and provides clients with a suite of specialized concierge services so they can prioritize family and live their best lives. R2 is a trusted advisor for association, residential, and commercial property owners in the Lakes Region. Jeff says that while owning a home or business can feel like a 24/7 commitment, R2 partners with its clients as a single point of contact to handle the meticulous details of their property, while they prioritize the family and friends that

matter to them most. From property management and concierge services to landscaping and construction, R2 lets its clients restore their work-life balance and focuses on the details of keeping its clients comfortable in their home or business.

Before creating R2, Jeff served as the CEO of a mid-sized scrap metal recycling operation. In just three years, he grew revenue from \$16 million to \$19 million. Jeff developed his strength in business operations during his 15-year tenure working with large corporations.

Jeff also has a strong background in commercial real-estate development and real-estate

management. He is vice president of a large industrial development corporation, leasing over one million square feet of industrial and commercial space to national and regional clients. Jeff is also a Massachusetts and New Hampshire licensed real estate agent.

R2 Property Management and Concierge Services serves Wolfeboro, Moultonborough, Center Harbor, Gilford, and many other towns in Belknap and Carrol Counties. You can reach Jeff at (603) 253-5070 or at info@r2propertymanagement.com. Learn more from his website, at www.r2propertymanagement.com.

Lakes Region Mental Health Center receives \$30,000 grant from Children's Auction

LACONIA — Lakes Region Mental Health Center (LRMHC) recently received a \$30,000 grant from the Greater Lakes Region Children's Auction to support consultation and training of additional clinicians in Eye Movement Desensitization and Reprocessing (EMDR) treatment. EMDR is a treatment approach that has been shown to be effective, in a shorter time frame, for youth who have been exposed to trauma. The grant will help further LRMHC's mission to provide integrated mental and physical health care for people with mental illness, while creating wellness and understanding in our community.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated care to chil-

dren, adults, elders and their families who are living with- and recovering from- mental illness and/or emotional distress. LRMHC professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2022, LRMHC's more than 200 employees served 3,512 children, adults and families and provided over \$372,000 of charity care. For more information, visit lrnhc.org or call 603-524-1100.

About the Greater Lakes Region Children's Auction

The Greater Lakes Region Children's Auction is an annual event held every December in central New Hampshire. The fundraiser made \$2,100 in its first year

and has come a long way with the help of countless volunteers and donors who have helped turn it into a major annual campaign. During the 40 years that the community has come together, more than \$8 million has been raised for local charities, all through volunteer efforts, community donations and

corporate sponsorships. Thank you, Lakes Region! For more information, please visit childrensauction.org or call 603-527-0999.



INTER-LAKES KINDERGARTEN REGISTRATION IS OPEN March 20th - April 21st

Registration is open to all children who reside within Center Harbor, Meredith or Sandwich; and who will be 5 years of age by September 30, 2023.

To receive a registration packet, please call: Inter-Lakes Elementary School at 603-279-7968, Monday through Friday between the hours of 9:00 a.m. and 2:00 p.m.

Registration packets can be mailed or picked up at the school, and must be completed and returned to schedule a screening appointment. What is required with your registration packet for Kindergarten?

- Your Child's Birth Certificate
- Physical Exam within the last 12 months
- Up-to-Date Immunization Forms
- Proof of Residency

Screening dates are tentatively scheduled for May 15th and 22nd.

The screening takes approximately 1 hour and 15 minutes.

Parents/Guardians must bring their child to this screening appointment.

SANDWICH CENTRAL SCHOOL KINDERGARTEN REGISTRATION THURSDAY, MAY 11th, 2023 - 5:30 p.m.

Sandwich Central School Kindergarten Registration for the 2023-2024 School Year will be held on Thursday, May 11 at 5:30 p.m. Registration packets will be available. The presentation will also include:

- Meet the Faculty
- A Day in Kindergarten (schedule overview)
- Special Education and Response to Instruction
- Bus Transportation

If your child will be 5 years of age by September 30, 2023, please email school secretary Alex Adriance at alex.adriance@interlakes.org or call (603) 284-7712.

KINDERGARTEN REGISTRATION Winnisquam Regional School District Residents of Northfield, Sanbornton, Tilton

Children who will be five years old on or before September 30, 2023 are eligible to enter kindergarten for the 2023-24 school year.

Online Registration packets will be available to complete beginning April 3rd. Go to www.wrsdsau59.org for Kindergarten Registration information. A copy of your child's birth certificate, current immunization records, most recent physical examination, and proof of residency are required.

For further information, please contact Jess Descoteaux at Southwick School, (603) 286-3611 and Aja Constant at Sanbornton Central School, (603) 286-8223.

MASCOT

CONTINUED FROM PAGE A1

but maybe an animal instead," Johnson said.

McWhinnie and McDonald added that after meeting with the board, they also realized they needed a mascot that would be used well into the future without offending anyone.

"We wanted something that represented and unified us all," they said.

Principal Matthew Finch said, in keeping with the school colors, there was discussion among the students about perhaps having a red hawk as a mascot. After looking at other area schools with similar mascots that idea didn't sit well in the end however; Belmont wanted to be unique in their representation.

Johnson explained that BRASS then decided to hold an art contest, asking students to submit their ideas through drawings for a new mascot that the school com-

munity would not only be proud of, but feel unified over.

McKim pointed out that the most notable thing that came from the contest was the number of fox sketches they received. The group then selected three varied submissions, depicting three different mascot themes, then presented them at a final assembly. After a final vote, the fox was Number One.

In the end the feisty nature of a fox and the fact that it is not only local to the area but matches the red/white/black school colors all helped push it to the top of the student body vote. A fox image found on the internet was then sent off to a graphic designer who took that image and developed the fierce and determined fox logo that students wanted to see as their mascot.

With that decision approved by both the school community and Shaker Regional School Board, excitement is now rising amongst the



Students of Belmont High School are pleased to unveil the new Red Raider mascot — the fox student body. Fox shirts, hoodies, even trophies will soon be on display as the new Red Raider Mascot. And there is much more to come as the Fox of BHS makes themselves known.

"The 'Red Raiders' is our history, but we are excited to be able to use our new mascot. I'm psyched to be graduating as a Red Raider Fox," said McWhinnie.

Finch is also enthusi-

astic over how their hard work came up with an amicable solution to the long-standing issue of the Red Raider mascot.

"They unified students around this and that's what charged them up [about continuing on with the project]. I'm very, very proud of them. They're making history, not changing it," he said.

VNA

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wellness programs and a medical professional who will be here on a weekly basis and can respond to their health concerns and answer questions."

Providing high quality wellness programming such as PATHS is central to Granite VNA's community mission. In

addition to one-on-one attention, older adults can participate in group and online programs on topics such as aging, healthy lifestyles, advance care planning, grieving and bereavement, and caregiving. All programs are free of charge and offered in a relaxed and fun environment.



Granite VNA Community Health Educator Brooke Noonan introduces the PATHS program to residents at Heritage Terrace in Belmont, New Hampshire.

DERBY

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your age or your background, whether you're in Cub Scouting or not. You can come into this event at the Pines Community Center and enjoy yourself and learn what it is that our Cub Scouts do and how they come together and do the Pinewood Derby," Cincevich said.

The Pinewood Derby is no easy task as that involves setting up a more than 30 foot long track, high tech computer software, a pit-stop snack area and of course including multiple volunteers to support such an event. There are over 20 scouts in Cub Scout Pack 842 and having them being able to par-



Watching the track! Weston Seavey (Tiger) and Cameron Cate (Wolf).

ticipate and make memories makes all the hard work worth it.

"These are memories of my childhood, as I get older I am happy that I get to look and see I won but I am more happy that I get to spend time with my friends and watch them race their cars," said Nickoli Cincevich. "As a Weblo, I have been in scouts since I was a Lion (Kindergarten) and

I have always liked this event the most."

Here are some other fun quotes from the day.

"I designed my car the way I wanted, and not aerodynamic and I won!" said Cameron Cate (Wolf Den).

"My car has Jack Skeleton on it, he is my favorite right now! And it was so fun to watch my car go down the track!" said Weston Seavey (Ti-



Nickoli Cincevich, Emmerson Seavey, Alex Matteau, CJ Cate, and Cameron Cate.

ger Den).

"I had so much fun, and I liked to cheer for everyone!" said Alex Matteau (Tiger Den).

"In this event, the Scouts showed great sportsmanship, encouraging one another, and excellent scout behavior!" said Mack Cate, Committee Chair for Pack 842.

At right: Grand Champion Nickoli Cincevich.



Weston Seavey (Tiger) cheers on his friend Nickoli Cincevich (Grand Champion).

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Belknap Mill welcomes Ernest Thompson

Oscar-winning author Ernest Thompson at the Belknap Mill Thursday, March 23 for a discussion and book signing of his book, "Book of Maps."