THURSDAY, APRIL 18, 2024

GILFORD, N.H.

Career Day gives GHS students hands-on experience

BY ERIN PLUMMER

mnews@salmonpress.news

GILFORD — Students at Gilford High School had a hands-on opportunity to experience different careers right in their

classrooms during the school's second annual Career Exploration Day.

Around 25 different businesses, nonprofit organizations, and government entities from across the Lakes Region made presentations throughout the school on April 11. Representatives from each business

talked about what they do and how they utilize the school's Portrait of a Learner attributes of Collaboration, Critical Thinking, Self-Direction, and Innovation.

GHS Principal Anthony Sperazzo said this is a great way for students to see how the skills they're learning in school can be applied to careers.

"Try to just have them open up as many opportunities and pathways," Sperazzo said.

Sperazzo said this is also a great way to showcase the school's internship program. The school ahs partnered with many local businesses to offer students opportunities to intern there and explore different career options. GHS recently hired an inter shop coordinator who will be joining them next

Several representatives for different businesses and organizations had presentations in different classrooms.

One company that met with students in their class was Lighthouse Contracting Group.

"It's a great opportunity for the kids to just learn and digest possible careers," said Jeremy Doucet of Lighthouse Contracting.

He said this was a great way to show them all the different opportunities there are in the construction industry.

Kelsea Doucet of Lighthouse Contracting said the kids seemed excited to get this kind of

SEE CAREER, PAGE A11



PHOTOS BY ERIN PLUMMER Lt. Adam VanSteensburg of the Gilford Police Department describes the department's special operations vehicle to students at Gilford High School.

Three-alarm fire rips through Gilford barn

GILFORD fighters from across the Lakes Region responded to a three-alarm fire in a barn on Gunstock Hill

According to a state-

ment form the Gilford

Firefighters from across the Lakes Region responded to a three-alarm fire in a barn on Gunstock Hill Road.

Fire Department, crews were called to a reported building fire that went to a second alarm and then a third alarm as crews arrived on scene.

Around midnight on April 9, fire crews in Gilford and Laconia were called to a building fire on Gunstock Hill Road.

"While responding large glow and column of smoke was seen in the sky and second alarm requested," read a statement from Gilford Firefighters Local 3517.

Crews arrived on the scene to find a two-story. 200-foot-by-100-foot barn

fully engulfed in flames with a portion of its roof collapsed. Firefighters were informed that cattle could have been in the barn, but no animals were inside at the time. Crews were also told the barn might contain diesel storage tanks.

Crews from Laconia, Belmont, Meredith, Gilmanton, Tilton-Northfield, Franklin Alton, Center Harbor, Moultonborough, New Hampton, and Holderness arrived on the scene to assist with the fire or provide

SEE FIRE, PAGE A9

Power outage disrupts morning at BES

BY ERIN PLUMMER

mnews@salmonpress.news

BARNSTEAD — Students and staff arrived at Barnstead Elementary School on a Friday morning and were greeted with a power outage that lasted a

Power went out on Maple Street in Barnstead in the early morning of April 12, just as buses and students were arriving at school. After a few hours of working with its power company Eversource and assessing the situation including whether to send students home, power was restored that morning.

Prospect Mountain Schools posted on its Web site news feed that power went out on Maple Street in Barnstead right before students arrived for school. The district stated it was speaking with Eversource about the outage and assessing the situation.

SEE OUTAGE, PAGE A1

Golden Eagle track girls win Corneliusen Relays

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Gilford track girls captured the win at the Corneliusen Relays on Saturday at Newfound Regional High School, while the Golden Eagle boys finished in third place behind Kennett and Newport.

meet featured The relays, including

the traditional 4X100, 4X400 and 4X800 along with more untraditional events such as the 4X200, the 4X100 hurdles, the SEE TRACK, PAGE A9



Maddie Burlock runs during the 4X400-meter relay at Newfound on Saturday.

Award-winning TV broadcaster Jeff Bartlett joins the Wright Museum board

WOLFEBORO The Wright Museum of WWII proudly announcthe appointment of Jeff Bartlett, an esteemed veteran television broadcaster, to its board of directors. With illustrious career marked by deep journalism and extensive management experience, Bartlett brings a wealth of expertise and insight to the museum's leader-

ship team.

Bartlett's remarkable career trajectory has seen him ascend to senior executive positions in numerous top TV markets across the United States. His journey culminated in leadership roles at some of the nation's most prominent television stations, including the last 20 years at WMUR where among other things he started the New Hampshire version of Chronicle.

"We are thrilled to welcome Jeff Bartlett to the board of the Wright Museum of WWII," said Andy Mako, Chair of the Board of Directors. "His outstanding track record in journalism and leadership, combined with his passion for preserving history, will undoubtedly enrich our institution and advance our mission of honoring the legacy of the Greatest Generation."

Among the many boards Bartlett has



oration.

resource for historical

education and commem-

For more informa-

tion about the Wright

Museum of WWII and

its mission, visit www.

wrightmuseum.org.

served on are the New Hampshire Association of Broadcasters, Manchester Chamber of Commerce, Palace Theater, NH Business Committee for the Arts, and NH Political Library. His diverse range of experiences underscores his dedication to community involvement and cultural enrichment.

"Growing up with a father who served as a Marine in WWII deeply influenced my understanding of duty, sacrifice, and honor," Bartlett shared. "His experiences in the South Pacific instilled in me a profound respect for the bravery and resilience of those who served during that tumultuous time."

Jeff Bartlett's appointment to the board of the Wright Museum of WWII underscores the institution's commitment to excellence and innovation as it continues to serve as a vital

CORNERSTONE VNA

Your local nonprofit offering expert

healthcare at home for all ages.

Your Health. Your Home. Your Choice.

cornerstonevna.org • 800-691-1133

Life Care - Private Duty - Community Care

Serving The Farmington And Lakes Region

Community Since 1953

'URNER LIBERTY INSURANCE

Service ~ Integrity ~ Experience

BUY LOCAL

HOME • CAMP • AUTO

BUSINESS • BOAT • RV

Get A Quote Today!

We Insure Island Homes

For Advertising

Information

Call 603-279-4516

email: Tracy@

salmonpress.news

603-755-3511 • libertyinsurancenh.com

About the of WWII Museum The Wright Museum of WWII, located in Wolfeboro, New Hampshire, is dedicated to preserving and sharing the stories and artifacts of the Second World War era. Through exhibitions, educational programs, and community outreach initiatives, the museum seeks to honor the sacrifices and contributions of the Greatest Generation while providing visitors with a deeper understanding of the significant events and lasting impact of the



Oscar Foss Memorial library promotes literacy

Way to go, Eleanor, for completing the 500 Books Before Middle School Program at Oscar Foss Memorial Library! We re elated, ecstatic, and euphoric about your most excellent effort! Join our 500 Books Before Middle School Program at Oscar Foss Memorial Library and inspire a life-long love of reading! This program is free and open to children in grades K-5. When you sign up at the library, you will receive a tote bag with instructions and a book log. Read a book, any book for fun. Listen to audiobooks, read on a device, or share a book together with someone. You can log stories you read for school, book clubs, or other activities. It all counts! Keep track of the books you've read on your log and each time you get through 25 books, we will stamp your log and you can pick out a token from our prize bucket. When you reach 500 books, you will receive a free book, a prize, and a '500 Books' completion certificate. Read at your own pace and most importantly, have fun! Funding for this program has been made possible through Save the Children and the Rural Library Network. If you have any questions, call us at 603-269-3900 or email us at ofmlstaff@gmail.com.



Alton Parks and Recreation Community Connection

USTA Spring Tennis Lessons-Youth

The Alton Parks and Recreation Department is sponsoring Tennis Lessons for Grades 1-8 on Tuesdays and Thursdays at the Liberty Tree Park Tennis Courts from May 14-May 30. Grades are divided by times: 3:15-4:15 p.m.- Grades 6-8; 4:15-5:15 p.m.- Grades 1&2; 5:15-6:15 p.m.- Grades 3-5. Registration is \$60 for Alton residents and includes a brand new tennis racquet, and instruction with a USTA New England certified instructor. Non-resident fee is \$70. Basic tennis skills will be taught: forehand, backhand, serve, overhand and volley. Register by April 19, class size is limited to seven. Registration forms are available at altonparksandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main Street to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information.

USTA Spring Tennis Lessons- Adults

The Alton Parks and Recreation Department is sponsoring Tennis Lessons for adults on Wednesdays at the Liberty Tree Park Tennis Courts from May 15-June 12 from 6-7:30 p.m. Registration is \$70 for Alton residents and includes a brand new tennis racquet, and instruction with a USTA New England certified instructor. Non-resident fee is \$80. Basic tennis skills will be taught: forehand, backhand, serve, overhand and volley. Register by April 19, class size is limited to 7. Registration forms are available at altonparksandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main St. to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 1, rain or shine, from 8 a.m.-2 p.m. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 603-875-0109 or parksrec-asst@alton.nh.gov before May 20 with your Yard Sale address location. When calling please include your name, phone number and complete physical address. Free Yard Sale maps will be available after May 28.

Community Clothing Swap

The Alton Parks and Recreation Department is coordinating a free Community Clothing Swap where residents can drop off clothes in good condition to pass along to others. Donated clothes can be dropped off at the Parks and Recreation office- 328 Main St., Monday-Friday, 8 a.m.-4 p.m. before May 20. The Community Clothing Swap will take place at the Pearson Road Community Center on Saturday, June 1 from 8 a.m.-noon. The donated clothes will be displayed and available for people to pick up and reuse. This event is free and is an effort to reduce, reuse and

Guided Meditation with Instructor Karen Khari-

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring a Guided Meditation Class on Thursdays: April 25 and May 9 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. The program is free, donations are greatly appreciated to support local charities. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-

Pilates Classes in Alton Bay-Tuesdays and Thurs-

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Slow Flow Yoga with Pamela Mott, 200 YTT Cer-

Mondays and Wednesdays from 6:30-7:30 a.m. at the Alton Bay Community Center or choose the online option and practice from home. All levels are welcome and encouraged. Class focus is Sun Salutation A and B; Hatha Yoga and the 8 Limbs. Pre-registration is preferred, text 603-393-0595. Cash and Venmo accepted. Pre-registration and virtual attendance is \$10; Drop in \$15. Classes are ongoing. For more information, contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

Sweeps • Stonework Brick Repairs • Liners Caps • Installations Fire Place Makeovers





Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE FOREST PUMP & FILTER CO., INC. 603-332-9037

Training Weight Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises and build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton. nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in. Class will not be held April 22 & 24.

NH Boat Museum offers boat-building for youth, families, and adults

WOLFEBORO — Registration is now open for Youth, Family, and Adult Boat Building, which takes place on July 13 - July 21 at the New Hampshire Boat Museum (NHBM) Wolfeboro Campus.

During this session, participants will build their own boats from kits with high-quality materials. Available boat kits include a canoe, Bevin's Skiff, paddleboard, Wood Duck Kayak, and Pee Wee.

According to NHBM's Anne Lennon, both the Wood Duck kayak and Pee Wee are new additions to the boat-building program this year.

"The Wood Duck kayak can accommodate a

broad range of paddlers with payload of 360 pounds," she said. "The Pee Wee is a small powerboat style boat under 8 feet in length and intended for younger kids or light adults up to 100 pounds. The Pee Wee can also handle a trolling motor or gas engine."

According to NHBM Executive Director Martha Cummings, the result is "a beautiful boat anyone would be proud to use on the lakes."

"There is no feeling like taking a ride or paddle in a boat you built with your own hands," she said. "We have the tools and the expertise to guide you—and if you take good care of your boat, it will last for

Boat-building is an available to youth, families, and adults regardless of financial means, as financial assistance is made possible by various private and institutional donors.

"We are excited to offer people of all ages the chance to experience the thrill and beauty of boating on New Hampshire's lakes," added Cummings. "This is an opportunity to not just build a boat, but to create memories with friends and family."

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits, and engaging events and programs tailored to the



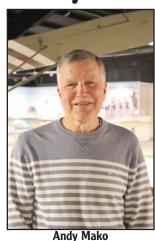
diverse boating lifestyles and values of people of all ages. NHBM is sponsored in part by Goodhue Boat Company, Eastern

Creative, KW Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine.

To register for Boat Propane and Oil, Stark Building, apply for a

scholarship, or learn more about NHBM's Wolfeboro and Moultonborough Campuses, visit nhbm.org.

Andy Mako appointed as board Chairman at Wright Museum



WOLFEBORO The Wright Museum of World War II is thrilled to announce the appointment of Andy Mako as the new Chairman of the Board, effective immedi-

ately. With more than 30 years of corporate experience as a Senior Financial Services Executive. Mako brings a wealth of leadership expertise to his new role, poised to drive the museum's innovation, and community impact.

Since retirement, Mako has been an integral part of The Wright Museum's governance structure, serving on the Board since 2015 and as Treasurer since 2016. His deep understanding of the museum's mission and operations positions him well to lead as Chairman, building upon the foundation of excellence established his predecessors.

"I am honored to accept the role of Chairman of the Board at The Wright Museum of World War II," said Mako. "My involvement with the museum is a way for me to honor my father who served in the Army Air Force during WWII. He served on the home front, building and inspecting bombers before they were released for combat so the museum's home front emphasis is particularly important to me."

In addition to his dedicated service to The Wright Museum, Andy is actively engaged in various community organizations, exemplifying his commitment to public service and philanthropy. He currently serves on the boards of the Life Ministries Food Pantry and the Friends of the Wolfeboro Community Bandstand, while also doing tax preparation for the AARP Tax Aide program for the past 12 years. His multifaceted involvement underscores his dedication to making a positive impact in the lives of others and further enriches his leadership contributions to The Wright Museum of World War II.

"Andy's extensive experience, unwavering dedication, and deep commitment to community service make him an ideal choice to lead The Wright Museum of World War II as Chairman of the Board," said Michael Cooper, Vice Chairman. "We are excited to embark on this new chapter under his leadership and look forward to achieving

of excellence together."

About The Wright Museum of World War II The Wright Museum of World War II is a leading institution dedicated to preserving and showcasing the history and lessons of World War II. Through dynamic exhibitions, educational programs, and community outreach initiatives, The Wright Museum of World War II seeks to engage, enlighten, and empower audiences of all ages and backgrounds.

Wolfeboro Friends of Music presents acoustic masters Ryanbood

WOLFEBORO Wolfeboro Friends of Music continues its 88th season with America's 'Acoustic Powerhouse,' Ryanhood. This season closing concert, a pinnacle of great American music, takes place at Anderson Hall, Brewster Academy, South Main Street, Wolfeboro, on

Sunday, May 5 at 3 p.m.

International Acoustic Music Awards winners for 'Best Group/ Duo' Ryanhood's tight vocal harmonies and big acoustic riffs have made them favorites on the touring circuit for over 15 years. A merging of virtuosic musicianship with rich and transformative storytelling, their shows are driven by strong acoustic guitar interplay and turnon-a-dime harmonies forged in a decades-long friendship (classmates at Berklee College of Music). At turns energetic, hopeful, and quietly moving, Ryanhood offers an invitation to soak in a river of melodies and harmonic hooks; to reflect, laugh, sing, and to stand up and cheer.





"Ridiculously engaging with a brainy intellectualism not often seen in a pop song. . . . Ryan's acoustic guitarwork creates a steady and solid foundation for Cameron's lyrics to shine," writes American Songwriter Magazine.

"The band seems like a match made in radio heaven. Ryanhood got a standing ovation after its act opening for pop star Jason Mraz," raves the Arizona Daily Star.

"Ryanhood took stage at 8 p.m. Consisting of two guitars and two guys in ties, this band won the crowd by 8:02. Receiving a standing ovation, I think Ryanhood will be this generation's new mix of Simon and Garfunkel, America, and U2," writes the Idaho State Journal.

This is the seventh of eight concert performances comprising the current season running from Sept to May, 88 years of artistic excellence in service to NH's Lakes Region!

(Business partners (again) support Wolfeboro Friends of Music: Paul Zimmerman Co. season sponsor, Meredith Village Savings Bank and J. Clifton Avery Insurance, show sponsors.)

Tickets are available for \$30 at the Web site: www.wfriendsofmusic. org; at Black's Paper & Gift Store and Avery Insurance, Main St. Wolfeboro, and at the door on the day of the concert (cash and checks only for door sales).

High School students with ID will be admitted free of charge. Children

AUGER

& Sons, Inc.

Vacuum Cleaners

accompanied by an adult ticket purchaser will be admitted free of charge.

even greater heights

For more information, visit: www.wfriendsofmusic.org.



603-332-5572 • 800-439-3395

www.augerandsons.com



Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE FOREST PUMP & FILTER CO., INC. 603-332-9037



We Will NOT be Undersold

Opinion

Rediscovering the lost art of manners

In an era characterized by hurried interactions and digital communication, it's not uncommon to hear lamentations about the decline of manners in modern society. Indeed, it often seems that the gracious etiquette of our ancestors has been relegated to the annals of history. Perhaps it is worth taking a moment to reflect on the timeless wisdom embodied by the manners of yesteryear.

Our ancestors lived in a world where courtesy and respect were not mere niceties, but fundamental principles that governed social interactions. Whether it was a firm handshake, a heartfelt expression of gratitude, or a genteel gesture of chivalry, manners served as the currency of civility.

One need only look to the etiquette manuals of bygone eras to gain insight into the elaborate codes of conduct that governed everyday life. From the intricacies of formal dining to the protocols of courtship, these guides offered a blueprint for navigating the complexities of social interaction with grace and poise. Moreover, they underscored the importance of empathy and consideration for others.

In contrast, the frenetic pace of modern life has often led to a blurring of boundaries and a loss of interpersonal decorum. In our quest for efficiency and convenience, we risk sacrificing the human connection that lies at the heart of meaningful communication. The rise of digital communication, while undeniably convenient, has also eroded the nuances of face-to-face interaction, leading to a decline in empathy and understanding.

Furthermore, the erosion of traditional social structures has contributed to a sense of individualism that often prioritizes self-interest over communal harmony. In an increasingly atomized society, the concept of manners can seem antiquated, relegated to the realm of quaint nostalgia rather than a relevant guiding principle for modern life.

Just as the customs of our ancestors evolved in response to the challenges of their time, so too can we adapt and redefine the concept of manners for the 21st century. Rather than lamenting the loss of a bygone era, we can draw upon its timeless principles to cultivate a culture of respect, empathy, and civility in our interactions with others.

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 ac-

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.

TO PLACE AN AD: Advertising Executive Tracy Lewis (603) 575-9127 tracy@salmonpress.news **SUBSCRIPTION SERVICES:** KERRI PETERSON 603-279-4516 x303 kerri@salmonpress.news TO PRINT AN OBITUARY:

obituaries@salmonpress.news

CALL: 603-677-9084 TO SUBMIT A LETTER

TO THE EDITOR: E-MAIL:

E-MAIL: brendan@salmonpress.news

Thi paper is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. ISSN: 1945-5836. USPS 024921 periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to Salmon Pressr, P.O. Box 729, Meredith, NH 03253. USPS 024967

The Gilford Steamer 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 Gilford Steamer, P.O. Box 729, Meredith NH 03253.



PRESIDENT & PUBLISHER Frank G. Chilinski (603) 677-9083 BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 rvan@salmonpress.news OPERATIONS DIRECTOR JIM DINICOLA (508) 764-4325 DISTRIBUTION MANAGER JIM HINCKLEY $(603)\ 279-4516$ **E**DITOR JOSHUA SPAULDING

(603) 941-9155 josh@salmonpress.news MANAGING EDITOR Brendan Berube (603) 677-9081 brendan@salmonpress.news

PRODUCTION MANAGER JULIE CLARKE (603) 677-9092 julie@@salmonpress.news



Courtesy

Thank you from the Lions

The Laconia-Gilford Lions Club would like to thank all those who came to our Electronic Waste Collection Day fundraiser on Saturday, April 6 in the Cinemas 8 parking lot in Gilford. We are grateful for your support as are those in our communities who will be the recipients of the funds raised. Your patronage helps the Lions raise money for their good works such as eyesight and hearing programs, youth sports, local scholarships, food pantries, other local charitable organizations and much, much more. Special thanks to WJP Development, LLC for allowing us to use their parking lot at the Cinemas 8 Plaza in Gilford. We will have another Electronic Waste Collection Day on October 5, 2024 and look forward to seeing you then. Pictured, left to right, are Marylin Brown, Matt Soza, Bill Chandler, Lori Chandler & Allyn Bridge.

Letters to the Editor

There are not enough words to say thank you

To the Editor:

There are not enough words to say, with gratitude, thank you to our local police, fire and EMT's here in New Durham.

I am on oxygen all the time, and when we lost our power, my husband fell while trying to get my backup oxygen started. I couldn't get him up off the floor, nor could I get 911 due to no phones. He had to stay on the floor all night until my daughter called the

All of the above came and worked together to get

my husband off the floor and in his chair. They were all so kind and caring.

Special thanks to Ken, who went to the general store and bought us large coffees and two boxes of

I just hope our fellow residents know how blessed and lucky we are to have them when needed.

With grateful hearts, we thank you all.

Rich and Bonnie Dollen New Durham

Let's Talk about That Thing

It takes a village. Oh boy, does it take a village.

It is hard to believe the reality of circumstances. Ripley Believe Constant distractions, needless waste of time. It could get a person caught up if they weren't careful. Maintaining a disciplined, tempered, easy breath is key. Those distractions will always be there. The universe has a hell of a sense of humor, ever challenging our attention. Focused, discipline and concentration help to manage distraction as not to lose sight of the goal. Practicing meditation is like having a secret. The secret is, all that drama and noise, it does not have to be engage with. People are responsible for themselves and should rightly take the obligation to make

olence. In our power of nonviolence. There is no more fear. No money needed here.

The difficulty is that we are told by the bigger commerce that we are not whole until something outside is obtained or gained. That something outside of us will make it better. Hello suffering. No, thank you. Funny thing — with a tempered, easy breath we are everything we need in the moment we are in. There is great strengthen in disciplined concentration that is then communicated. Of course we are all human. We all loose it once in a while.

Communication is an interesting thing. How we speak to ourselves, how we speak to each other. The way we use language can be cryptic, changing in nuances. nates in tone. Language is perceived. Everything we perceive is based on what we think we know. To be human is to know that two things can be true when both are so seemly different. Overwhelming. Feeling safe enough makes it possi-

ble. Being a local and loving local gives a sense of safe enough. How would it be to be safe enough? Tto belong in community? To be able to speak what ever your truth is with out fear? Loving and living local in nonviolence. What a radical concept in todays complicated stressed sys-

Locals foster a sense of connection and safety. Engaging in activities in the community brings purpose and belonging in all seasons. Around here the locals are pretty

that happen. In nonvi- The spoken word reso- resilience and prepare for all weather activity. Winter, spring, summer and fall all in one day. Change of clothes, every few hours a new layer comes off and a new layer goes on.

> Life around here has many layers, more like garlic than an onion. April is a good time to start thinking about matters of life. Matters of self-agency and wellbeing. The health of your physical mind and body are important. The deer flies are just around the corner. The deer flies are fast. It Is best to be prepared with a concentrated discipline breath for when they give chase.

Locals around here are looking for ways to come together and be with other likeminded fun-loving people. Keep it local, check out your local park and recreation department.

<u>LETTERS FROM EDWIN</u> Moonset

Once again, Mother Nature has exemplified that old cartoon about it being time for spring. In which the gnomish underground population were trying their best to break out of their winter subterranean confines while old man winter tried his best to beat them back with his fierce winds and bitter snows. Eventually spring wins, and it will again.

Since mud season had passed weeks ago, the snow plow did a horrendous job of grading the driveway and deposited piles of its scrapings all along the edges. Another thing to tend to. Thank God for tractors. This new foot or two of snow will extend the winter sports season a bit, but with days going into the fifties, the fluffy white blanket is sinking fast.

The old expression of March coming in like a lion and going out like a lamb was totally evident this year, only in reverse. Which was always implied.

It was so easy to get caught up in the spring fever thing. How could one feel otherwise, with all those warm sunny days. Was it time to start your plants. I even picked up some clover seeds. The great winds had pulled the covering off my garden without the weight of the snow to hold it down. It was all rich dark earth just waiting to sprout all the weeds that I so hate to pull. Knowing that it was still early March, I just pulled the covering back over it and threw on more ballast.

I even took the snow blower attachment SEE EDWIN, PAGE A8

GOING OUT OF TOWN

Four states, old and new sights, and enjoying the journey



A view of the Sky Tower at Mohegan Sun from the parking garage. Mohegan Sun was the destination for this trip, but this was part of a great journey with a lot of stops.

BY ERIN PLUMMER

mnews@salmonpress.news

Ralph Waldo Emerson once said, "It's journey, not the destination." This quote is used a lot in reference to a lot of things, but it's still one that's extremely accurate. My recent trip through eastern Connecticut is a particularly strong example of this. A few weeks ago I did a column on the experience of Mohegan Sun. To tell the complete truth, while I was really curious to see Mohegan Sun, it also served as a convenient excuse to wander more Connecticut. on a Wednesday morning to when I returned shortly after midnight, I clocked around 425 miles that in addition to exploring Mohegan Sun also included some mall crawling in Central Massachusetts, a return to Mystic, experiencing some annoying drivers through Providence, and discovering a grocery chain I never knew ex-

isted. As I said in my Mohegan Sun column, I had been planning to do this Connecticut run for months but the time just never came. Finally in March I got one day where the weather was excellent and my schedule was clear.

I left around 10 a.m. on a Wednesday and headed south on my usual routes. This time when getting into Massachusetts I took the map's recommendation to take I-495 to I-290 through Central Mass and not go down I-95. The last time I went to Connecticut I took I-95 all the way down, got stuck in awful traffic around Boston and Providence, and got to Mystic right as the sun was setting and everything was closing. This time I realized the key to getting to anything at an earlier hour in Connecticut is to just avoid Boston and Providence.

I was on 290 going into the Worcester area when I found myself looking for a good pit stop, then I was going past signs for

the Solomon Pond Mall in Marlborough. Since I'm a big fan of malls, it was a win-win situation: get that needed stop and explore a new mall for the first time.

Walking through the Solomon Pond Mall was an interesting experience. I would say it's a mall that has seen better days. Granted I was here on a weekday afternoon, but there weren't a lot of people there and most of the storefronts were shuttered. It did have a lot of unique shops.

The Toy Vault was especially a gold mine of fun stuff. This place has a huge collection of new and vintage figures, models, and toys from around the globe. This place was a nerd haven and I wanted to spend so much more time here. They also have other locations around Massachusetts and Rhode Island so I'm going to check them out again.

I was soon back on the road and going through Worcester. The last time I was here other than to drive through was with friends to see Cradle of Filth at the Palladium in 2011, so yes, it's been way too long. I've heard a lot of things about Worcester's shops and restaurants and I'm curious to do more exploring at some point. That will probably be the subject

of a future column. I stayed on 290 as it turned into I-395, and was soon crossing the border into Connecticut. It was a nice sunny day too, so this was an even better look at the Nutmeg State. Eastern Connecticut is pretty serene. There are a lot of wooded areas and the highway runs past huge barns and silos. Getting to know a state also comes with seeing

Stone Wall Repair

Fieldstone/Granite 35 years experience

Tony Luongo

603-707-2727



Why, hello again, Mystic! After visiting Mohegan Sun, I just had to come back to Mystic for some more exploration.

all the little roadside idiosyncrasies. For example, you know when you pass under a bridge and there is a sign on it telling you the street name and the city or town it's in? In this part of Connecticut, those signs are posted on the side of the road instead of right on the bridge. It's a little thing but it was interest-

At last, I got into Uncasville and followed the signs to the Mohegan Reservation and Mohegan Sun. That experience can be found in my previous column. Overall, it was a fun time with some eye popping architecture, great restaurants, and an overall cool

I was at Mohegan Sun for a few hours when I was ready to move along. I saw on my map app that Uncasville was only a half an hour drive to Mystic, and I was itching to get back there. I was back down 395 and merging onto I-95 headed to Mystic.

I drove into Mystic Village, found a parking spot by the Post Office, and then it was time for some hiking. I took a nice long walk around the village and along the river that I wanted to do last September. There are so many lovely boardwalks along the water, and I spent some extra time sitting by the water in Mystic River Park overlooking the Mystic Bascule Bridge. The village itself is amazing for



a bunch of new businesses. One of my new favorites was Sift Bake Shop, where I got a huge pain aux raisins pastry and a wonderful Americano.

By the time I left Mystic this time, I felt extremely satisfied. I am still planning to see "Mystic Pizza" for the first time and come back to Mystic to find places in the film, so look out for that. For today I was content to head north. This time I did take I-95 north as I was in the mood for a more scenic route. I soon bid Connecticut farewell as I crossed into Rhode Island.

Interstate 95 through Providence has some great views of the city, but the traffic and some of the drivers can be a bit much. I-95 through there is a really narrow stretch of road that takes

everyone is going fast. Of course, it doesn't help when someone cut me off and started doing 45-miles-an-hour in a 55 zone. Then at one point I look in my mirror to see a sliver of a headlight indicating whoever is behind me is practically sniffing my tailpipe. Crossing from a big city like Providence into the quiet part of southeast Mass was kind of welcome.

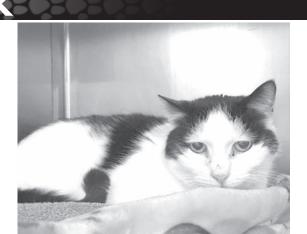
Around the Foxborough area, I did look for a rest stop around an area of shops: that's when I found my first ever Big Y World Class Market location in Walpole. Big Y is a grocery chain with stores throughout Massachusetts and Connecticut. I really liked the one in Walpole: I walked around and found a lot of offerings and selection.

walking and I discovered a lot of sharp curves and It was also interesting finding a grocery store for the first time. I've been in my share of Hannaford, Shaw's, and Market Basket stores with a few Wegman's thrown in so it was neat to experience another local chain. Soon I was back in

the Boston area, merging onto I-93, and going north. Shortly afterward I was crossing my fourth state line that day, this time back home to New Hampshire. It was certainly a fun day of exploration overall, especially getting to experience more of Connecticut and sampling the roads in four different states. We here along the Northeast seaboard have a great privilege of getting to go through so many states in a short period of time and it's a fun experience seeing all their differenc-

Roxie

Meet Roxie! She recently arrived from Texas in search of her foreve home. She is an energetic playful pup who has lots of fun going on adventures in the woods. Roxie takes to training very well, and we are working on her manners with her. Roxie loves to play outside, run around, and make new friends. She would do best in a home that goes on adventures and has lots of space to run around and play in the sun. Come get to know Roxie now; she'll steal your heart!



Meet Bug! Bug recently made the trip from North Carolina in search of his forever home. Bug LOVES chin rubs and will purr instantly once pets start. He is a sweetheart that is eager to find his family.

NH Humane Society

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

Gilford lacrosse girls have eyes on championship game

BY JOSHUA SPAULDING

Sports Editor

GILFORD — After playing their way to the Division III semifinals a year ago, the Gilford lacrosse girls have their eyes on taking the next step as the new season kicks off.

But like everyone in the Lakes Region, they were hampered a bit by the snowstorms that rolled through the area at the end of March and beginning of April.

"We've had a tough go of it with all the setbacks due to weather, which has kept us inside for the past few weeks," said coach Jennifer Watson, who enters her second year at the helm of the Golden Eagles. "Despite this setback, the players have kept a positive attitude and are ready to get outside and start our season."

Watson returns a strong group of athletes

the Golden Eagles are well-stocked for a run toward the Division III title

The Gilford girls will be led by a quartet of captains, two in the senior class and two in the junior class. Seniors Caroline and Madeline Guest will both be working on defense for the Golden Eagles, while junior Olivia Keenan, who is approaching 200 goals and to the fold and with a 300 draw controls, will

nior Lilly Winward will be the team's goalie.

"These four have taken the lead so far this season and will continue to be leaders throughout the season," Watson not-

Juniors Leah Davignon in the midfield and Addi Harris on defense and sophomore Abigail Watson in the midfield will also be key contributors for the Gilford girls while juniors Camryn Coutts and Lianna Keenan are a pair of newcomers who will be making a positive impact right away.

"We are looking to continue our momentum from last year and make it past the Final Four this year," Watson said of her team's goals.

The Golden Eagles have a schedule that includes single games Concord Chriswith tian, Campbell, Trinity, Hopkinton, Bishop

Brady, St. Thomas, Coe-Brown, Laconia, Lebanon, Plymouth, Bow, Inter-Lakes-Moultonborough, Kearsarge and Milford.

The Golden Eagles will be back in action on Friday, April 19, at Bishop Brady before taking vacation week off and returning on April 29 at St. Thomas.

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

Timber Wolf boys double up Sanborn

BY JOSHUA SPAULDING Sports Editor

ALTON — Before rain took over the week and washed out the rest of the scheduled matches, the Prospect Mountain tennis boys were able to get in a match against Sanborn on Tuesday, April 9, finishing with a 6-3 win.

The Timber Wolves took five of the six singles matches to clinch

the victory and then got Brett McKeown played a win in the third doubles match to close out the victory.

Shaun McAneney got the 8-5 win at number two for Prospect, with Antoine Grenier getting the 8-3 win in the third spot and Cameron Morrill winning 8-4 at number four. Rylan Clifford got an 8-2 win at number five and Wyatt Varney won 8-0 in the sixth spot.

at number one and dropped an 8-0 decision.

In doubles play, McKeown and McAneney dropped an 8-3 decision at number one, Grenier and Morrill fell 8-4 at number two and Clifford and Varney got an 8-1 win in the third spot to close out the 6-3 win for the Timber Wolves.

Prospect's match with Gilford on Friday was postponed to May 14.

The Timber Wolves are scheduled to be hosting Inter-Lakes on Friday, April 19, at 4 p.m.

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

Late runs propel Cougars past Gilford baseball

BY JOSHUA SPAULDING

Sports Editor

GILFORD — After four innings of scoreless baseball, the Campbell Cougars were able to score four runs in the fifth and another in the sixth to take an 8-0 win over Gilford on Wednesday, April 10.

Drew Smith got the start on the mound for Gilford and pitched into the fourth innings, giving up two hits and striking out four before Gavin

Clark took over in the fourth inning and went two innings, striking out three and Brett Skoog closed out the game in the bottom of the sixth.

At the plate, Ryan Folan had a double to lead the offense while Clark, Smith and Mikey Giovanditto each had base hits for the Golden Eagles.

Gilford's game later in the week with Belmont was postponed un-

til April 30.

The Golden Eagles are slated to be at Berlin today, April 18, before taking vacation week off and returning to action on April 29 at Somersworth.

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

Golden Eagles fall in tight battle in Dover

BY JOSHUA SPAULDING Sports Editor

DOVER — Offense was hard to come by in Dover on Wednesday, April 10, as the St. Thomas and Gilford softball teams combined for just seven hits and three runs, with the Saints earning the 2-1 win.

Both teams scored inning, with the Golden Eagles taking a 1-0 lead in the top of the inning

while the Saints scored their two runs in the bottom of the frame.

Belle Dow was strong in the circle for the Golden Eagles, striking out 12 in six innings of work and allowing just four hits and no earned runs.

At the plate, Dow had a double and scored a run while Millie Caldon their runs in the fourth and Mia Maccaione each had singles for the Gilford girls.

The Golden Eagles

were supposed to play at Belmont later in the week, but that game was moved to April 30.

Gilford is scheduled to be at Berlin today, April 18, at 4 p.m. before taking the vacation week off and returning to action on April 29, at Somersworth.

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

Belmont 5K to benefit Children's Advocacy Center

BELMONT — Belmont High School student Aspen Fillebrown is organizing the Child Abuse Awareness 5K Run and Walk, set for May 4 at Belmont High

Registration for the 5K run will start at 7:30 a.m. and the race will start at 8 a.m. while registration for the walk will start at 8:30 a.m. and the walkers will start at 9 a.m. The fee for adults is 15 dollars and the fee for students is 10 dollars.

Those interested in registering in advance can contact Fillebrown at aspenfillebrown5K@gmail.com or Venmo a_fillebrown0727. Cash and checks for the registration fee will be accepted for those registering on the day of the 5K.

All funds raised will go toward the Children's Advocacy Center of Laconia.



Alton Legion Auxiliary supports local organizations

American Legion Auxiliary Unit 72 in Alton recently donated \$1,800 to ALA Granite Girls State and \$5,000 to Camp Resilience a Veterans Retreat in Gilford.





Not getting enough attention?

Call your Sales Representative Today Tracy Lewis: 603.616.7103

Hire A Professional Who Is Properly Insured

Shingles

Metal Shingles

Copper

 Standing Seam **Metal Roofs**

Save 20% Now Offer Expires March 30, 2024

LABOR WARRANTY Financing Available



www.dwightandsons.com

Siravo, Rives lead PSU baseball to doubleheader sweep

HARTFORD, Conn. — Plymouth State University set season highs for runs and hits in both ends of a Little East Conference (LEC) baseball double header as the Panthers swept Western Connecticut State University at Murren Family Field at DiBenedetto Stadium on the campus of Trinity College on Saturday.

The Panthers banged out a season-high 13 hits to back another strong start by junior Adrian Siravo (Gilmanton) to take game one, 12-5. Senior Jackson Curtis (Jefferson) and sophomore Brendan Flynn (Arlington, Mass.) had three hits apiece while junior Sam Malgeri (Stratham) blasted a two-run homer to pace the offense. Siravo struck out seven in 5.1 strong innings to earn the win.

PSU put up another 13 hits in game two, plating a season-high 14 runs in an overpowering 14-1, seven-inning win. Graduate student Alex Rives (Gilford) had three hits, including a pair of doubles, and scored three runs, while Flynn stayed hot with three hits, including a double and triple, and six runs batted in. The outburst was more than enough as senior Eoin Hamell-Kelleher (Attleboro, Mass.) sophomore Alex Noel (Dover) combined to allow just four West-Conn hits.

Plymouth State jumps to 5-9 (2-3 LEC), while the Wolves slide to 4-17 (0-9 LEC).

Plymouth State got out to a good start in game one as Curtis

singled with one down and moved up on a balk before classmate Luke Sokolski (Waterford, Conn.) drove him in with a base hit for a quick 1-0

Curtis and Sokolski both singled in the third and a stolen base put runners on second and third with one down. Flynn followed with a walk to load the bases and Curtis came home on a sac fly off the bat of junior Danny Quinn (Holliston, Mass.) to make it 2-0.

PSU took advantage of a pair of WestConn errors to tack on a threespot in the fifth. Sokolski, Flynn and Quinn all drove in runs as the lead grew to 5-0. West-Conn got a run back in the bottom of the inning and pulled within 5-3 after scoring twice in the

Rives sparked a fourrun rally with a leadoff double in the seventh. Curtis and Quinn added RBI singles in the inning, while Malgeri drove in two with a double to right to increase the lead to 9-3. The Wolves pushed a run across in the bottom of the frame to pull within 9-4.

Sokolski manufactured a run on his own to start the ninth. He walked, stole second, took third on a wild pitch and scored on a passed ball to restore the six-run lead. Flynn followed with a double and one-out later Malgeri launched his second dinger of the year to make it 12-4. WestConn scored twice in its last at bat to account for the final score.

Curtis went 3-for-5

and scored three runs. while Sokolski reached base four times with two singles and a pair of walks. He scored three runs, drove in two and stole a pair of bases. Flynn notched a three-hit game with two singles and a double and Quinn drove in three. Malgeri went 2-for-5 with a double and homer and four RBIs. Siravo struck out seven and allowed just four hits over his 5.1 innings to pick up his second win.

Freshman Elias Bourque (Nashua) went the final 3.2 innings to earn his first career save.

PSU got out to a quick start again in game two as Rives doubled to start the game. A hit

batter and error loaded the bases and two runs came home on Flynn's hit. Two batters later Malgeri smashed a triple to extend the lead to 4-0. Sophomore Andrew Faherty (Phoenix, Ariz.) capped the five-run inning with an RBI single.

The Panthers added on in the third. Malgeri reached on an error and freshman Josh Worthington (Pownal, Vt.) singled. After a wild pitch advanced the runners, Faherty lofted a sac fly and Rives contributed an RBI single later in the frame to extend the lead to 7-0. The Wolves used a two-out RBI triple to plate a run in the bottom half.

> Rives smacked a

double after a hit batter and Sokolski's walk loaded the bases with two away in the fifth. Flynn knocked in two more with a double and Quinn made it 10-1 when he reached on an error. PSU put the game out of reach in the sixth. A hit batter and error left runners on the corners and junior Scooter Summa (Ellicott City, Md.) drove in a run with a single. Rives reached on a fielder's choice and Curtis walked to load the bases. Sokolski lifted a sac fly to right to make it 12-1 and Flynn's triple brought home two more as the lead ballooned to 14-1.

Meanwhile, Hamell-Kelleher allowed just one run over the first five innings, while he and Noel combined to surrender just four hits.

Rives went 3-for-6 atop the lineup, scoring three runs in driving in another. Flynn had a monster game at the plate with a single, double and triple while driving in six. Worthington and Faherty also had multihit games as each went 2-for-3. Hamell-Kelleher was outstanding in his five innings, striking out eight while allowing just three hits and a run. Noel faced eight batters in the final two innings, with five strikeouts.

The sweep was the Panthers' first over WestConn since 2021.

HIGH SCHOOL SLATE

Thursday, April 18

Boys' Tennis at Milford: 4 Girls' Lacrosse at Hanover; 4 Girls' Tennis vs. Milford; 4 KINGSWOOD Boys' Tennis at Lebanon; 4 Girls' Tennis vs. Keene; 4

Friday, April 19

KENNETT Baseball vs. Bow; 4 Boys' Tennis vs. Souhegan; 4 Softball vs. Bow; 4 KINGSWOOD Baseball vs. John Stark; 4 Boys' Lacrosse at Souhegan; 4:30 Girls' Lacrosse at Oyster River; 4:30 Softball vs. John Stark; 4 PROSPECT MOUNTAIN Baseball vs. Hopkinton; 4 Boys' Tennis vs. Inter-Lakes; 4

KENNETT Baseball at St. Thomas; 11 Softball at Campbell; 11 Track at Sanborn: 10 PROSPECT MOUNTAIN Track at Winnisquam; 10

KENNETT

Softball vs. Hopkinton; 4 Saturday, April 20

Monday, April 22

KENNETT Baseball at Con-Val; 4 KINGSWOOD Baseball at Coe-Brown: 4 Girls' Tennis at Pembroke; 4 Softball at Coe-Brown; 4 Tuesday, April 23

KENNETT Track Home Meet; 4 KINGSWOOD Boys' Lacrosse at Derryfield; 4 Track at Kennett; 4 Wednesday, April 24

KENNETT Baseball vs. St. Thomas; 4 KINGSWOOD Boys' Tennis at Coe-Brown; 4 Girls' Tennis vs. Coe-Brown; 4

All schedules are subject to change.

HIGH SCHOOL SLATE

Thursday, April 18

GILFORD Boys' Tennis at Monadnock; 4 WINNISQUAM Baseball at White Mountains; 4 Softball at White Mountains; 4 Friday, April 19

BELMONT Softball at Newfound; 4 **GILFORD** Baseball at Berlin; 4 Boys' Tennis at Moultonborough; 4 Girls' Lacrosse at Bishop Brady; 4 Softball at Berlin; 4

Saturday, April 20

BELMONT Track at Winnisquam; 10 **GILFORD** Track at Sanborn; 4 WINNISQUAM Track Home Meet; 10

Monday, April 22

BELMONT Softball vs. Rockledge (Florida); TBD Tuesday, April 23

BELMONT Softball vs. Trinity Catholic (Florida); TBD WINNISQUAM Track at Kennett; 4

All schedules are subject to change.

Weekdays Open @ 4pm Weekends Open @ Noon **Closed Tuesdays** MONDAY LIVE MUSIC! **FRIDAY & SATURDAY NIGHTS** 6PM - 9PM 18 Weirs Rd. Gilford # (603) 293-0841 # PatricksPub.com SEND US YOUR NEWS!!! news@ salmonpress.news



MEREDITH, NH 279-7463 • WOLFEBORO 569-3560 NORTH CONWAY, NH 356-7818 • LACONIA, NH 524-1276



salmonpress.com



www.porterpaving.com



Gilford Public Library

Classes Special **Events**

April 25 - May 2

Thursday, April 25 Geri Fit, 9-10 a.m. Homeschool Game Club, noon-1:30 p.m. Mrs. Hayes Art Day:

Puppet Play, 3-4 p.m. Make your own per-

fect puppet and join in on playing in the puppet house!

French, 4-5 p.m.

Black Bear Happenings in NH, 4:30-5:30 p.m.

You're welcome to join us as a NH Fish and Wildlife Steward shares information about black bears in the state. Learn about the natural history of these intriguing mammals, their habitat needs and ways to avoid potentially costly conflicts.

Friday, April 26 Senior Sculpt, 9-10

Chair Yoga, 10-11 a.m. Embark on a fresh, accommodating wellness journey with Chair Yoga led by the Lani Voivod, Certified Teacher, Reiki Master, and Professional Muse. \$5.00 per class or five classes for \$20. Signups are not necessary.

Hand & Foot, 12:30-2:30 p.m.

Happy Crafters, 1:30-2:30 p.m.

Advanced Conversational German, 2:30-3:30

Barbara Ruth (For-

rester) Baggaley passed

away peacefully with her

children by her side on

April 1, 2024, after a won-

derful life that led her in

Leander and Jimmie

Forrester in Hazen, Ark.

on Aug. 2, 1936. A few

years later her sister

Phyllis joined the family

and it wasn't long before

the four of them packed

their bags for a new life

in New Jersey where Le-

ander and Jimmie both

found jobs supporting

School West in 1954

where she met her future

husband, Jack (Jake)

Baggaley. The two were

married on Oct. 21,1955

and Barbara began work

in banking. Together

they raised three chil-

dren and made their

home in Mercerville, N.J.

career changed, so did

her husband's

Hamilton High

graduated

the war efforts.

Barbara

Barbara was born to

many directions.

Beginner Line Danc-

OBITUARY

ing, 4-5 p.m.

Saturday, April 27 Beginner Line Dancing, 10:30-11:30 a.m.

Monday, April 29 Fun and Fitness with Joyce, 9-10 a.m.

Happy Healthy Tips and Tricks, 10:30-11 a.m.

Gain some beneficial tips for parents on eating a balanced meal that improves your energy and

12:30-1:30 Mahjong,

mood.

Getting the Garden Ready for Spring, 4-5 p.m.

In this presentation the attendees will learn some best practices for getting their vegetable and flower gardens ready for Spring, ensuring that both plants and planting areas are properly prepared for a bountiful harvest. In addition to covering the vegetable and perennial gardens, attendees will learn best practices on hoe to bring the lawn out of hibernation, how to care for trees and shrubs, dealing with aggressive weeds, the benefits of composting, managing pests and diseases, and tending to tolls and supplies. Presented by Ron Trexler.

Palm of the Hand Memoir Writing Workshop, 5-6 p.m.

Author, Michael Czarnecki, will introduce the palm of the hand writing methods.

The family lived in

Washington's Crossing

State Park in Titusville

for several years until

Jack's career required

another move to Jack-

son, N.J., but she con-

tinued her commute to

Princeton until their re-

move to N.H., where with

the help of the family

they built a beautiful log

home in Alton, raising

chickens, turkeys, and

work at the N.H. State

House, assisting commit-

tees and State Represen-

tatives, including then

Barbara went back to

That allowed them to

tirement in 1988.

small live stock.

Princeton

Tuesday, April 30 Senior Sculpt, 9-10

Dungeons and Dragons Club, 3-4:30 p.m.

Intermediate Line Dancing, 4-5 p.m.

Home Buyer Beware, 5-6 p.m.

Learn details that are important to selling in this market. Learn what causes problems in transactions, what happens behind the scenes, and what brings the highest sale price?

Open Reading Stories, 5-6 p.m.

Enjoy listening to the poetry of published author, Michael Czarnecki. You may share your beautiful work as well!

Wednesday, May 1 Senior Stretch Yogaaah!, 9-10 a.m.

Card Games, 10 a.m.-

Check out an Expert, 10 a.m.-noon

Whiz, Little Math 10:30-11:30 a.m.

Let's Talk About Grief, 1-2:30 p.m.

Grief is a taboo topic in our culture, but it's important to talk about it. Let's break the silence. Let's open the door to a conversation about grief. It's time to break the stigma. Brenda Wentworth, MA, is an ordained Interfaith Minister and Spiritual Care and Bereavement Provider at Lakes Region Visiting Nurse

and Hospice. She is also a member of the Interfaith Ministers of New England. Brenda is passionate about helping people find peace at the end of life and providing compassionate care to the bereaved. While spiritual care is often associated with religion, it is really about what brings us comfort, meaning, and strength in life. Brenda helps people of all beliefs and backgrounds connect with their spirituality and find the resources they need to navigate life's challenges which includes the deeply personal journey through grief.

Paint Group, 1-3 p.m. Chess Group, 1-3 p.m. T(w)een After-School Club, 3-4 p.m.

Thursday, May 2 Geri Fit, 9-10 a.m. Homeschool Game Club, noon-1:30 p.m.

Pick a Craft, 2-3 p.m. Did you miss one of

our crafts but wish you could still make one? Come and choose one of the crafts from the past year. We will provide all of the materials that you will need. Sign up is required.

T(w)een Crafter School Club, 2:30-3:30

Hayden's got an assortment of crafts you may have missed out on! Come to the Meeting Room and craft along!

Wonder Wings: Nature Detectives, 3:30-4:30 p.m.

Become a nature detective! Explore outdoors to learn more about birds!

French Club, 4-5 p.m. Thirteen Days in October: The Untold Story of the Cuban Missile, 5:30-6:30 p.m.

At the height of the Cold War, two things saved humanity: the strategic wisdom of John F. Kennedy and the U2 aerial spy program. Based on declassified intelligence and interviews with the pilots, Michael Tougias Casev co-author

Sherman's book Above & Beyond: John F. Kennedy and America's Most Dangerous Cold War Spy Mission grounds this conversation about presidential decision-making, nuclear containment, intelligence-gathering, and public information. It's a timely topic given today's concerns about the United States, North Korea and Iran. Tougias gives special emphasis to the U-2 pilots who flew unarmed over Cuba to secure photographic proof that the Soviets were installing nuclear missiles on the Island.

Gilford Public Library Top Ten Requests

- "The Women" by Kristin Hannah
- "The #1 Lawyer" by James Patterson
- "The Heaven and Earth Grocery Store" By James McBride
- "Toxic Prey" by John Sandford
- "Crosshairs" by James Patterson
- "Demon Copperhead" by Barbara Kingsolver
- "She's Not Sorry" by Mary Kubica
- "After Annie" by Anna Quindlen
- "Has Anyone Seen Charlotte Salter" by Nicci French
- 10. "The Wager" by David Grann

EDWIN

(continued from Page A4)

off the tractor and reinstalled the bucket. This transition made it much easier to do mud season maintenance but made hiring the plow guy imperative if a late season snow blast occurred. Which it did, as usual.

At my house, we didn't get the big snow that they got farther north. Mid day of the storm, it turned to sleet and freezing rain. I cleaned up all my paths and such before it transitioned, saving myself having to deal with sloppy wet snow. The plow guy can't say the same.

I had an engagement to attend to that evening, so I patiently waited for the plow to come. With eight inches of heavy wet slop to plow through, I may have been able to slog through it with my all wheel drive transport device, but getting bogged down going up my hill wouldn't have made for any positives.

The plow finally arrived and by the time I wrote him his check, it was too late to head off to the party. I therefore reverted to my old standard Saturday night supper of beans and franks. With my wet cloths drying around the wood stove, I sat me next to it, finished one book, started another, then heading on up to bed.

The next morning, the sun ignited the multitude of sparkling prisms coating everything. The special silence of a power outage presided over the house. The only sounds were from the ticking clocks and the roaring wood stove. A rare peace.

Since this was

the day before the full moon, the moon set an hour before the sun came up. I witnessed one of those "can't capture that on a camera" moments with the moon setting behind all the ice coated trees. It was an eerie sight with all the subdued sparkles haloing the big yellow moon.

I cooked my usual Sunday morning breakfast, then headed off to church. A lot fewer people there on this Palm Sunday. I'm sure a lot did church online.

I had hoped that power would have returned by the time I got home. No such luck, so I got the generator set up and proceeded to re-energize the house. Now in addition to all the normal noises, there was the drone from the machine providing the power for everything outside. Simple blessings. Thank you, Lord.

A full generator is good for 10 to 12 hours, so I hopped into my car and headed off to some friends houses. Everything was in storm disruption mode. Snow blowing and shoveling. They got dramatically more snow than I did just thirty miles to the north. They never lost their power.

When home, our power had returned, so I shut down the generator and returned everything to normal. That was pretty painless. I had work the next day, so I soon found myself sleeping off my storm induced tiredness.

> E.Twaste Correspondence wel-

come at edwintwaste@ gmail.com

Uhurch Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH Sunday School for children up to age service 10:30 a.m. Greater Wakefield i 254 Main St., Union. ustors Daniel and Sberrie Williams, 473-8914. r more information, please visit abundantbar e-mail abfc@faitb.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER ougbout the summer 10:am & 7pm; 875-6161

BEFREE COMMUNITY CHURCH, ALTON Alton-9:30 a.m. Sun. Meeting at Prospect Mount School. Pastor Ben Ruhl, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH CHORCH
Worsbip Service 10:00am
Bible Study 11:15am
Rte 126 next to Town Hall
Call or Text (603)269-8831
centerbarnsteadcc.org

CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING

COMMUNITY CHURCH OF ALTON

Pastor Jared Cassidy 10am Worship service Sunday 20 Church St Alton (603) 875-5561 www.ccoaalton.com

Sundays at 10 a.m. ccnorthbarnstead.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC Sunday School and Worship Services Rev. Kate Kenned 696 693-776-1820 Our services are in person at 504 North Barnstead Road, Center Barnstead, MI and live-streamed on Zoom,

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON Vorsbip Services 11:00 A. Junday School 10:15 AM

FIRST BAPTIST CHURCH OF NEW DURHAM NH

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 9:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evening. Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548. Father Robert F. Cole, Pastor. Mass Saturday 4pm;

ST. STEPHEN'S EPISCOPAL CHURCH

UNITED METHODIST CHURCH Rt. 171 at Tuftonboro Corner. Sunday services 10:30 am. Church 603-539-8058

IA vices and religious education 10:00 a.m. All are welcome. 172 Pleasant St.Laconia • 524 6488 • uusl.org MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street, Center Barnstead NH 03225

UNITARIAN UNIVERSALIST SOCIETY OF

Barbara's. After bank-State Rep. Jeb Bradley. ing and secretarial work Finally retiring once for a few local firms, she again, the couple then found her dream job at decided to move to the University tiny town of Heislerville, where she became the N.J. on the shores of the administrative secretary Delaware Bay. There of the Biology Dept., they grew blueberries, made many friends and pole beans and other vegenjoyed the culture that etables, for sale to those the university had to ofwho visited the bay each summer.

Barbara Ruth Baggaley

In 2019 they returned to Concord, N.H. to be near their children, grandchildren and the rapidly growing number of great-grandchildren.

Barbara was a quiet person known as the family historian. Besides researching genealogy, she loved sewing, history and antiques, crossword puzzles, bird watching, and most of all, her beautiful gardens.

Barbara is survived by her husband of nearly 70 years, Jack; sister Phyllis Bixby (High Point, N.C.); brother-in-law Roger Mc-Mahon (Hamilton, N.J.); children Donna Rhodes (Bristol); Daniel Baggaley and Donna Deyo; and Dianne and Jeff Moulton (Bow). Grandchildren include Nick Moulton and Mary Peace (Manchester); Kate and Joe Marcel (Dunbarton); Carly and Kevin Bournival (Goffstown). Craig and Samantha Rhodes {Laconia); Samuel and Allison Baggaley (Epping); Jacob Baggaley (Litchfield). In addition to all of them, Barbara enjoyed the love and entertainment of her seven great-grandchildren as she looked forward to the arrival of her eighth in late spring.

Services for her will take place on April 22 at 2 p.m. in the Clara B. Perkins Memorial Chapel at Blossom Hill Cemetery on N. Main St. in Concord. It will be followed by a reception at Bennett Funeral Home.

In lieu of flowers, the family requests that donations in Barbara's name be made to Calvary Baptist Church, 200 W. South, Hazen, Arkansas 72604.

Baker-Gagne Funeral Home **Cremation Service**

Pre-Arrangements - Traditional Funerals Simple Burials - Cremation Services Monument Company

F. Rick Gagne - Funeral Director Mill Street, Wolfeboro, NH 603-569-1339

(800) 539-3450 Route 16, West Ossipee, NH 603-539-3301 baker-gagnefuneralhomes.com

PEASLEE FUNERAL HOME

==== & Cremation Service == (603) 755-3535

www.peasleefuneralhome.com Main Office: 24 Central Street, Farmington, NH 2079 Wakefield Road, Wakefield, NH

Alton Funeral Home 12 School Street, Alton, NH



HIGHEST PRICES PAID All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals. NORTH COUNTRY COINS. Main St., Plymouth, NH 536-2625.

New books and popular titles at Gilman Library

ALTON — Come on into the Gilman Library. We have your books ready to pick up. Fresh new title that include:

For children: "Silver Girl Butterfly" by P.K. Summer (2024). Located in the Whimsy Corner, of the Children's wing, in the paperback section, filed under EASY PB SUM. This is a colorfully illustrated paperback book about "loving acceptance of one another no matter what our differences may be."

For Teens: "Aristotle and Dante Discover the Secrets of the Universe" Benjamin Alire Sáenz. This YA Fiction

was voted a Time Best YA Book of All Time in 2021 and was made into a major motion picture. Also, for teens: "The Cat I Never Named: A True Story of Love, War, and Survival" by Amra Sabic-El-Rayess Laura L. Sullivan (2020). You will find this in the Teen Zone, filed with the biographies under YA BIO SABIC-EL. This is a "memoir of a Muslim teen struggling to survive in the midst of the Bosnian genocide--and the stray cat who protected her family through it all."

Our new Adult Nonfiction titles offer some-

"Blood Money: How the Powerful Turn a Blind Eye to China Killing Americans" (2024) by Peter Schweizer

"Astor: The Rise and Fall of an American Fortune" (2023) a biography from NYT's best-selling author, Anderson. Cooper Anderson.

"Teddy and Booker T: How Two American Icons Blazed a Path for Racial Equality" (2023) by Brian Kilmeade.

"Mysteries of the Messiah: Unveiling Divine Connections From Genesis to Today" (2021) by Jason Sobel.

"Second-Chance Cats:

True Stories of the Cats We Rescue and the Cats Who Rescue Us" by Callie Smith Grant (2021)

...and more ...

Our new Adult Fiction, alphabetically by author:

Burke, James Lee: "Harbor Light: Stories" (2024)

Burke, James Lee: "Flags on the Bayou: A Novel" (2023)

McBride, James: "The Heaven & Earth Grocery Store" (2023)

Phillip, Susan Elizabeth: Simply the Best" (A Chicago Stars novel #10) (2024)

Taylor Brad: Dead Man's Hand" (A Pike Logan novel, #11) (2024) ...and more ...

browse at 100 Main St., Alton. See you at the li-So, come in and brary.

Masons hosting monthly breakfast **buffet Sunday**

ALTON — On Sunday, April 21, the Masons of Winnipisaukee Lodge in Alton will hold their monthly Breakfast Buffet starting at 7:30 a.m., open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle.

With fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, french toast, coffee and juice being served, all for one low price, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet.

The Masons serve breakfast between 7:30 and 11 a.m. They hope to see you there (always on the 3rd Sunday of the month). For more information about the breakfasts or Winnipisaukee Lodge, please

contact Dave Cumming at 603-767-2057.

GILFORD POLICE LOG

GILFORD — The Gilford Police Department reported the following arrests during the week of April 8-14.

Eric Lanigan, age 40, of Gilford was arrested on April 8 for operating a motor vehicle with an Unofficial Inspection or Registration Decal, Driv-

ing After Revocation or Suspension of License (subsequent offense), and in connection with multiple warrants.

Jaxen Parker Cole, age 20, of Gilford was arrested on April 9 for Unauthorized Use of a Firearm or Firecracker.

Anthony P. Linkkila,

age 44, of Somersworth was arrested on April 9 for DUI-Impairment.

Robert D. Heinrich. age 68, of Gilford was arrested on April 10 for Conduct After an Acci-

Xavier A. Murphy, age 24, of Manchester was arrested on April 10 for

Simple Assault resulting in Bodily Injury and Criminal Trespassing.

Samantha A. Sweeney, age 29, of Tilton was arrested on April 13 for Possession of a Controlled Drug.

OUTAGE

(continued from Page A1)

The school nounced it would still accept buses and students as they arrived that morning rather than send them back

home when parents and guardians might be at work.

The school advised families, however, there was a possibility of an early closure because the school had limited capacity to operate without power and should be prepared to pick up students if needed.

Parents and guardians of BES students were notified of the situation through email and phone notifications.

Eversource advised the school that power would likely be restored by 8:30 a.m. In

the meantime the school had emergency lighting and water pressure that was expected to last for around an extra hour.

The school nounced later that powmorning, and school was in session as usual.

er was restored that

TRACK

(continued from Page A1)

distance medley, high jump and discus.

In the 4X800-meter relay, Gilford's A team finished in a time of 10:52.7 for first place while the Gilford B team finished in fourth place in 12:11.

Gilford's top team in the 4X100-meter relay finished in a time of 54.06 seconds for third place while the second Gilford team finished in a time of 1:00.24. In the coed 4X100-meter relay, Gilford's top team finished in fourth place in 52.3 seconds and the second Gilford team crossed

FIRE

(continued from Page A1)

station coverage.

According to Gilford Fire, firefighters made an immediate defensive attack on the fire with master stream devices and utilized dry hydrants on Gunstock Hill and Lily Pond Roads. Additional companies on the scene also fought the fire as well as provided water supply assistance.

Firefighters stayed at the scene throughout the day to put out hotspots.

"All mutual aid partners worked well and quickly extinguished this fire" said Deputy Chief Brad Ober in the statement, "there were no injuries and the fire was contained to the original building."

Gilford fire said the fire is under investigation, but is not considered suspicious.

Firefighters on the scene also received assistance from the Gilford Police Department, Lakes Region Mutual Fire Aid, Stewart's Ambulance, and Eversource.

in a time of 1:07.6.

Gilford's girls also won the distance medley, crossing with a time of 14:34 while in the 4X200-meter relay, the Golden Eagles were second in a time of 2:02.17 and the second Gilford team finished in 2:11.86.

The 4X400-meter relay team took first place overall in 4:33.58, with the second team finishing in 5:02.54 and the third team in 5:07.87.

In the high jump relay, which took the top height for three jumpers, Gilford finished in second place at 11 feet, three inches. In the discus relay, which took the team's top three throws and added them together,

Gilford finished in fifth place with a distance of 178 feet, 1.5 inches.

For the boys, Gilford took top honors in the 4X800-meter relay with a time of 9:10.91 while the top Golden Eagle team was seventh in the 4X100-meter relav in 49.55 seconds, with Gilford's second team in 50.56 seconds and he onds.

The Golden Eagle boys were second in the distance medley in a time of 12:24.1 and the top Gilford team was fourth in the 4X100-meter relay in 52.3 seconds and the second team finished in 1:07.6.

In the 4X200-meter

relay, the Gilford boys finished in third place in 1:47.93 while the second team crossed in 1:52.55. In the 4X400-meter relay, Gilford's top team was third in 4:06, with the next team in 4:23.8 and the third team in 4:31.37.

In the "buffalo run," which is a 4X100-meter relay run by the team's throwers, the Gilford boys were first in 54.76 seconds. In the discus relay, Gilford's top three throws reached a distance of 260 feet, five inches, which placed them in fifth place overall.

The Golden Eagles are scheduled to compete on Saturday, April 20, at Winnisquam at 10



Macy Sawyer is off and running in the final leg of the 4X200-meter relay on Saturday in Bristol.

a.m.

Sports Editor Joshua Spaulding can be reached



Carter Forest takes the baton from Henry Stow in the 4X400-meter relay Saturday at Newfound.

at 279-4516, ext. 155 or josh@salmonpress.news.

Business Directory

FLOORING

ALTON FLOORING AND TILE

Office: 603-875-3507 Residential/Commercial Carpet, Tile, Hardwood, Laminate, Vinyl, Island work, Boats, RV's/Campers, Etc. alton_flooring.tile@yahoo.com 18 Depot St. Alton, NH 03809

AMEN ROOFING

Repairs & New Installations Metal, shingles, rubber PVC

Also, Bathroom, Kitchen & Interior Renovations, Decks & Porches

> Free Estimates Call 603-455-2014

salmonpress.com



PLUMBING

One Call Does It All WATER FILTRATION **ELECTRICAL - PLUMBING** HVAC - GAS

569-1569

Inspections

Oil Changes

Suspension

Timing Belts

Tire Rotation

Oil Leaks

Steering

For Advertising Information Call 603-279-4516 email: Tracy@ salmonpress.news



Paul Bousquet Sr. & Jeff Bousquet Sr. 75+ years of combined auto repair experience Brakes

Carburetors

Clutches Cooling Sys

Diagnostic

O Differential

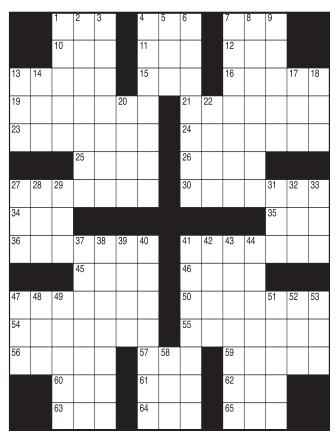
Electrical

Engine

Transmissions @ ...and more!

Solid reputation of dependable, quality service!

TAKE A BREAK



ACROSS

- 1. Midway between south and southeast
- 4. For each
- 7. Airborne (abbr.)
- 10. Photographs
- 11. They __
- 12. It's important in respiration (abbr.)
- 13. Monetary unit
- 15. Cool!
- 16. A son of Jacob
- 19. Cut off 21. Devour
- 23. Agent of one's downfall
- 24. Best 25. Network of nerves
- 26. Partner to "oohs"
- 27. Origins

- 30. Sewing utensil 34. Alias
- 35. Swiss river
- 36. Greek mythological figure
- 41. Type of whiskey
- 45. Lay to rest
- 46. "Rule, Britannia" composer
- 47. Select jury
- 50. Feeling
- 54. Action regarded as morally
- wrong
- 55. Makes angry
- 56. Act incorrectly
- 57. Defensive nuclear weapon
- 59. Class of escort aircraft carrier
- 60. To what degree
- 61. Buzzing insect
- 62. The human foot
- 63. "The Leftovers" actress Dowd

64. A place to stay 65. Sun up in New York

DOWN

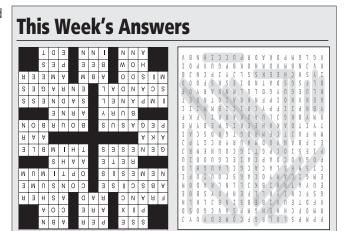
- 1. An involuntary muscular contraction
- 2. Earnest
- 3. Cuts out surgically
- 4. Can't move
- 5. Baseball stat 6. British soldier
- 7. Traditional medicine plants
- 8. Political party controlled by managers
- 9. Hebrew prophet
- 13. Supporter
- 14. Relative biological effectiveness (abbr.)
- 17. Liberty Mutual mascot
- 18. Georgia rockers 20. A place where building is done
- 22. Large, deep-bodied fish
- 27. Clothing retailer 28. Supplement with difficulty
- 29. Annoy constantly 31. Founder of Babism
- 32. Indigenous person in parts
- of Asia
- 33. Sea eagle 37. Leave behind
- 38. Time of day
- 39. Colorless crystalline compound
- 40. They lay out course requirements
- 41. A diamond has three
- 42. Algerian coastal city
- 43. Remove cover
- 44. Rechristened
- 47. Distinctive practice
- 48. Defunct phone company 49. Turkish officer of high rank
- 51. Eliminate from the body
- 52. Witness
- 53. Soviet Socialist Republic 58. Founding Father Franklin

J N B V D 0 K V G L G M P D K A D R P U C C I H N B V

LOTS OF LAUGHS WORD SEARCH

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

APRIL FOOLS, BELLY, BRAY, BRIGHT, CACKLE, CHEEKS, CHUCKLE, COMEDIAN, COMEDY, CONTAGIOUS, CRYING, FUNNY, GIGGLES, HAHA, HICCUP, JOKING, LAUGH, LOL, MOOD, POSITIVE, RELIEF, SMILE, SNICKER, SNORT



Granite **VNA offers** Living with Grief support group in Wolfeboro

WOLFEBORO -Granite VNA is offering a six-week Living with Grief Support Group on Wednesdays beginning May 1 from 10:30 a.m.-noon. Sessions will be held at Granite VNA, 645 South Main Street in Wolfeboro.

This weekly group offers adults a safe, caring space to share and learn alongside others whose lives and hearts have been broken open by loss. Together, we discuss ways of coping with our grief and the challenges of making our way in a changed world. We welcome people who have suffered the loss of any beloved - in a partnership, family of origin, family of choice, or friendship. While each of our loves and lives are unique, grief is a deeply shared human experience – one where we have much to learn from listening and sharing with each other.

Registration is required and space is limited. To register, please call (603) 410-9519 or visit www.granitevna.org.

All community members are welcome to attend. This program is offered at no charge. Masks optional.

Equal Housing

Opportunity

All real estate advertising in this

newspaper is subject to

The Federal Fair Housing Law

which makes it illegal

to make, print, or published any

notice, statement, or advertisement,

with respect to the sale, or

rental of a dwelling that indicates

any preference, limitation, or

discrimination based on race,

color, religion, sec, 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 adverting which is in

violation of the law. Our readers

are hereby informed, that all

dwellings advertised in this

newspaper are available on an

equal opportunity basis.

To complain of discrimination

call HUD toll free at

1-800-669-9777

For The Washington DC area,

please call HUD at 275-9200.

The toll free telephone number

for the hearing impaired is

1-800-927-9275.

You may also call

The New Hampshire

Commission for Human Rights

at 603-271-2767

or write

The Commission at

163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the

advertiser will be liable for

misinformation, typographically

errors, etc. hereincontained. The

Publisher reserves the right to

refuse any advertising.

Granite VNA has been providing home care, hospice care, palliative care, pediatric and maternal child health services, and wellness programming to New Hampshire residents since 1899. To learn more about Granite VNA, vis-

it www.granitevna.org.

About Granite VNA Granite VNA is a notfor-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 82 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, palliative care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, vis-

For Advertising **Information** Call 603-279-4516 email: Tracy@ salmonpress.news

it www.granitevna.org.



97 Daniel Webster Highway Meredith, New Hampshire Call us at: (603) 279-7046

Find us @rocherealty f (in **D**) X (6)

Search New Hampshire properties at www.rocherealty.com



Laconia: 2BR/2BA condo with deed Lake Winnisquam access. With an excellent floor plan including a galley kitchen, deck and lake access with day docks and more. Enjoy right to a sandy beach, more. Open concept with an boat launch, picnic area, and kayak updated eat-in kitchen, shaker storage racks.



PRICE IMPROVEMENT Laconia: 3BR/3BA condo with Winnipesaukee views and direct

Over 10,000 CLOSED transactions in New Hampshire!

Voted #1 BEST Real Estate Company in NH's Lakes Region five years in a

row, and #1 BEST Commercial Real Estate Broker!

cabinet, deck, and more.



Conway: 4BR/2BA, 1,904 sf. home in Black Bear Village Cooperative. Featuring a sunny kitchen, and eat-in dining room. Enjoy private access to the Saco River, walking trails, community center and more. Subject to park approval.



property near Cardigan Mountain boasting a pristine year-round stream. Directly across from the renowned Sculptured Rocks Geological Site, this land promises awe-inspiring vistas and the opportunity to engage with nature or build your dream home.

* Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.







GENERAL **Services**



MEREDITH LANDING



285 Daniel Webster Highway

(603) 677-7007

www.MeredithLanding.com

MEREDITH:

Wonderfully decorated Cape on 1.82 acres in desirable area featuring 4BRs/3 baths, HW doors, an updated kitchen with S/S appliances, a 2-car attached garage, and stunning This home is a must landscaping. **\$799,000** #4986786

LOW COST

Rozzie May Animal Alliance,

Cat Cab service available. Military discounts.

www.rozziemay.org or call 603-447-1373

SPAY/NEUTER

cats and dogs.

Sign up on line

Buyer

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town **Address** Lake Winnipesaukee Alton 15 Moore Farm Lane Alton Alton N/A (Lot 144) Alton N/A (Lot 4) Barnstead Bridge Road Barnstead 48 Dalton Dr. Barnstead Locke Lake Colony Barnstead 20 N. Barnstead Rd. Barnstead N/A Gilford 288 Hounsell Ave. Gilford 49 Pinecrest Dr. Gilmanton 70 Tibbetts Rd. New Durham 22 Main St.

Type N/A Price \$4,807,000 Single-Family Residence \$489,933 \$15,000 N/A \$370,000 N/A \$85,000 Single-Family Residence \$376,000 \$360,000 Single-Family Residence \$352,000 N/A \$12,000 Municipal Property \$85,000 Single-Family Residence \$480,000 Single-Family Residence \$489,933 Single-Family Residence \$210,000 N/A \$20,000 N/A \$1,600,000

Seller L.E. Ogonowski-Michaud Fiscal Trust and Elizabeth L. Ognowski Theresa L. and Scott D. Sorensen Kimberly and Kimberly J. Moore Blue Light and LLC David M. and Lori B. Stephens Francis B. Studer, Jr. Paul A. Hendrickson, Jr. Bella Homes LLC Laura and Charles Woods James Yost Knm Holdings LLC Justin K. and Karen A. Whitman Steven E. and Diane Joyce Ty Tyler and Robin Lemauk James W. and Sandra T. Grigg Smith Fiscal Trust and Royal B. Smith

Paul A., Jr. and Lindsey Hendrickson Sadrac and Mindy Guillen Michael and Elizabeth Hogan Suzan Realty Trust LLC Laura and Charles Woods Neil J. and Mary E. Reardon Anthony C. Gardella Tyler Vick Marbo Kaison Realty LLC Matthew and Hannah M. Gregory Brian and Elisha Joyce Nicole J. Lemauk Stephen F. Eldridge 1992 Trust John and Nancy Feehrer

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

CAREER DAY (continued from Page A1)

New Durham N/A

New Durham N/A (Lot 89)

experience.

One of Lighthouse Construction's current employees is a recent GHS graduate who did an internship there. Jeremy said they work with a program through the Lakes Region Builders and Remodelers Association to help connect with students and open more doors.

Business teacher Steve O'Riordan's class hosted a presentation by Bank of New Hampshire. He said this gives students an opportunity to experience different career options, including things they might not have considered be-

O'Riordan said one thing they heard frequently was the importance of no only hard skills in careers but also soft skills, such as how to dress properly, work with people, and others. He said these are things students also learn in the classroom.

"No matter what job you're going into, these soft skills are import-



GHS students got hands-on experience with ArborTech's equipment, including being able to ride on a crane in a harness.

ant," O'Riordan said.

The Gilford Police Department brought in some of its vehicles and equipment to give students a hands-on experience. Officers demonstrated the department's Bearcat vehicle for special operations and their drones for reconnaissance in different environments outside of the

Lt. Adam VanSteensburg of the Gilford Police Department said this is a great opportu-

nity for students to see what they do up close.

"They get really good insight of a lot of the tech and gadgets we have," VanSteensburg said. "Plus, it's always great to get out of the office and see the kids."

Police Chief Kris Keling any chance they can get to connect with kids in the community,

"These are our future police officers potentially," Kelley said.

In the back of the

building, ArborTech let students ride some of their equipment, including going up in a crane on a harness.

Engineering Technology teacher Dan Caron said this was a great demonstration and students need to see things ley said they enjoy hav- like this to give them some hands-on experi-

> "Any time you can let kids play like this, it's a good thing," Caron said.



MICHAEL WILFERT - COURTESY PHOTO

After postponing last weekend's shows, the Village Players production of "Wit" will resume this weekend with performances set for Friday, April 19, and Saturday, April 20, both at 7:30 p.m. and Sunday, April 21, at 2 p.m. at the Village Players Theater on Glendon Street in Wolfeboro. Tickets are available at Black's Paper and Gifts, online at village-players.com or at the door. Pictured, Dr. Vivian Bearing (Phoebe VanScoy-Giessler) is at the center of attention of her medical team during rehearsals for the Pulitzer Prize winning play.

New Durham School presents **End of Trimester Awards**

NEW DURHAM — New Durham Elementary School recently recognized students for perfect attendance and for proficiency in their work habits and citizenship. There were six students with perfect attendance from Dec. 11 through March 22. Riley Bernier, Charlie Chesley, Ava Hernandez, Kiera Housel, Onyx Zion Lee, and Mackenzie York were in school every day!

PRIDE certificates for work habits and citizenship were awarded to the following fourth, fifth, and sixth graders: Grant Belanger, Rhana Booth, Giovanni Brickley, Mira Cardinal, Griffin Derrick, Ava Estey, Mila Favorite, Ava Hernandez, Zoe Hernandez, Mia Houle, Gemma Housel, Cohen Maynard, Xavier, McHatten,

Emily Meattey, Whitley Washburn, Miranda Young, Summer Creighton, Natalee Nash, Nova Reed, Gabriella Weldon, Brooke White, Mackenzie York, Boluwatife Abere, Dana Anderson, Lon Berry, McKayla Campbell, Parker Chase, Lincoln Drake, Aleah Favorite, Cevan Forgy, Zopheya Givetz, Kenley Legge, Cayla Proctor, Dylan Roy, and River Rushing.



PROSPECT MOUNTAIN HIGH SCHOOL **INVITATION TO BID** DOOR REPLACEMENTS

PROSPECT MOUNTAIN HIGH SCHOOL is seeking bids from qualified contractors for replacement of doors at the high school including, but not limited to furnishing and installing HM doors, frames and matching hardware.

A mandatory site visit will be held on April 23 at 11:00 am at Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH with the Facilities Supervisor Jim LeClair. If unable to make this date and time, he can be reached at jleclair@pmhschool.com or 603-875-3800 x2031 The work will need to be completed on or before August 23, 2024.

Bid specifications can be obtained by emailing hduford@pmsau.org. Responses should be addressed to: "Door Replacements", Attention: Heidi Duford, Business Office, Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH 03809. These responses must be received by, and will be opened on April 30 at 2:00 pm at PMHS SAU 301 Business Office located inside Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH.

The governing School Board reserves the right to accept or reject any or all bids. This project is funded with ESSER funds and must comply with Davis-Bacon and related Acts compliance requirements.



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



Managers - Sous Chef - Line Cooks Dishwashers - Hosts - Servers

Rates and salary depending on experience **COMING SOON - Exciting New Locations** Please Apply in Person at:

ELLACOYA BARN & GRILLE 2667 Lake Shore Road, Gilford NH • 603-293-8700 THE BREEZE

25 Dock Road, Gilford, NH • 603-293-8833

Alton Garden Club meets April 30

ALTON — Oh, my! Have you been counting the days until you can open your door and say, "Finally, it's nice warm weather, so spring must really be here?" For those of us who keep an eye open for the signs of Mother Nature at work, it can't come soon enough. The first sign for members of Alton Garden Club is the arrival of our membership books with months of interesting meetings coming

The first meeting will be extra special since we will be welcoming Christin W. Kaiser. Christin is the designer and gardener caring for (rebuilding this year) the Wright Museum of WWII Victory Garden in Wolfeboro. She will be speaking to the Alton Garden Club April 30 at 1:30 p.m. at the Gilman Library. The topic is: Are Victory Gardens Relevant Now?

Christin is a UNH Carrol Co. Extension Advanced Master Gardener and earned her Australian Permaculture Designer Certification in 2015 from David Holmgren during a two week residential course in Victoria, Australia. She is

passionate about local food production and Controlled Environment Agriculture. Our membership is honored to have her as our first speaker.

The public is always welcome at our meetings. If you are a non-member and would like to attend this presentation, please call Karen at 603-364-9670. She will answer any questions you may have. You may also be interested in taking a look at our Web page, Altongardenclub.com.



THE EXPERTS IN ALL THINGS PAVED **PAVING CRACK FILLING SEALCOATING** REPAIRS







Weekly Curbside Trash Service

65 Gallon Tote \$35.00 per Month

Additional Totes Available \$20.00 per Month

\$49.00 per Month 95 Gallon Tote \$25.00 per Month Additional Totes Available

- · No Seperation Required
- · Bi-Weekly & Monthly Services Available
- · Company Provided Totes
- Local Family Owned Business

Weekend Warrior Spring **Dumpster Specials**

- 1. Order for Thursday/Friday Delivery
- 2. Fill Dumpster over the Weekend 3. Dumpster Picked up on Monday
 - 10 Yard \$395.00 1 ton 15 Yard \$495.00 - 1.5 ton

20 Yard - \$595.00 - 2 Ton



603.986.8149



Maintanance and Repair

603-651-9185

Ask about my Special Winter Pricing!

Bill Hayes the original handyman 45 years experience Interior and exterior remodeling

Always the best prices and the best workmanship for your hard earned money.

- Free estimates
- Painting interior and exterior
- Replacement doors and windows
- Deck replacement and repair
- Bathroom remodels
- Vinyl siding and more.

One call does it all.



Film Screening **Keys Bags Names Words**



Keys Bags Names Words is a quirky and inspiring lens portraying stories of both the personal and global impacts of Alzheimer's disease and other forms of dementia while following a cohort of young scientists and artists from around the world as they harness every aspect of creativity, humor, and compassion to the way towards hope and resilience.

Saturday April 20th 10:00 AM - 12:00 PM **Wolfeboro Public Library**

> Long-term Care Q&A following screening with Paul Doran.

Presented by:

603-569-6464







Move your smile and life forward with Invisalign!

Invisalign's clear, custom-designed aligners can be an inconspicuous way to get a beautiful new smile without interruputing your lifestyle. Meaning you can still enjoy the activities you love and the foods you can't live without, while shaping your smile more gently.

Call Dr. Alan Kennell today for a free, no-obligation consultation.



STRAIGHT TEETH ARE WITHIN REACH.

Schedule a Free Consultation Today! Dr. Alan F. Kennell **invisalign**



KennellOrtho.com | 524-7404 Laconia | 536-7404 Plymouth | 444-7403 Littleton